



Our

SUMMER 2023

Berryfields

VISIT BERRYFIELDSPC.ORG



Berryfields
Parish Council

A word from the Chairman

Welcome to the summer edition, you may have noticed we have had a bit of a rebrand and renamed our magazine 'Our Berryfields'. Along with this change we have a new editorial team who have been working hard to put this edition together and the magazine going forward. We are always looking for anyone to join the team or have any content you would like to include then please get in touch, ourberryfields@berryfieldspc.org.

Last month the Parish Council held our Coronation event to celebrate the crowning of King Charles III, and despite the weather it was a great event enjoyed by all, and we have included some pictures later in in this magazine.

With the better weather finally here and hopefully to stay, there is lots planned around the Parish over the next few months, including the always popular children's events during the summer holidays. More details will follow nearer the time!

Since our last edition, the Parish Council had its Annual Parish Meeting and it was great to have so many of you come along to discuss what has happened over the last year and our plans for this coming year. At this meeting we had two new Councillors join the Parish Council, their details are below.

Don't hesitate to contact either myself or the Parish Council office with any issues or questions, we are always there to help!

I hope you have a lovely summer and come and join us at the many events we will have at our hall over the next few months.

Chairman,
Cllr Laurilee Green
laurilee.green@berryfieldspc.org



Parish Office
Anthea Cass CilCA
Parish Clerk
clerk@berryfieldspc.org

Amanda Jones
Assistant Clerk
Amanda.jones@berryfieldspc.org
01296 925750

Angelika Opoka
Bookings Manager
Angelika@berryfieldspc.org
01296 925755

*Advertise in
Berryfields
News!*

1/4 page - £50 + VAT

1/2 page - £100 + VAT

Full page - £200 + VAT

If you are running a business
and would like to advertise
with us, please contact
news@berryfieldspc.org

**50% discount for
Berryfields residents**

**Read by
over 3,000 homes!**

CORONATION PARTY! AT ROMAN PARK

THANK YOU TO EVERYONE TO CAME TO OUR CORONATION PARTY!

WE HAD A GREAT TIME CELEBRATING WITH YOU ALL!

A MASSIVE THANK YOU TO ALL OF THE FANTASTIC ENTERTAINERS – THE ATC DANCERS, DJ DAN BLAZE, PUNCH & JUDY, FIRE EATERS, BONKERZ BOUNCY CASTLES, JACK MANDERS AND THE ECLECTIX! YOU WERE ALL AMAZING!

A HUGE THANK YOU ALSO TO ALL OF THE STAFF, COUNCILLORS, AND VOLUNTEERS WHO ALL WORKED EXTREMELY HARD TO MAKE THIS EVENT SO SPECIAL, EVEN DESPITE OF THE RAIN!



Cllr Arun Sekhar
Vice Chairman
arun.sekhar@berryfieldspc.org



Cllr Louise Rees
louise.rees@berryfieldspc.org



Cllr Bindu Gundapudi
bindu.gundapudi@berryfieldspc.org



Cllr Nigel Pike
nigel.pike@berryfieldspc.org



Cllr Lucy Harmes
lucy.harmes@berryfieldspc.org



Cllr Gareth Lane
gareth.lane@berryfieldspc.org



Cllr Rick Smith
rick.smith@berryfieldspc.org



Cllr Paul Redshaw
paul.redshaw@berryfieldspc.org



Cllr John Yandrapati
john.yandrapati@berryfieldspc.org



SUMMER OF FUN!



22/23 July & 7/8 Oct



Peppa Pig: 13 August



Classic Cars: 28 August



PAW Patrol: 10 Sept

Buckinghamshire Railway Centre
 Station Road, Quainton, Nr Aylesbury HP22 4BY
Pre-book at www.bucksrailcentre.org

Berry Pickers

Berry Pickers celebrated their 2nd birthday in April, after Lexi and Carol first got together after realising they were both litterpicking on the estate. Since those early days, a lot of equipment has been donated, and the parish council and consortium have helped with disposal. Organising group picks is more difficult in the winter months, when the weather can be unpredictable, but several of our residents have done solo picks around their area, and lots of people joined in as part of the great British Spring Clean in early April, when 34 bags were cleared in just a few hours. A group of small children and their parents organised a pick around the AVA school a few weeks later, and Ellie has been litter picking on a regular basis in all weathers as part of her Duke of Edinburgh Award. During this time she has collected over 20 bags and is not finished yet!

We try to encourage the younger residents to get involved, and as part of the Coronation Big Help Out the 1st Berryfield Beavers intended to do a litterpick. Unfortunately the very stormy weather scuppered the plans, but they enjoyed practicing indoors, and will go out when the weather is more conducive.

We hope to get out more as a group during the summer months, so keep an eye on our facebook page.

Also, don't forget the free **Litter Lotto app** where you can win prizes just for binning your litter (or anyone else's).



Join our Facebook Group: 'Berry Pickers'

AFFINITY

HAIR DESIGN

- Cut & blow dry
- Restyle
- Wet cut
- Fringe trim
- Dry cut
- Blow dry
- OAP cut & blow dry
- OAP blow dry
- Gents cut
- Child cut...and many more

Gift vouchers available

*terms & conditions apply (Cut & blow dry, use code NC50)

50% OFF
For new customers only*

62 High Street
Waddesdon
HP18 0JD
01296 658875
www.hairbyaffinity.com



SUMMER HOLIDAY FUN FOR THE CHILDREN

At ROMAN PARK – SIR HENRY LEE CRESCENT

FREE!

BACK FOR 2023 SUMMER HOLIDAYS

FURTHER INFORMATION ON DATES AND ACTIVITIES TO FOLLOW

Berryfields
Parish Council



FOR FURTHER INFORMATION CALL 01296 925750 | WWW.BERRYFIELDSPC.ORG

ROMAN PARK TENNIS CLUB (BERRYFIELDS)

INTRODUCTION
JWT OFFER ALL STAGES OF LTA TENNIS COACHING STARTING WITH TOTS
BLUE (AGES 2.5-5), RED (5-8), ORANGE (8-9), GREEN (9-10) AND
YELLOW BALL (11-18)

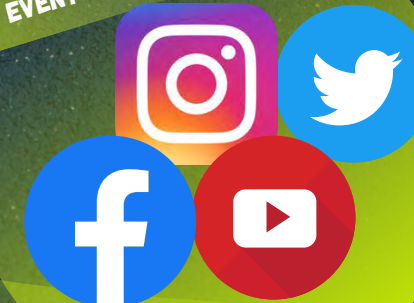
COACHING IS NOT JUST FOR JUNIORS, WITH MANY ADULT CLASSES ALSO
AVAILABLE. INCLUDING BEGINNERS (TENNIS XPRESS), IMPROVERS
(RUSTY RACKETS), CARDIO TENNIS AND PRIVATE 1:1 LESSONS

JWT
jwtcoaching.com

SUITABLE FOR AGES 5-18,
ALL ABILITIES WELCOME

We will be running an Open Day in
March/April for children and adults whether
you are picking up a racket for the first time
or a seasoned regular, we have sessions for
all. Free sessions will be bookable online!

FOLLOW US TO KEEP UP TO DATE
WITH OUR EVENTS AND OFFERS



CONTACT US:
INFO@JWTCOACHING.COM
07834 826130

Berryfields Book Swap



Bring
a book



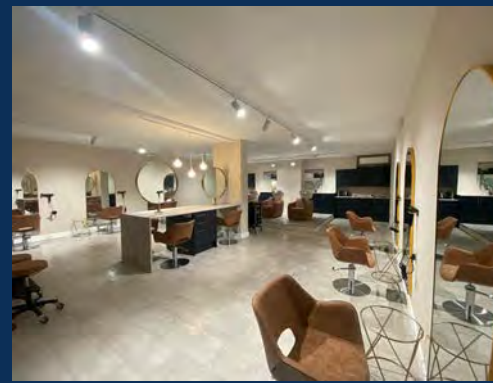
Take a
book
home



Outside Roman Park Hall, Sir Henry Lee Crescent, HP18 0YT



HAIR SALON NOW OPEN



We opened The Room at Berryfields in January 2023, this was a week after welcoming our 4th child into our family. For the last 10 years it has always been a dream of ours to open our own salon and it's finally happened. We have taken our business from 2 chairs to 10 and now got an amazing creative team who we are so proud of. We would love to invite you into the salon to help achieve your hair goals.



f The Room at Berryfields
ig theroomatberryfields
globe Theroomatberryfields.com
location pin Unit 7 Goodchild Parkway,
 Berryfields, Aylesbury HP18 0PE
phone 01296 322427

Berrycroft
Dental



Berrycroft Dental, 1st Floor, 2 Nimrod Street, Aylesbury, Bucks, HP18 1BB
 01296 873568 | reception@berrycroftdental.co.uk | www.berrycroftdental.co.uk

FUNERALS AT
Roman Park Hall

Roman Park Hall offers a respectful and comfortable environment for loved ones to come together in a celebration of life. We provide a bespoke service with the aim of relieving as much stress as possible, including:

- A quiet and peaceful environment, hosting up to 180 guests
- The freedom to decorate the venue to your taste
- Bespoke in-house catering offering afternoon tea, buffet and dining menus, with a choice of both hot and cold food
- A fully stocked, licensed bar
- Outdoor space
- Ample free parking
- Friendly and compassionate staff on hand

(There is a nearby hotel and trainline for guests traveling from afar)

For bookings and enquiries, please contact us at booking@berryfieldspc.org or 01296 925750

Roman Park Hall, Aylesbury HP18 0YT

AYLESBURY BULLION COMPANY
The Family of Jewellers



Jewellery designed and produced to your specifications, or choose from our extensive range of new, secondhand and antique pieces.

- **Diamond merchants**
(certified stones always available)
- **Antique restorations**
- **Hand engraving**
- **Valuations: insurance and probate**
(carried out on the premises)
- **Insurance claims advisors**
- **Complete repair service**

Servicing of Rolex, Tag, Omega, Raymond Weil, Gucci etc. Batteries fitted and waterproof testing carried out on the premises.

Top prices paid in cash for antique and modern jewellery, watches (especially Rolex), coins, gold, silver, platinum and scrap precious metals. Part exchange available.



**11a High Street, Aylesbury,
 Buckinghamshire, HP20 1SH**
Tel: 01296 423198
www.aylesburybullion.co.uk





Roman Park

SUMMER PARTY

Celebrating 1 year of Roman Park Hall!

SAVE THE DATE!
SATURDAY 5 AUGUST

FREE ENTRY **LIVE MUSIC**

Roman Park Hall, Sir Henry Lee Crescent, HP18 0YT

KEEP AN EYE ON OUR FACEBOOK PAGE FOR MORE INFORMATION!  ROMANPARKHALL



You're invited to a free taster

SUNRISE KEMETIC (ANCIENT EGYPTIAN) YOGA CLASS

TUES 6AM - 7:15AM
27 JUNE 2023
In person and online

- Eliminate anxiety & stress
- Increase flexibility
- Reduce bodily pain
- Get centered
- Meet new souls

"Join me, Neeks, for a free taster class as I lead you through this beautiful ancient practice."

Roman Park Hall, Sir Henry Lee Crescent, Aylesbury, HP18 0YT and virtually

Questions? ☎ 07549 413 404 ✉ MOV3DIVINE@GMAIL.COM

 In person **BOOKING ESSENTIAL**  Online

<https://kemyogajune.eventbrite.co.uk>

ACTIVITIES AT ROMAN PARK HALL

MONDAY
Jumping Jellies (weekly)
Yoga (weekly)
Mucky Ducks (once a month)

TUESDAY
Pilates (weekly)
Trainmaster (once a month)

WEDNESDAY
Hartbeeps (weekly)
Yoga (weekly)
U3A (once a month)

THURSDAY
Little Berries (weekly)
Pilates (weekly)

FRIDAY
Tots Disco (weekly)

SATURDAY
Adele Performing Art School (weekly)
Salsa (monthly)

Roman Park Hall
Sir Henry Lee Crescent
HP18 0YT



Roman Park Hall, Sir Henry Lee Crescent, Aylesbury, HP18 0YT

SAVE THE DATE

16th September

- Live music & DJ
- Street Food
- Kids Entertainment
- Fully Stocked Bar

KC HOGAN

BUSINESS SERVICES

ACCOUNTANTS & TAX ADVISORS

- Accounts for Sole Traders and Companies
- Self Assessment
- VAT
- Bookkeeping
- Payroll

To find out how we can help, email sean@kchoganbusinessservices.co.uk or call 07817 415 259

KIDS CORNER



KIDS POSTCARD COMPETITION

PRIZES TO BE WON!

age categories between
5-9 and 10-14 years old

**DRAW, COLOUR,
PAINT, AND WRITE
YOUR DREAM
HOLIDAY**

ACTIVITY!

As the summer holidays are fast approaching, it's time we get in the spirit! If you could go anywhere on holiday and do anything, where would you go?

Using the template provided on the next page, draw an exciting picture of your dream holiday and write a short description of why you want to go there. Entries should be submitted using the correct age category and by 28/08/23. Be as creative as possible and we can't wait to see your submissions!

**SUBMIT ENTRIES
BY TAKING A PHOTO
AND SENDING IT TO:**

competition@berryfieldspc.org

Wordsearch



B	H	O	L	I	D	A	Y	V	B
E	S	U	N	N	Y	C	S	E	G
R	A	V	Y	K	W	D	A	A	M
R	A	I	O	H	L	C	K	C	A
I	R	H	S	E	H	B	C	G	E
E	B	P	I	D	H	B	E	H	R
S	J	F	L	O	W	E	R	S	C
S	P	O	L	F	P	I	L	F	E
W	L	M	A	G	T	M	T	O	C
I	Q	B	B	K	R	A	P	E	I

Search for:

beach
ice cream
sunny
berries
holiday
fields
park
ball
flowers
flipflops



PETS CORNER

Try this healthy and delicious frozen dog treat recipe to keep your pet cool in the hot weather. Easy to make and our four-legged friends will love them!

Ingredients:

- Blueberries
- Strawberries
- Low-fat plain greek yogurt

Method:

1. Wash your fruits and take a handful of each fruit
2. Mash up your fruits
3. Add some low-fat plain greek yogurt and mix
4. Carefully spoon your mixture into an ice tray or a silicone mold.
5. Freeze until set, ideally a few hours. Once frozen remove the cubes one at a time and treat your dog!

Berries are packed with antioxidants, fiber and Vitamin C. Healthy and an easy treat!



Submit a snap of your pet, for a chance for them to be featured in the next edition!



Who is Integrative Counselling for?

It is a common misconception that Counselling is only for navigating through a traumatic or emotional life event. In fact, most of my clients come to therapy to get to know themselves better and understand why they react to things in life the way they do! Who we think we are and how others see us is not always the same thing and this can be confusing? We can find ourselves struggling in relationships with friends, family or our partners leaving us feeling frustrated. It can be lonely to be in relationships where you do not feel heard, understood, or appreciated. This can lead to anxiety, depression, or a loss in confidence.

Therapy is a great place to talk about these experiences and start to make sense of what is happening. Our behavioral patterns and beliefs develop through life and don't always change when the environment we are in is changing. Counselling offers a safe, non-judgmental space to unpack some of these situations and look at them from different perspectives. You can start to explore how your thoughts influence you and lead you to conclusions about things based on past experiences rather than the facts in front of you. Many of us don't notice the negative dialogue that runs in our heads or stories we tell ourselves about certain situations. This can be what leads us to repetitive arguments or conflicts where feelings and emotions can escalate rapidly and sometimes feel out of proportion.

Everyone is aware of the benefits of exercise and healthy diet, but not many think about the benefit of regularly looking after our mental health. Just like our bodies, our minds need exercising and a bit of an overhaul now and then. Therapy can provide a space to do this and help us develop new tools and life skills. When we can identify different choices in how to communicate or respond we feel more relaxed and in control of our lives. It teaches us that we can't control others, but we can control how we react and the impact of that reaction on our mental wellbeing.

Integrative Counselling is for anyone who feels stuck, discontent or who is simply curious about their life. It provides a space for growth and reflection. It can help us get through unresolved traumatic experiences as well as help make sense of the world around us. You do not have to commit to weekly sessions, although to start with weekly is often helpful to establish a trusting connection with your therapist. Sessions are more accessible these days with most therapists offering the option of online appointments as well as in person. If you are interested in finding out more about Integrative Counselling, please get in touch and I will be happy to assist you in starting your own therapeutic journey.



Managing Stress

Stress is something we all experience to some degree at times in our lives, but do we really understand what it is and how we can work with it?

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. It is our bodies response to adverse situations or circumstances that require action. The way in which we each respond to stress makes a big difference to our overall well-being. In fact, a little bit of stress is good for us to perform and protect ourselves but too much stress can overwhelm us and lead to a fight, flight or freeze response. Therefore it is important that we learn to recognise when we feel stress and understand how we can work with it to take relevant action and create some positive momentum.

We are all very good at being able to name stress when we feel overwhelmed. However, do you recognise what it feels like? The physical symptoms of stress are commonly a pounding heart and increased speed of breathing. Interestingly these are also both symptoms of Courage. When we are about to do something brave these symptoms kick in to get more oxygen to our brain to enable us to drive forward. If we can start viewing our physical symptoms of stress as an engine to get through the issue rather than a problem, we can't see a way out of, we can reduce the stressful experience much quicker. Research shows that whatever our heads tell us, our bodies tend to follow. For example, if we hear ourselves saying I'm stressed, our bodies translate the physical experience as a negative and we start to feel stuck and hopeless. If we can reframe the thought of stress to 'facing a challenge' our bodies will then translate the physical symptoms into an engine to empower and drive us forward.

We often find ourselves sitting in a state of fear when we feel stressed. This disables us and we easily become overwhelmed. To start to manage this reaction begin to notice it rather than engage with it. Be kind to yourself. What would you say to a friend in a stressful situation? Chances are that is not what you are saying to yourself in the same scenario. Notice your own self talk. Are you criticising yourself for not being able to cope? Use some deep breaths to slow your thoughts down and reflect on what is realistic. In our fast-moving world we sometimes are putting unrealistic pressure on ourselves to achieve more than is possible without realising we are setting ourselves an impossible challenge.

Finally, it is important that we recognise if we are not looking after ourselves our capacity is limited and stress is more likely to build. We need a solid base to work from and that can include things like regular exercise, eating regular meals rather than snacking, drinking water, restful sleep, getting outside in the fresh air and engaging in activities we enjoy with others. These things are what form a healthy foundation to face day to day life feeling more in control of our stress levels.



Nicola Biggs MBACP / NCS Accredited
Integrative Relationship & Trauma Counsellor
Tel No. 07984 155518

www.nicolabiggstherapy.co.uk
facebook.com/nicolabiggstherapy
instagram.com/nicolabiggstherapy

A space to be you
Adult, Couples & Teen Counselling





It's been a busy year!

Since the last edition that we featured in, back in May, lots has happened here at Green Ridge! We had a busy end to our Summer term, an even busier Autumn term and things certainly haven't slowed down as we gradually start to reach the end of our Spring term. As always, there have been plenty of trips and experiences, lots of new pupils, a REAch2 colour run and we even said goodbye to our first Year Six cohort!



Our First Farewell

At the end of July, we said goodbye to our first Year Six cohort. We've rapidly grown since we first opened back in 2017 and at the end of our Summer term, we celebrated this milestone by hosting an array of events for the children.

To kickstart the celebrations, what were our Year Six pupils, took the lead acting roles in our musical production of **'Cinderella & Rockerfella'**, supported by the Year Four and Five pupils who formed an ensemble. The shows were a real hit and the celebrations continued when our PTA kindly funded a leavers BBQ. With a range of yummy treats and fun activities on offer, lots of fun was certainly had. The children even got the opportunity to bring their super soakers along and cool down on one of, if not the hottest, day of 2022! To round the celebrations off, there was a dedicated leavers assembly on their last day, led by Mr. Wanford.



Additional Reception Pupils (Another First!)

As our Autumn term commenced when we returned to school in September, we welcomed not 60, but 90 Reception pupils! Green Ridge was asked to take a bulge class into Reception for the academic year 2022/23, in order to meet the Local Authority's demand for school places. It was always a possibility that Green Ridge would admit 90 pupils per year-group when and if there was sufficient demand and planning permission was already given for this prior to the school opening; however, as a result of the continued demand for places each year at the school, the Local Authority has now agreed to move forwards with the planned intention, and build another seven classrooms in readiness for admitting 90 pupils in each year-group from September 2023. Exciting times are certainly ahead for Green Ridge as we prepare to be one of the largest schools within Aylesbury!



REAch2 11B411 Colour Run

Throughout the children's time at Green Ridge, they have the opportunity to partake in a range of different activities outside the National Curriculum and we pride ourselves on the 11B411 programme which gives pupils a range of unique experiences ahead of the time they leave school; 11 experiences before they reach age 11.

On Friday 30th September 2022, we were involved in a 'colour run' which was part of the 'Break a REAch2 Record' 11B411 experience. In participating, our school completed the colour run at the same time as many other schools in the REAch2 Academy Trust, enabling us to set a record and have lots of fun whilst doing so!



Trip and Visits

We've continued to be able to provide our children with some fantastic trips, visits and experiences and we're delighted that we are able to continue to offer our pupils these opportunities and experiences in order to enrich their learning and to consolidate their knowledge.



To name a few, so far, this academic year, Reception have visited Windsor Castle, Year One have been to St Albans Cathedral, Year Two went to St. Paul's Cathedral and Year Four have taken part in an ancient maya workshop. Across the school, pupils have also been visiting the residents at Bartlett's Residential Care Home in Stone as well as the new care home here on Berryfields, Chartwell Manor.

Following on from the success of the Echoes 9 concert last academic year, most recently, 50 of our Key Stage Two pupils took part in a Young Voices concert at Wembley Arena. Young Voices is the largest children's choir concert in the world and the children performed alongside 5,000-8,000 other children as a single choir to a huge audience of parents/carers. It was a fantastic day and we are very fortunate to have taken part as Young Voices is oversubscribed every year!



There are plenty of trips and visits still to come, with Year Five heading to Hazard Alley, Year Three will be taking part in some more 11B411 experiences and Year Six are gearing up for their residential trip to the Isle of Wight.

SATs

Many of you will have seen in the news recently some stories about the 2023 Year 6 SATs papers, so when I was approached to write an article about the SATs for the Berryfields Magazine, it seemed a good opportunity to allow some of the children to get their opinions across! Here is an article written by our Head Pupils at Green Ridge Primary Academy about their recent assessments.

Mr Ventin:

SATs may seem daunting, but in reality, they are just a few tests. Recently, the current Year 6's at Green Ridge Primary Academy have just finished these crucial exams; in the run-up to these tests, they have been working extremely hard to succeed with flying colours. Hawthorn class, from Green Ridge Primary Academy, are going to share their experiences with you in this article today.

The SATs are split into 3 key subjects: Reading, SPaG and Maths. Since the start of the spring term, we have been going to school at 8:00 every Tuesday and Wednesday to get extra revision leading up to the SATs. During school hours, we have been doing many practice papers to get more familiar with how the SATs are laid out. From the SATs week we have been coming to school early, at 7:45. This has helped us warm up our minds in preparation for the tests.

The UN's Convention on the Rights of the Child states that all children have the right to access to education, and the SATs celebrate all the learning that we have done during our time here! SATs week was hard work, but our teachers did give us plenty of time to rest and play.

Here are some students who are going to talk to us about some frequently asked questions...

How do you think the children did?

I am very proud of how the children did and am sure that they have all succeeded in their own way.

(Year 6 Hawthorn teacher)

What are your thoughts on the SATs?

I think the SATs are a really good opportunity for the pupils to show their learning from across the years. I think they can be quite a challenge; however, I was really impressed this year with how prepared and resilient all of the Year 6 pupils were.

(Associate Headteacher)

What advice do you have for the Year 5s?

Don't stress out about it, it is easier than you think.

(Year 6 pupil)

The practice SATs are harder than the real thing so do not judge your performance on them.

(Year 6 pupil)

How are you feeling about the SATs?

I'm feeling nervous and a bit intimidated, but I'm prepared to take the tests in general, but I don't know what to expect.

(Year 5 pupil)

I'm feeling a bit nervous about it because you don't know what the questions are, but I do feel that I'm ready for them.

(Year 5 Pupil)

What would you describe your experience as in the SATs?

I think it went amazingly and I really enjoyed all the extra playtime.

(Year 6 pupil)

It was fun as the school provided us with breakfast and rest.

(Year 6 pupil)

What would you do better if you were to do the SATs again?

The SPaG paper was the most challenging in my opinion, so I would consider working on understanding a wider range of vocabulary. Practice will help immensely.

(Year 6 pupil)

How did you feel when your child was taking the SATs?

I think it was handled very well, he was well prepared and seemed positive about the tests and how they were organized and especially enjoyed the breakfast.

(Year 6 parent)

What would you do differently next year?

Next year, the school will have to change the approach to SATs as the number of pupils will double and increase so we will have to think about the groups and if they are comfortable in their setting.

(Associate Headteacher)

A huge well done to all the Year 6's on Berryfields for completing their exams!

By Mayookha Sekhar and Jasper Fung

Sesame Honey Prawns

Serves: 2

INGREDIENTS

- 300 grams large prawns, peeled and deveined
- 1 tbsp dark soy sauce
- 4 tbsp honey
- ½ cup corn flour (leave a teaspoon aside for the sauce)
- 4 spring onions (scallions), pale and green parts finely chopped
- Vegetable oil for frying
- 1 tsp sesame seeds
- Sliced spring onion (scallions) to garnish
- ½ ginger root julienned
- ½ teaspoon chilli flakes
- 2 cloves garlic finely chopped

METHOD

- In a large bowl, add prawns and the marinade ingredients. Mix thoroughly and leave to marinate for 20 mins. In a separate bowl mix soy sauce, honey, half teaspoon sesame seeds and chilli flakes. Add the cornflour to the prawns and use your hands to pat and press the flour together around the prawns to form a coating.
- Fill a saucepan to about 1/3 with vegetable oil. Heat over high heat. When the oil is hot enough shake excess flour from the prawns. Cook the prawns in 3 batches for about 3 minutes or until golden and cooked through. Drain on kitchen towel.
- In a wok add 1 tablespoon of oil and then add white part of the spring onion with the julienned ginger and chopped garlic. Cook for about 10 seconds. Then add the soy and honey mixture. Cook for 2-3 minutes until the honey looks dissolved. Add a teaspoon of corn starch dissolved in water. Cook until sauce has thickened slightly.
- Add the prawns and toss until evenly coated. Sprinkle spring onion green and some sesame seeds for garnish.

By Pooja Chotai

#incredible_edibles_uk





BERRYFIELDS YOUTH CLUB

COMING TO ROMAN PARK HALL!

FOR 12-18 YEAR OLDS

IF YOU HAVE ANY SUGGESTIONS OR REQUESTS, OR IF YOU ARE
INTERESTED IN VOLUNTEERING,
PLEASE CONTACT US!

 01296 925 750  clerk@berryfieldspc.org  [berryfieldspc](https://www.facebook.com/berryfieldspc)

The MAIN AREAS of PARISH COUNCIL RESPONSIBILITIES

Owns & Manages:
Land, playgrounds
and ditches
(some are still to be
transferred to the Parish
Council)

Liasing with
Developers & other
Key Stakeholders

Roman Park Hall:
Hall hire and
ongoing park
projects

Our Berryfields
magazine,
Parish website and
social media

Grass cutting,
maintenance and
repair

Annual audit and
compliance with
regulations

Regular safety
inspections of all
playgrounds

Managing tenders,
due diligence &
appointment of
contractors



Berryfields
Parish Council

Parish Office Main contact:
clerk@berryfieldspc.org
01296 925 750

Parish Events
including:
New Year's Party
Christmas Afternoon
Senior Tea,
Santa's Grotto
Children's summer
events
Regular community
events

Community grants

Professionally
qualified staff,
Parish Council
holds General Power
of Competence.

Day to day
management of
the Parish,
all assets, staff
and contractors.

Management of the
Parish budget,
precept and
statutory duties &
powers.

Roman Park
Hall Trust and
Food Bank

Statutory
consultee of
planning
applications.

Buckinghamshire Council is responsible for...

Roads & Pavements
Schools
Medical Services

Household bin collections & recycling centres

Planning Authority
Adult Social Care
Children's services



Tom Garrad Plumbing & Heating

£10 off
a boiler service
for Berryfields
residents

Boiler servicing

Boiler repairs

Landlord certificates

General plumbing

Unvented hot water systems

07960 445938

tomgarrad@yahoo.com

@tomgarradplumbing

WORCESTER
Accredited Installer

BOSCH

GAS
safe
REGISTER
629120

CHRISTENINGS AT

Roman Park Hall

*Roman Park Hall is a great place to welcome someone new
into the Church. We offer a bespoke service, customised to
suit your needs, including:*

A comfortable and spacious hall, seating up to 180 guests
The freedom to decorate the venue to your taste
Bespoke in-house catering with dining and buffet options
A fully stocked, licensed bar
Outdoor space
Ample free parking
Music facilities
Waitress service and friendly staff on hand

(There is a nearby hotel and trainline for guests traveling from afar)

For bookings and enquiries, please contact us at
booking@berryfieldspc.org or
01296 925750

Roman Park Hall, Aylesbury HP18 0YT

KIDS PARTIES

At Roman Park Hall

*Roman Park Hall is the perfect venue to host children's
parties. We offer a bespoke service, including:*

A spacious hall with room for entertainment
The freedom to decorate the venue to your taste
Bespoke in-house catering with buffet options
Outdoor space
Ample free parking
Music facilities
Friendly staff on hand

For bookings and enquiries, please
contact us at
booking@berryfieldspc.org or
01296 925750

Roman Park Hall, Aylesbury HP18 0YT

MUSIC ACADEMY

SUMMER SCHOOL 2023

THIS SUMMER AT ROMAN PARK HALL!

5 DAY SUMMER SCHOOL
31ST JULY - 4TH AUGUST
9AM - 5PM
£160 PP
AGES 4-12

4 DAY SUMMER SCHOOL
22ND AUGUST - 25TH AUGUST
9AM - 5PM
£128 PP
AGES 4-12

TO BOOK SCAN THE QR CODE!
FOR MORE INFORMATION VISIT US AT
WWW.XYZMUSICACADEMY.COM
OR CONTACT US AT ADMIN@XYZMUSICACADEMY.COM

ROMAN PARK HALL, SIR HENRY LEE CRESCENT, AYLESBURY. HP18 0YT

WEDDINGS AT

Roman Park Hall

*Our modern halls are the perfect venue to celebrate your big day.
We offer a bespoke service that is customised to fit your needs,
including:*

A comfortable and spacious hall, seating up to 180 guests
The freedom to decorate the venue to your taste
Bespoke in-house catering with dining and buffet options
A fully stocked, licensed bar
Outdoor space
Ample free parking
Music facilities
Waitress service and friendly staff on hand

(There is a nearby hotel and trainline for guests traveling from afar)

For bookings and enquiries, please
contact us at
booking@berryfieldspc.org or
01296 925750

Roman Park Hall, Aylesbury HP18 0YT

The Aylesbury Vale Academy recently hosted a remarkable Careers Fair that brought together learners from Year 6 to 13 and over 30 industries. The event was an incredible success, providing invaluable opportunities for students to explore various career paths, while local businesses benefited from showcasing their industries. The significance of such an event cannot be overstated, as it establishes vital connections and fosters a promising future for both learners and the local community.

However, the benefits extend beyond the students. Local businesses participating in the Careers Fair gain a unique opportunity to engage with the younger generation, inspiring them and showcasing the rewarding possibilities within their industries. By actively participating in such events, businesses contribute to nurturing the local talent pool and fostering economic growth within the community. Additionally, it offers businesses a chance to connect with potential interns, apprentices, or future employees, forging mutually beneficial relationships.

As we reflect on the success of this year's Careers Fair at Aylesbury Vale Academy, we extend an invitation to local businesses to join and actively participate in next year's event. Your presence and expertise can inspire and shape the aspirations of young learners, while promoting your industry and establishing connections that can last a lifetime.

Together, let us continue to build bridges between our students and the local business community, creating a prosperous future for all. The success of our young learners depends on the collective efforts and support from the local community, and the Careers Fair is an ideal platform to make a positive impact.

Please contact: pmarina@theacademy.me for more information.



Igniting Change the Aylesbury Vale Academy Way!

In a world where young people are often labelled as disengaged or apathetic, the Aylesbury Vale Academy is breaking stereotypes and empowering the next generation through their inspiring youth social action programme. Designed to foster compassion, leadership, and civic responsibility, this initiative is transforming the lives of countless students while making a tangible impact in the community.

The Aylesbury Vale Academy's youth social action programme stands as a beacon of hope, igniting the spirit of activism among its students. By actively engaging in various projects, these young individuals are not only addressing pressing social issues but also gaining essential life skills. From organizing fundraising events for local charities to raising funds for the Syria and Turkey earthquake relief, they are learning the value of collaboration, empathy, and perseverance.

Through this transformative programme, Aylesbury Vale Academy is shaping the next generation of leaders and change-makers. By encouraging students to identify societal challenges and develop their own initiatives, the programme instils in them a sense of agency, teaching them that their actions can bring about real change. As they tackle issues such as heart conditions, diversity, Encephalitis, and mental health, these young activists are inspiring their peers and showing that age is no barrier to making a difference.

The impact of the Aylesbury Vale Academy's youth social action programme is undeniable. The community has witnessed positive transformations in various areas including increased awareness about important social causes. By actively participating in these initiatives, students are not only improving their local community but also gaining valuable experiences that will shape their futures.

Kedesha Blake-Huggins, Youth Social Action Coordinator

Joining Sixth Form

Joining Sixth form was feeling daunting and a challenge, however I received a very warm welcome at AVA. It feels like a family, as The AVA sixth form is small, everyone knows each other and no one is left out, as much as we love our sixth form, having new people join makes it even better. Here we have teachers who are knowledgeable, caring, and passionate about what they do and always ensure we get the best grades possible. The sixth form staff will always help you with any worries or struggles and you will never feel that you are alone, because you are not. There are several talks and workshops about career options, school trips to universities and career fairs. This prepares us well for our life after the sixth form.

The sixth form offers subjects such as Level 3 Health and Social Care, Media Studies and Business Studies which help you to specialise in a certain area. They also provide other A levels like Applied Science and Psychology. To enrich their learning, students are able to do Young Enterprise, work experience at our primary school. The Media students run their own PR Company! There really are so many opportunities that few schools will offer. A huge positive is that last year the students achieved a 100% pass rate and 100% of students were all offered a place at university. Aylesbury Vale Academy sixth form is an incredible place to complete your next stage of life.

Rhianna Payne, Sixth form student

CARRIBEAN & REGGAE NIGHT!



LIVE VOCAL CARNIVAL BAND

TROPICAL ELEMENTS

PLUS DJS PLAYING SOUL & REGGAE ANTHEMS!

INCLUDES: CURRY CHICKEN | CURRY GOAT | ISLAND MIX VEG CURRY | RICE & PEAS

SATURDAY 14TH OCTOBER 7PM-1AM

ENTRY TICKET £3.50

OPTIONAL FOOD TICKETS

£4.95 VEG & RICE

£6.95 CURRY CHICKEN & RICE

£7.95 CHICKEN, GOAT & RICE

TICKETS ON SALE SOON!

INFO: 01296925750

PRE-RESERVE: BOOKING@BERRYFIELDSPC.ORG

ROMAN PARK HALL, SIR HENRY LEE CRESCENT,
AYLESBURY, HP18 0YT



Roman Park