

ISSUE: Spring 2025

Your magazine from Campbell Park Community Council

Homeground

WILLEN

WINTERHILL

OLDBROOK

FISHERMEAD

SPRINGFIELD

NEWLANDS

WOOLSTONE

**Volunteers get together
for a festive spruce up of
Fishermead Trinity Centre**
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MEET THE COUNCILLORS

WILLEN

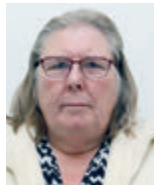


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COUNCILLOR TOM FRASER



It is with deep sadness that we announce the passing of Councillor Tom Fraser, a dedicated and much-loved representative for the residents of Oldbrook. Tom served the community with passion and commitment for over 30 years, leaving behind a lasting legacy that will be fondly remembered by all who knew him.

Tom celebrated his 90th birthday in October, a milestone he marked with

the same vitality and enthusiasm that characterised his public service. Remarkably, he continued to play an active role in council matters right up to his final days, attending a council meeting where he shared his reflections on the recent BMKALC (Buckinghamshire & Milton Keynes Association of Local Councils) Annual General Meeting. Tom spoke warmly of the event, highlighting the joy he felt reconnecting with old friends and the pleasure of spending time with Countess Howe.

Throughout his long tenure with CPCC, Tom was a tireless advocate for the rights and well-being of local residents. He firmly believed in the power of community councils to act as a vital bridge between the public and higher authorities. His dedication to this cause was evident in his active participation on numerous committees, where his wisdom, experience, and unwavering commitment made a real difference.

Councillor Tom Fraser's passing is a profound loss for the community, and his absence will be deeply felt. His legacy of compassion, integrity, and service will continue to inspire those who follow in his footsteps. We extend our heartfelt condolences to his family, friends, and all those whose lives he touched.

FESTIVE FUN AT SEATED EXERCISE

Our weekly seated exercise sessions at Willen Pavilion, every Tuesday at 1:30pm, continue to be very popular.

Why not come along and join in!

More information at <https://www.campbell-park.gov.uk/seated-exercise/> or call us on 01908 608559

We had extra fun at the last session before Christmas. We gathered afterwards for a cup of tea and a mince pie which was well earned after all the exercise.



COUNCIL MEETINGS

Meetings held at the Oldbrook Centre

18 February, 7.30pm

18 March, 7.30pm

15 April, 7.30pm

20 May, 6.30pm – Annual Meeting of Council

20 May, 7.30pm

COMMITTEES

Meetings will be held at either the Oldbrook Centre or the Springfield Centre.

Please see the website and noticeboards for more information.

Planning, Infrastructure & Transport

3 March, 6.30pm

7 April, 6.30pm

6 May, 6.30pm

Finance, Administration & Policy

4 March, 7pm

Estates

11 February, 6.30pm

11 March, 6.30pm

8 April, 6.30pm

13 May, 6.30pm

Community & Communications

25 February, 6.30pm

22 April, 6.30pm

COMMUNITY HUB PROGRESS UPDATE

Campbell Park Community Council

The long-anticipated Community Hub is entering the final stages of construction, bringing a new era of connection, learning, and recreation to our community. This modern facility, designed with sustainability and inclusivity in mind, is set to become a vibrant gathering place for residents of all ages.

Construction teams are now focusing on works to the interior of the building and continuing work to the car park and outside areas.

HAVE YOUR SAY

The Community Hub is being built to serve the whole community and so your opinions and ideas are what will shape the use of the space and what activities take place in and around the building. We want to hear from you and find out more about what you want to see and how you would use the building.

For instance, our Community Hub café will aim to provide affordable light meals and snacks – would you like to see particular types of food on the menu or do you have any ideas for dedicated food events or food nights – we want to know what you want!

Our multi-use space will be available for local community use, do you know of any groups which are based in or have initiatives that serve the CPCC area that might like to use the space or perhaps you want to set up a local group and are looking for a venue – we are interested to hear your ideas.

Our community larder will offer food at a very low cost with the emphasis on sharing resources in a sustainable and supportive way. The idea is to reduce food waste by redistributing surplus or donated food from supermarkets, restaurants, or local individuals. We will need local volunteers to help run this important service, so please let us know if you are able to spare some time and volunteer.

Get in touch by email admin@campbell-park.gov.uk or by telephone or post and let us have your views, all ideas are welcome and will be considered. The Community Hub promises to be a cornerstone of growth, unity, and opportunity for years to come.

Stay tuned for updates on the official opening date and upcoming programmes.





Campbell Park Community Council

ANNUAL MEETING OF ELECTORS

18 MARCH 2025
6.30PM

THE MEETING OF COUNCIL WILL
FOLLOW AT 7.30PM

At the Oldbrook Centre,
Oldbrook Boulevard

All residents welcome

For more details email:
admin@campbell-park.gov.uk



CPCC GRANTS

Campbell Park Community Council

The Community Council is keen to support groups delivering services in the CPCC area.

Any group, society, playgroup, or charitable organisation in the CPCC area, or benefiting residents of the CPCC area, may apply for a grant from the Community Council. If you can show us that the grant will be put to good use, we are only too pleased to help.

Grant applications will be considered on a quarterly basis (April, July, October and January) and can be awarded up to a maximum of £1000.

Community Start-up grants are available to new groups within their first 12 months of operation and will also be considered quarterly. These can be awarded up to a maximum of £1500, paid in 2 or more instalments.

We recently awarded the following grants;

- ❖ £1500 to Willen Residents Association as a start-up grant and towards their first project to improve the Willen pond

- ❖ £1000 to Grace Church MK to deliver a weekly Warm Space in Fishermead, November 2024 to March 2025
- ❖ £1000 to Action Speaks CIC towards the cost of delivering a community Christmas party and other community activities in Fishermead.
- ❖ £1000 to The Free and the For CIC towards The Table Project launch in Fishermead.

For more information about our grant funding, please visit <https://www.campbell-park.gov.uk/services/grants/> or contact the Community Officer at the Council office on **01908 608559**



MULTI-SENSORY WORSHIP for people living with dementia and their carers

First Thursday of each month - 11am
At Milton Keynes House of Prayer
Manor Farm Cottage, 2 Linford Lane, Woolstone
MK15 0AG

Led by Ian Pearce and Charmaine Howard
Free of charge. A warm welcome awaits you.

Contact: 07719968356 ipearce@live.com

Meet friends & neighbours at our Coffee Morning



CPCC
Campbell Park Community Council

Join us for a drink & good company every
Thursday 10am - 12 noon at
the Springfield Centre (next to One-Stop)

We look forward to welcoming you!

CLIMATE CHANGE ECO TIPS

Campbell Park Community Council

FEBRUARY – ENERGY COSTS

1. Get to grips with your energy bills. The information on a typical energy bill can be confusing. But understanding it can go a long way to helping you get to grips with your energy use
<https://www.moneysavingexpert.com/utilities/understanding-energy-bills/>
2. Switch your electricity supplier so that you support renewable electricity generation rather than electricity made by burning fossil fuels.
3. More than half the money spent on fuel bills goes towards providing heating and hot water. Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could save you around £75 a year.
4. If you already have a full set of heating controls, turning down your room thermostat by just one degree can save around £80 a year. Jumpers are in this year!

More advice on energy usage at home visit <https://energysavingtrust.org.uk/energy-at-home/>

MARCH – GOING SHOPPING

1. Make a list before you go food shopping to help avoid over impulse buying and buying food you will end up throwing away.
2. Reduce your impact on the environment by buying second hand when you can. There are many online ways to purchase second hand and charity shops are good sources of reused items.

3. When you need to buy a large item research it carefully. Think about how long it could last, how much it costs to run, what it is made of, where it is made, can it be recycled at the end of its life. Better quality items often last longer and so cost you less over time.
4. Tempted to impulse buy when you are shopping? Get in the habit of coming back the next day or week when you have thought through if you really need to buy it.

APRIL – IN THE BATHROOM

1. Spend less time in the shower. Heating water uses a lot of energy. By cutting the average shower time in half – to four minutes – you could save £112 a year.
2. Turn off the tap while cleaning your teeth. The clean water that flows out of your tap needs energy in many stages of processing and transport before it gets to the tap. Don't waste it!
3. If your toilet cistern holds more than 6 litres of water (likely if it was installed before 2001) put a Hippo Water Saving device (or similar) in it to save water each time you flush (eg <http://www.hippo-the-watersaver.co.uk/>)
4. Fit a water efficient shower head (if you've got a shower that takes hot water straight from your boiler or hot water tank). This will reduce your hot water usage while retaining the sensation of a powerful shower.
5. Switch to eco cleaning products which biodegrade in the sewerage system and don't damage aquatic life in our rivers and seas. They also contain less harmful chemical for us too.





AFRICAN DANCE FITNESS PROJECT REPORT

BY CHINWE OSAGHAE, ACORNFIELDS COMMUNITY INTERACTIONS

In the Summer of 2024, the Campbell Park Community Council awarded the wellbeing community organisation a small grant to support their ongoing inter-generational and multicultural work in the community. The focus of the work at Acornfields is designing and creating creative art based and horticultural programmes that promote mental wellbeing and reduce social isolation in the community. The organisation has been in existence since 2014 and had been involved in organising cultural and wellbeing festivals until 2018.

In recent years they are more focused on strategically designed workshops and events that bring them closer to residents for more effective resolution of needs and for more effective interactions and tailored impact. In the light of these goals, Acornfields Community Interactions launched an African dance workshop, the first of which took place at the Trinity Centre for Africa day on the 25th of May 2024.

The sessions so far have been uplifting. In fact, participants have shared how they have experienced the following numerous benefits found in the practise of Djembe drumming such as:

MENTAL HEALTH

Djembe drumming can help reduce stress anxiety and can promote relaxation and emotional release.

IMPROVED CARDIOVASCULAR HEALTH

Djembe drumming can improve cardiovascular health, strengthen the cardiovascular system and promote blood circulation and build stamina.

PHYSICAL HEALTH

This activity gets people moving and found the drum workshop great way to break a sweat while having fun. An average of 270.4 calories in 30 minutes by playing the Djembe drum and moving to the beat is possible.

COMMUNITY COHESION

This activity strengthens community bonds and bring people together, In fact the Bambara word “Djembe” translates to: “Everyone gather together in peace”

THERAPEUTIC

Djembe drumming helps people to connect with their inner selves.

CULTURAL ENRICHMENT AND UNDERSTANDING

The Djembe drumming is also traditionally used as a form of communication between tribes as its resonance could reach long distances.

Djembe drumming helps people connect with their inner selves.

LIFE LONG LEARNING

Djembe drumming can be done at any age. Drumming is life-enhancing and can provide endless opportunities to improve on over time.

BE IN THE PRESENT MOMENT

Playing the Djembe drum places the player and the dancer squarely in the here and now. The rhythm of the drum has the capacity to move one’s awareness out of the body into the realms beyond time and space and to ground you firmly in the present moment.

Due to the huge impactful benefits of Djembe drumming and the demand for our workshops we intend to continue offering sessions at a low and affordable prices into the foreseeable future by collaborating with other event organisers using Trinity Centre and other venues.

We use this opportunity to thank Campbell Park Community Council for funding our initial workshops and enabling us to create a platform for our workshops. Their support has been invaluable.

Party time!

Thank you to all the families that attended our Fancy Dress Tea Party in October and our Children's Christmas Party in December. We were very pleased to see so many people come along and enjoy the afternoon with us.

Across the events we had fun with crafts, games, face painting, temporary tattoos, music, the reptile roadshow and ate lots of lovely food. For the first time, we had a pizza making station at the Fancy Dress tea party which was great fun

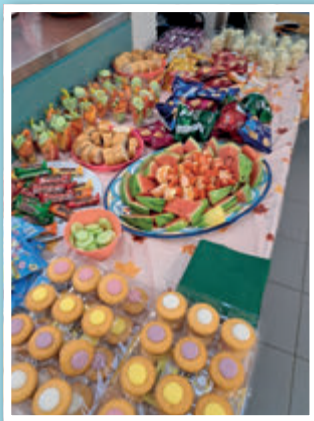
and the pizza's were really yummy. We also had some delicious homemade soup, which was really popular.

We had games and prizes galore!

At the Christmas party, children were excited to have a visit from Father Christmas. The children visited the grotto to meet him and receive gifts.

We look forward to seeing you all again at the Easter Tea Party on 5 April at Springfield Centre.

Fancy Dress Tea Party photos:



What should you put in your red lid wheelie bin, red recycling sack or pink communal bin:

Please note, recyclable items should be placed into the blue lid bin loose.

For a complete list of what we can and cannot recycle please visit the MK City Council website <https://www.milton-keynes.gov.uk/waste-and-recycling/a-to-z-recycling-milton-keynes>

Paper and cardboard allowed:

- cards
- cardboard
- catalogues
- clean pizza boxes
- envelopes, including window envelopes
- leaflets
- newspapers
- shredded paper (shred as little as possible, preferably just the bit of paper with the sensitive information on it)

Paper not allowed:

- laminated paper
- nappies (disposable or biodegradable)
- disposable or compostable coffee cups
- padded envelopes
- PPE disposable face masks
- tissues, kitchen roll or cotton wool

Other items not allowed:

- clothes, fabric or rags
- broken glass or china



RECYCLING

Edition 3 – what to do with small electrical items

There are 4 things to consider with your electrical items...

- Can you REPAIR it
- Can you DONATE it
- Can you SELL it

If your answer is no to all the above – **RECYCLE** it

You can take items to a Milton Keynes Recycling Centre. Our nearest centres are in Bleak Hall and Newport Pagnell.

When you buy a new electrical item, many retailers will take your old item and recycle it. Many retailers also will take these items for recycling even if you haven't made a purchase from them. These include Currys, B&Q, Waitrose & John Lewis*. Some also take batteries and light bulbs for recycling too.

If you are recycling an item that contains batteries, bulbs or personal data remember to remove these before recycling. It's really important to delete personal data from smart devices and computers and take out memory cards.

Retailer Take-back scheme – the fine print

- Any large shop that sells electricals will take your old item if you buy new from them
- You have 28 days after buying something new to take your old one in for recycling – and it doesn't need to have come from the same shop
- Participating stores will make sure the precious materials in your old toaster, torch or ball of cables are recycled and the materials used to make new things

*For more information visit <https://www.recycleyourelectricals.org.uk/electrical-recycling-near-me/>



REFLECTION ON ACTION SPEAKS C.I.C FESTIVE ACTIVITIES IN FISHERMEAD

Report by Ophelia Cole

Action Speaks c.i.c marked the start of the festive period on Friday 29th November when residents were invited to help to give the Trinity Centre a deep clean, mainly to bring us together so we get to know one another, and have some lunch. I would like to encourage residents, especially those running a cleaning business to get in touch so we make this a regular venture.

The following week, Friday 6th December, we engaged the community in putting up Christmas decorations at Trinity Centre, in preparation for the Fishermead Community Christmas party the following day and had over 70 guests. This year we were blessed with the rendition of Christmas Carols by a choir from Hounslow, London. Their contribution brought the Christmas spirit to our party. Our local resident Charlie took the lead in entertaining the children throughout the party. She organised some fun games and the children were able to win prizes. The day ended with Santa visiting the children.

On 31st December we held the first of many Fishermead Community Awards, our award winners were:

- Best Shop / Shop Keeper: Mr Ali of Evergreen Foods, Penryn Avenue ;
- Best Shopping Assistant: Nikki from CoOp, Fishermead Boulevard;
- Best Neighbour: Layla;
- Special Recognition Award went to Jacqueline Bailey.

We were entertained most of the night by 'Mr Fabulous', who brought us some tribute acts and got people up on their feet. We ended the night with raffle, dance, and welcoming the new year with Auld Lang Syne. In all, attendees had a great time with huge thanks to our DJ Will, who

volunteered to play for both Christmas and New year's eve parties.

All these events were made possible with the help of our volunteers and a grant from Campbell Park Community Council - A big thank you for taking the time to support Action Speaks and for believing in our mission to build a strong resilient community. Special thanks goes to Layla, Tony, Laura, Joe, and Jade for their unwavering support. As we bring the festivities to a close we got together again to put away the Christmas decorations for another year. Whilst the festivities are over, Action Speaks continues to work in the community, if you have a creative side (or not) come and join us every first Tuesday. Have you been making something at home you would like to share? Come along from 6.30pm to 8pm. On Wednesdays we have our weekly social evening from 6pm - 8.30pm, join us for a fun evening of chat meal and games. If you prefer to be out earlier in the day, why not visit our community cafe on Thursdays and Fridays starting at 10.30am, we serve an affordable cooked breakfast plate at £1.75 for 5 items, you have unlimited hot drink, and find company with other cafe attendees. If you need help with anything at all, we will do our best to sign post you to the relevant services. Watch out for our ad hoc workshops and talks on Fridays. This year we be encouraging self-love with Afternoon Tea on Friday 14th February. Anyone looking after a loved one is invited to our session every third Friday where you can meet with staff from CarersMK who are here to offer support and answer any questions you may have, they can even sign post you to any relevant services you require.





NEIGHBOURHOOD WATCH

WORKING IN YOUR COMMUNITY



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

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

You may have received our leaflet already.



It has three simple messages:

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



SPRING CRIME PREVENTION

Now that it is staying lighter for longer and the evidence of Spring is emerging and we are all outside much more, it is time to consider home security around your garden and outbuildings. Garden equipment and DIY tools are often expensive but can be vulnerable and also used to break into a property. Here are some crime prevention tips:

- Keep sheds and garages locked and don't leave tools lying about. Return them to a secure location after use.
- Ensure ladders, when stowed in outbuildings, are secured to a fixed point with a heavy-duty bicycle lock.
- Mark expensive equipment with paint, permanent marker, an engraver or UV pen with your house number and postcode.
- Make visibility into outbuildings difficult by using blinds, nets or two-way film.
- Ensure doors and windows, and their frames are secure.
- Consider installing a shed alarm or extending your home alarm to your outbuildings.
- Be clear on what your insurance policy covers in your garden and outbuildings.
- Install exterior lighting on a movement sensor, timer or dawn to dusk set-up.
- Secure your wheelie bins to a fixed point so to prevent them being used by intruders as climbing aids.
- Consider using prickly hedges, plants and trellis, and keep walls, fences and hedges high on a boundary which is not overlooked.
- On boundaries which are well overlooked by passers-by or neighbours, ensure there are no areas where would-be burglars could be hidden when attempting a break-in.
- Consider using gravel for paths and driveways to make it harder for would-be burglars to get about unheard.
- If you are planning a holiday, ask neighbours to watch over your home and to ensure that post is pushed completely through the letterbox.
- Better still, set up a local Neighbourhood Watch scheme to build safer homes and communities!

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



LANDSCAPING REPORT

Campbell Park Community Council

LANDSCAPE TEAM



Our dedicated Landscape team have again helped out at Willen Hospice, chipping the collected trees from their annual Christmas tree collection – this year they raised over £24,000 with this, a vital help for this important local charity.

This was something different for our team, (pictured above, Steve, Neil, Sophie, Paul and Daniel) who spend the rest of the year cutting the grass, trimming the shrubs and hedges and looking after some tree issues. They also litter pick our sites owned by CPCC, and get involved with planting and other maintenance projects within our area – quite a varied workload!



REPORT AN ISSUE

If you think an area of landscaping needs attention, take a look at our website (<https://www.campbell-park.gov.uk/community-council/services/landscape-maintenance-and-associated-services/>) or use the QR code below where you can find out who is responsible for the area in question, and how to report it to them. It can get complicated trying to work out who is responsible for what and in what area, so you can always contact us for more information as well!



FOREST GARDEN

Work has been progressing on the new Forest Garden for Fishermead, this will comprise of two areas either side of the footpath, in the courtyard between Fishermead Boulevard, and Penryn Avenue, next to Pencarrow Place. There will be an area of trees and shrubs, to encourage residents to see the wildlife it attracts, and across the footpath there will be an area for residents to grow fruit, vegetables and herbs for the table.

So far, the wildlife area has had its initial planting, and construction has started on the allotment area – you'll see more developments on this through until spring, when the planting can start and it will start to look really exciting!

This is being led by The Conservation Volunteers (TCV) and Milton Keynes City Council, if you want to get involved, the details can be found on our website <https://www.campbell-park.gov.uk/forest-garden-coming-to-fishermead/>





The Willows and Early Years Centre Spring News

Happy New Year. The children had a fabulous time before the holidays in school practising and performing their shows to their parents which meant they could all show case their talents.

We have started the new year with a bang. We have been completing our Global community week, when children learn and celebrate their friends' origins learning about countries and cultures. The children all enjoy the activities' particularly the cooking and eating ones!!



We pride ourselves on providing our children with a varied curriculum and so we are pleased that outdoor learning resume this week despite the chilly weather.

We have also welcomed more new pupils into our Nursery, both 2 and 3 year olds as well as children across the school. If you are looking for a school place or nursery place please contact the office on: **01908 528803** or **office@thewillowseyc.org.uk** and we will be pleased to offer you a tour.

Our new crossing patroller has started at our school helping keep not only our children safe but those across the community. Welcome Miss Maguire to the team.



FISHERMEAD TRINITY CENTRE PATIO REFURBISHMENT

Campbell Park Community Council were very happy to award a grant of £1000 to Fishermead Trinity Centre towards the cost of refurbishing their patio, to enable the community to safely use this area again.

BEFORE:



AFTER:

SPOTLIGHT ON WILLEN

The name 'Willen' comes from the old English word 'wylig' meaning 'at the willows'.

Before the creation of the lake and local expansion of housing development for the new town of Milton Keynes, this would have been an apt description for the small village situated next to the meandering river Ouzel with its border of willow trees. In the 1960s, Willen comprised a church, a vicarage, two big farms, around a dozen cottages and the last remnants of a watermill.

The new housing in Willen has been tastefully blended with the old and the village still has a very restful and rural feel about it.



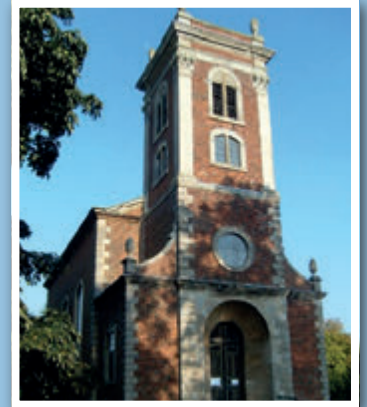
Local facilities include Willen Pavilion, a doctor's surgery, pharmacy, Sainsbury's, the Ship Ashore Public house and a variety of small retail units. It is also home to Willen Hospice.

The estate is served by Willen Primary School, Beaufort Drive, Willen.

WILLEN CHURCH

Willen Church, St Mary Magdalene, was built for Dr Richard Busby, Head Master of Westminster School. His students included Robert Hooke the English natural philosopher and Sir Christopher Wren, one of the most famous architects of his time.

The church was designed and construction supervised by Dr Robert Hooke. Robert Hooke helped Christopher Wren rebuild London after the Great Fire in 1666, and also worked on designing London's Monument to the fire, the Royal Greenwich Observatory, Montagu House in Bloomsbury, and the infamous Bethlem Royal Hospital (which became known as 'Bedlam').



Willen church was built around 1679 – 1682 (the date 1680 is cast into the plasterwork of the barrel-vault ceiling of the nave). Three bells were hung in the tower with fittings for full-circle ringing, they have identical rhyming inscriptions "Richard Chandler made me 1683.

It is not in its original condition; in the 19th century an apse was added to the nave, and the cupola was removed from the tower. Hooke's original intention was for a simple nave and a decorative tower; to some extent this intention has been reversed.

Willen has a newly formed Residents Association. If you live in Willen, we encourage you to get involved, take part in community projects and have your say on local issues and give Willen a voice in Milton Keynes.

Come and join your fellow Willen residents to help make your home the best place to live. Find details on their Facebook page.

All Willen Residents are welcome.





THAMES VALLEY
POLICE



ADVICE FROM THAMES VALLEY POLICE

KEEP YOUR VEHICLE SAFE OVER THE WINTER MONTHS

As the darker nights draw in over winter, there is a noticeable increase in the theft of, and theft from vehicles.

Help keep your vehicles and contents safe by following these steps:

- Purchase a steering lock.
- When at home, ensure that your keys are not visible or accessible from the outside.
- Secure your keys in a metal tin or Faraday pouch to help prevent technologies that can clone keys.
- Install a smart doorbell or CCTV system.
- Always lock and secure your vehicle, double checking that it has locked.
- Avoid leaving cash or valuables in your vehicle.
- Park in busy and well-lit areas, and car parks with CCTV.
- Enhance your vehicle's security by considering a tracking device.

Register your valuables with <https://immobilise.com/>

If there is a crime in progress, dial 999 immediately.

Otherwise, please report on 101 or on our website <https://www.thamesvalley.police.uk/>



A WARM PLACE

A Free Meal
A Safe Place
For Everyone

Trinity Centre
Fishermead
Every Wednesday: 4:30pm-6:30pm

Join our fostering community



If you're over 21 and can offer a safe, happy and supportive home to a child or young person, we'd love to hear from you.

- ✔ Competitive rates of pay
- ✔ Excellent training
- ✔ 24/7 support

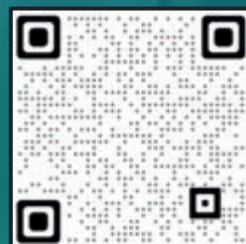


Milton Keynes
City Council

01908 253 206
www.mkcounciljobs.org.uk/foster



Scan for
more info



FREE ACTIVITY PACKS FOR CHILDREN

We were overwhelmed with interest in the Christmas activity packs and, unfortunately, this meant our supplies ran out early. We are sorry if you missed out.

The packs will contain a variety of paper-based activities, colouring sheets & craft supplies.

To ensure as many families as possible can benefit from this, please only take one pack per child. The packs will be limited in number and only available while stock lasts.

The activity packs can be collected from the Council Office in Fishermead:

CPCC, 1 Pencarrow Place (behind the Trinity Centre) MK6 2AS – Monday to Friday 10am – 4pm

If you have any queries, please contact admin@campbell-park.gov.uk or **01908 608559**

Our next activity pack will be for the February School Holiday with packs being available to collect from Tuesday 11 February

We will also have activity packs for the Easter Holidays, which can be collected from Tuesday 1 April.

Hope, Control, Opportunity for all residents – a Wellbeing for Life service

Report by guest contributor, Chris Brown



There is a relatively new NHS service available to all CPPC residents, based in Queensway, Bletchley, which offers both in person and online mental health support.

This has been established to complement the existing Talking Therapies and other front line NHS services in Milton Keynes and is delivered by a different team and NHS Trust.

It is the Milton Keynes Recovery and Wellbeing College, and it provides care and support through learning and activity groups, which in turn are supported by the charity Rethink Mental Illness.

There is a network of 80 such colleges in the UK, and they offer a holistic and long-term approach to users, in contrast to traditional short-term services.

No GP or hospital referral is required, there is online self-enrolment via their webpage, or by email. Users may be supported through this initial stage by carers or family members, an important differentiation to what has gone before. Their learning sessions typically include team members with lived experience of mental health challenges.

An extract from their code of conduct gives a description of their community offer:

"Throughout your time at the CNWL Recovery & Wellbeing College, you can expect us to:

- Make every attempt to ensure the learning is accessible to you
- Meet your specific access needs with respect to mental health, learning difficulty or physical disability as long as you tell us about these issues in advance

- Provide you with a warm and professional welcome at all times
- Ensure courses are of a high quality and promote hope, opportunity and control
- Support you to review your progress and discuss your next steps
- Provide a safe and healthy study environment
- Provide an environment free from discrimination
- Respect your personal beliefs, life choices, religious and cultural practices and traditions
- Give you the opportunity to express your views of the college and its services without fear of reprimand"

As a resident with lived experience, I can vouch for the accuracy of that inclusivity and diversity, in a safe and very supportive environment.

I can also recommend two of their long-term weekly user groups, the eco-friendly "no dig" garden project which is transforming a patch of previously waste land and the music project, which is open to all abilities, either instrumental or vocal, who create new music as a team.

Queensway Clinic, 226 Queensway, Bletchley, Milton Keynes MK2 2TE

Phone: **01908 725351**

Email: cnwl.mkrecoverycollege@nhs.net

<https://www.cnwl.nhs.uk/services/recovery-and-wellbeing-college/recovery-and-wellbeing-college-milton-keynes>

In the same location, the charity Mind operate a Crisis Cafe - in the evenings. For more information visit: **<https://www.mind-blmk.org.uk/how-we-can-help/milton-keynes/crisis-cafe-milton-keynes/>**

Kid's Corner



Hello Children,

How was your Christmas Holidays?

Did you enjoy the snow, even though it didn't last too long?

I must say I was freezing cold most of the time.

How many of you managed to get to our Christmas Party? If you did come, didn't we all have fun!!!!!!

Santa was so funny, Ho! Ho! Ho!



Nature Watch....



Here is a photo of Mr Fox and Baby Girl enjoying the sunshine.

Nature Word search

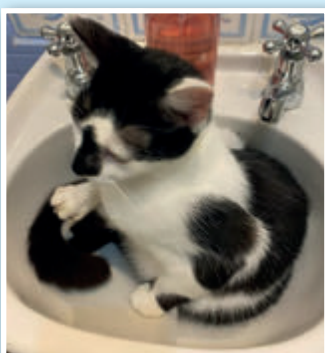
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- BEES
- BIRDS
- BULBS
- CONKERS
- FLOWERS
- GRASS
- INSECTS
- LEAVES
- OUTSIDE
- SEASONS
- SOIL
- SQUIRRELS
- TREES



This is Tracey W from the office enjoying the Halloween pumpkins.

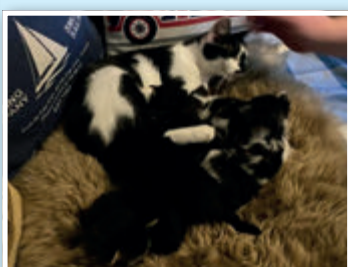
First is Pets Club....



This is Archiebelle sitting in the basin keeping cool as she was getting ready to have her babies.



On Christmas evening Archiebelle gave birth to 6 kittens. Here is one of the kittens at a week old.



This is her now, with all 6 babies having luncheon

Easter Party.....

Don't forget our Easter Tea Party on Saturday 5th April at the Springfield Centre. 2pm – 4pm.

We will have lots of fun and delicious things to eat and drink.

Hope to see you there!!

So, all the usual things to remember:

Stranger Danger. Green Tick Code.

Water Beware: Respect The Water



Send in a Poem:

If you send in a poem and it goes into the next Homeground you will win a prize.

Jokes:

Do you have any jokes?

If so, send them in and you could also win a prize if we put them into the magazine.

P.S: If you send anything into Kid's Corner we need to know your name, address, your age, and what school you go to, or we cannot send you your prize. The address is: 1 Pencarrow Place, Fishermead, Milton Keynes, MK6 2AS.

Until next time. Have fun!!!!

Cllr Penny.

Hop on over for our

EASTER

tea party

Join us on

Saturday 5 April, 2-4pm

Springfield Centre, Springfield Boulevard MK6 3JH
for some egg-citing fun!



This is a free event. Children must be accompanied by a parent/carer at all times.

CPCC
Campbell Park Community Council