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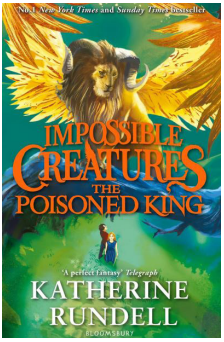
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Editor's Note



With Christmas fast approaching, we're delighted to bring you our festive edition of Community Contact Magazine, packed with local stories, seasonal inspiration, exciting competitions and plenty of ideas to make the most of the most wonderful time of the year.

We're thrilled to welcome **Urban ŌM** to our front cover this issue. Founded by Sarah Kassam, Buckingham's only infrared-heated yoga studio offers a fresh approach to wellbeing, with a range of heated and non-heated classes for all abilities. Inside, Sarah shares her personal journey into yoga and the inspiration behind the studio. If you've been thinking about trying something new, their special offer for our readers is the perfect place to start: **three classes for just £25!**

We've also got some fantastic festive treats up for grabs, including our **Christmas hamper giveaway, a competition with Aylesbury Waterside Theatre to win tickets to see the pantomime Sleeping Beauty, and another exciting competition with Coles Books**. Be sure to check out the details inside and get your entries in!

If you're still looking for Christmas presents, our **Shop Local Christmas Gift Guide** is full of inspiration, showcasing some of the lovely gifts and festive finds available from independent shops across Buckingham, Winslow and our surrounding villages. From thoughtful little treats to something extra special, there's no better time to support the fantastic local businesses that make our high streets unique.

Our regular contributors have plenty to inspire you this season, too. **Twyford Pantry** have created some delicious festive recipes to help with your Christmas cooking, while **Hartwell Nurseries** share their expert advice on how to give birds a helping hand this winter. We're also pleased to continue our Meet the Doctor feature with **Dr Harriet from MK18 Medical**, answering your health questions and sharing helpful advice to help you look after your wellbeing over the winter.

Our **What's On Guide** is packed with festive events and activities taking place across Buckingham, Winslow and the surrounding villages over the coming weeks. From Christmas fairs and family fun to seasonal celebrations, there's plenty to fill your festive calendar, so be sure to take a look and support the wonderful events happening right here on our doorstep.

As we come to the end of another year, I'd like to say a huge thank you to all the businesses who advertise with us, our wonderful contributors and everyone who picks up and reads the magazine. Your support means so much and helps us continue celebrating the people, places and independent businesses that make our community such a special place to live.

I wish you and your families a very happy Christmas and a healthy, happy New Year.

SCAN ME

Laura x

Competition Winner!

Congratulations to **Vivian Smith** who has won a copy of **The Hidden Seasons by Tristan Gooley kindly donated by Coles Books**, we will be in touch!



MOVE. BREATHE. FIND YOUR ŌM.

By Sarah Kassam, Founder of URBAN ŌM Yoga Studio

Discover URBAN ŌM, Buckingham's infrared yoga studio, offering heated and non-heated classes for every stage of your practice. Meet founder Sarah Kassam and discover yoga, with a difference.



I began yoga in my early twenties, initially to support strength and recovery from a demanding schedule. Discovering the mind-body connection changed more than how I moved. It changed how I approached challenges, managed stress and navigated everyday life.

That curiosity led me to yoga teacher training in Orlando in 2012, followed by a master's degree in Psychological Wellbeing in 2017, where I researched yoga for mental-emotional wellbeing.

Those experiences shaped my vision for URBAN ŌM, creating a place where people could discover what yoga brings to life, both on and off the mat.

YOGA, WITH A DIFFERENCE.



At URBAN ŌM, we bring together traditional yoga practices with infrared heat, mindful movement and experienced teaching to create a practice that works for modern life.

WHY INFRARED HEAT?

Unlike conventional heating that warms the air, infrared delivers radiant warmth absorbed by the body.



Practising in warmth can help ease muscle stiffness, encourage relaxation and make movement feel more fluid. Combine this with yoga's strength, balance and focused breathing, and you have a practice that challenges the body while calming the mind.

Yoga was often practised in naturally warm conditions, inspiring the development of modern heated yoga studios, but yoga doesn't have to be hot to be effective. That's why we offer different temperatures and classes, from hot yoga to warm restorative practices and non-heated foundations.

YOU DON'T HAVE TO TOUCH YOUR TOES TO START.

We've welcomed men and women, younger and older adults, regular exercisers and people returning to movement. You don't need to look a certain way or be flexible to belong here.

Perhaps you want to improve mobility, complement your fitness routine with recovery, rebuild confidence in your body, or escape to a calm space from a busy day.

If that's you, moving and focusing on your breath is exactly what you need.





YOUR PRACTICE. YOUR PACE. YOUR ŌM.

Different bodies, different goals, different days. Your practice can change with you.

We offer a variety of yoga classes on our schedule so there's room to challenge yourself, slow down or find something in between.

With guidance from our experienced teachers, you can explore what works for you and build a practice that supports how you want to move, feel and live.



As our member Katie says:

"The studio is built for yoga, which I like. It feels purposeful. It's welcoming and there are classes for all stages and ages"

Whether you're new to yoga or returning to your mat, we'll help you find your starting point.



FIND YOUR WAY TO THE MAT.

Yoga has become an important part of my life, and I'd love you to discover what it could bring to yours.

Our NEW ŌM Trial gives you 3 classes for £25, with 30 days to explore different practices, meet our teachers and experience the studio.

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I look forward to welcoming you!

Sarah x

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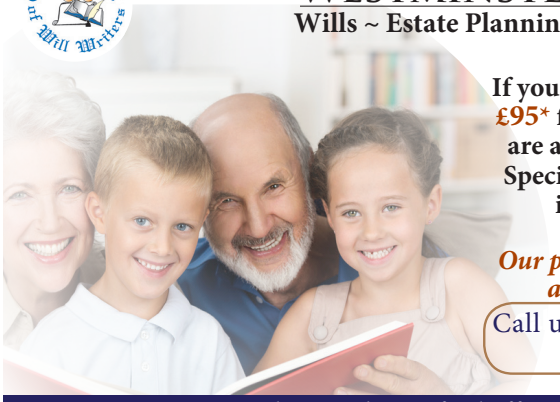
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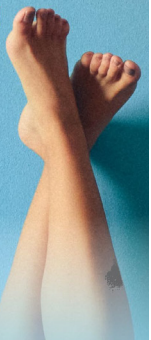
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SCAN ME

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- Scarf from Bea & Aud
- Christmas Candle from Bougie Lab
- Crate of beer from The Crown Inn, Twyford
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- Christmas Cards from Anna Jayne Designs
- Spiced Apple Gin from The Buckingham Distillery
- Crochet Gift from The Crochet Lady
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SCAN ME

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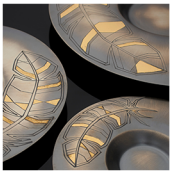
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Ask Dr Harriet

Your health questions, answered



This winter, Dr Harriet from MK18 Medical answers common health questions, from vitamin D and festive overindulgence to managing stress and staying well during the colder months.

Q. Do I really need to take vitamin D during the winter?

Dr Harriet says:
Vitamin D helps keep our bones, teeth and muscles healthy. In the UK, sunlight is not strong enough for our bodies to make sufficient vitamin D during autumn and winter. Adults and children over four are generally advised to consider taking 10 micrograms (400 IU) daily between October and early March. Some people may need it year-round. If you have a medical condition or are unsure, speak to a healthcare professional.

Q. How can I look after my mental wellbeing during the festive period?

Dr Harriet says:
Christmas can be wonderful, but financial pressures, family expectations and busy diaries can also take their toll. You don't have to do everything or make the season perfect. Prioritise what matters, make time to rest and stay connected with people you trust. If you feel persistently low, anxious or overwhelmed, seek support before things become unmanageable.

Q. Is it normal to suffer from indigestion and bloating over Christmas?

Dr Harriet says:
Larger meals, rich foods and alcohol can trigger indigestion, bloating and heartburn. Smaller portions, eating slowly and avoiding lying down straight after meals may help. Be mindful of foods that trigger symptoms, but don't feel you have to miss out altogether. If symptoms persist or worsen, seek medical advice. Severe pain, difficulty swallowing, vomiting blood or black stools require urgent medical assessment.

Q. What health checks should I think about before the New Year?

Dr Harriet says:
The end of the year is a good time to review your health. Depending on your age and medical history, this might include checking your blood pressure and cholesterol or ensuring your vaccinations and screening are up to date. Health checks should be tailored to the individual. If something has been concerning you, don't wait until January to seek advice.

Q. What is your biggest piece of advice for staying healthy this winter?

Dr Harriet says:
Be kind to yourself and focus on the basics: get enough sleep, eat well, keep active and make time for the people and activities you enjoy. Looking after your mental wellbeing matters too. If something doesn't feel right, seek advice rather than putting it off. Small, positive steps can make a real difference.

Dr Harriet is part of the team at MK18 Medical, providing personalised private healthcare for individuals and families.

To book a GP appointment with Dr Harriet, visit www.mk18medical.com or call 01280 460118

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WHAT'S ON GUIDE

YOUR GUIDE TO WHAT'S COMING UP IN OUR AREA

BONFIRE NIGHT IN BOURTON PARK

Saturday 31st Oct - 6pm

Join us at Bourton Park on Saturday 31 October 2026 for an evening of fireworks, bonfire and entertainment. Open from 6pm, Fireworks at 7pm.

Please note: Parking is extremely limited, so please walk to the event if you can. No dogs. No sparklers

BONFIRE NIGHT - WINSLOW

7th November - Gates open: 6pm. Bonfire lighting: 6.45pm. Fireworks: 7pm

At Winslow Church of England School

THE MILL BARN MARKETS

7th November - 10am to 2pm at Manor Farm, Buckingham

The Mill Barn Market brings together local artists, crafters, food producers, and small independent businesses, creating a relaxed rural shopping experience grounded in handmade quality and local pride.

REMEMBRANCE DAY

8th Nov at 10.30am - War Memorial in Winslow

REMEMBRANCE DAY PARADE

8th Nov at 10.30am - Remembrance Parade in Buckingham

The Buckingham Remembrance Day Parade is organised by the Royal British Legion. The parade will form up on Market Hill before the procession moves off, walking through the town centre towards Castle Street. Free parking is available at Ford Meadows Car Park, kindly provided by University of Buckingham. Alongside free entry to the Old Gaol Museum, with a special exhibition of World War II items

LACE HILL WINTER FAIR

15th November - 1pm to 4pm at Lace Hill Community Centre

Browse a fantastic selection of locally made crafts, delicious baked goods and unique gifts, with plenty of opportunities to find something special ahead of the festive season.

Whether you're looking for a thoughtful gift or simply want to support local makers and small businesses, come along and see what's on offer.

WINSLOW CHRISTMAS FAIR & LIGHTS

26th November from 5pm in Winslow Market Square

Enjoy festive food and drinks, fun rides for the children and a variety of stalls to browse for Christmas gifts.

BUCKINGHAM CHRISTMAS LIGHTS

26th November from 4.30pm - Town Centre

A festive evening of Christmas entertainment, live music, shopping and of course, the big Christmas Lights Switch-On!

4:30pm: The festivities begin with the Christmas Market opening in the Cattle Pens.

5:15pm: Live music starts the festive entertainment

6:00pm: The Town Crier, Mayor's welcome, announcement of the Mayor's Christmas Card Competition winner (see details of how to enter in our welcome) and the Christmas Lights Switch-On

SHOP LOCAL AND STAY LATE – BUCKINGHAM

26th November

Several Buckingham businesses will be staying open late with special Christmas offerings:

Smith & Clay – Festive samples, hot food and entertainment in the courtyard, including The Mursley Men sea shanty group.

Howes the Florist – Christmas Flower Bar, with festive foliage and wreath-making.

Cornwall Place Kitchen – Staying open late for the festivities.

The Courtyard at No.6 – Open until 8:00pm, with more festive offerings to be announced.

The Little Buckingham Clinic - Free mini tasters (15 mins) of treatments, and 15% off all treatments (if booked and paid for in full on the day). They also have mince pies, and herbal teas available for any visitors to enjoy. Open from 4pm until 8pm.

More businesses and offers will be added as details are confirmed, so keep an eye on this event for updates.

CHRISTMAS MAGIC WONDERLAND

Step into a world of festive magic from 28th November at Hartwells Nurseries. Their indoor Christmas Magical Wonderland is perfect for the whole family, packed with surprises, stunning hand-built displays, snowy scenes, woodland creatures, twinkling lights and plenty of Christmas sparkle. And, of course, Father Christmas will be waiting in his magical grotto every weekend, plus Monday 21 to Wednesday 23 December. Book your tickets now to avoid disappointment! **www.hartwellnurseries.co.uk**

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PRIME STOCK MARKET

30th November

Cattle and Sheep Auction, Market Square, Winslow

SMALL BUSINESS SATURDAY

5th December 10:30am - Buckingham Town Centre

Local businesses to providing you a full day packed with activities, freebies, special offers and plenty of reasons to shop local. There may even be a very special guest making an appearance in town!

Remember the Shop Local Stamp Cards from last year? Well, they're back! Collect your stamps as you shop locally for your chance to win up to £100 to spend in Buckingham.

(MORE DETAILS COMING SOON!)

CHRISTMAS FESTIVAL OF VOICES

Saturday 5th Dec – 7.30pm - St Laurence Church, Winslow

From The Cardiff Arms Park Choir organised by Winslow Rotary Club.

CHRISTMAS FARMERS' MARKET

6th December Market Square, Winslow

BUCKINGHAM COMMUNITY FAIR

12th Dec - 11am to 2pm - Community Centre, Buckingham

ELVIS TRIBUTE NIGHT

Saturday 12th December – Buckingham Golf Club

Alvin returns with his incredible Elvis tribute, so join us for a night of good food, legendary hits and unforgettable entertainment!

TICKETS: £45pp Non-BGC Members and £40pp - BGC Members house@buckinghamgolfclub.co.uk 01280 815566 option 3.

OPEN AIR CAROLS & FATHER CHRISTMAS

15th December at St Laurence Church, Winslow

LACE HILL CHRISTMAS CRAFT DAY

22nd December - 11:00am till 3pm

Exciting new event – a full day of free Christmas crafts!

BICESTER AND WHADDON CHASE HUNT

26th December - Meet at 11.00am

SLEEPING BEAUTY

Friday 4th Dec 2026 - Sunday 3rd Jan 2027

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CHRISTMAS IS COMING... TINSELE, BAUBLES AND PANTO!

Sleeping Beauty at Aylesbury Waterside Theatre promises a spellbinding family adventure from Fri 4 Dec 2026 – Sun 3 Jan 2027.

Call The Midwife's Laura Main will be delivering panto magic alongside family favourite and local legend Andy Collins who returns as Lester the Jester and larger-than-life dame, Leon Craig returning for a third year - complete with show-stopping costumes.

When the beautiful Princess is cursed by the evil Carabosse on the eve of her 18th birthday, only true love's kiss can break the spell. Can the Good Fairy's magic save her — and will our heroes live happily ever after?

Find out this Christmas in the dreamiest panto in all the land!

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SLEEPING BEAUTY COMPETITION

WIN 2 TICKETS TO SLEEPING BEAUTY ON FRI 4 JAN 2026 AT 5:30PM

SIMPLY TELL US WHAT THE PRINCESS PRICKS HER FINGER ON?

A. SPINNING WHEEL B. THORN C. FORK D. CACTUS

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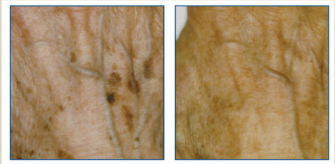
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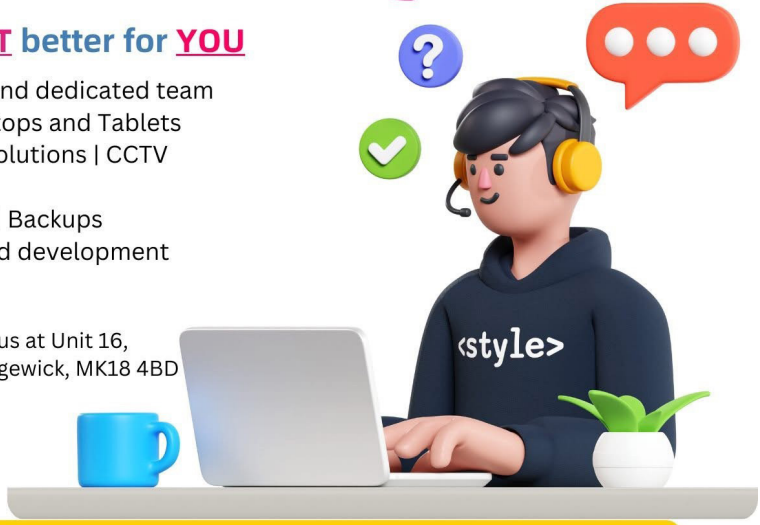
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the Twyford Pantry



We've got leaves falling all around us, the shelves are heaving with everything Christmassy and the winter woollies are well and truly out of the wardrobe and yet still it seems odd we're nearing the end of the year, doesn't it?

Things this year feel different for many of us - it might be because there has been so much going on in the world to distract us, both globally and locally, or it could just be due to big changes that have happened in our lives that we just don't feel quite ready. With that in mind I have chosen a couple of recipes that bring in the changes – a twist on mince pies taken from the traditional Eccles cake that you can make and freeze now and an alternative homage to my late Mum, who's job at our house to wrap the pigs in their blankets on Christmas morning. The 'No pigs in blankets' can be a vegetarian option for Christmas lunch or a tasty little nibble in their own right when you need a new canape idea! I've also included a yummy Nigella Lawson chutney recipe you can make now to stock up the pantry or to get ahead with homemade gifts for lucky recipients.

If Winter and Christmas are different for you this year for whatever reason, find ways to enjoy them in a different way and try new things....after all, change doesn't have to be saved for the New Year!

With warm and festive wishes from mine and Leo's house to yours,

Love Tina xx

Nigella's Christmas Chutney

(makes 9 x 250ml jars or less larger jars))



Ingredients

- 750 grams cooking apples (peeled, cored and chopped small)
- 1 medium onion (peeled and roughly chopped)
- 500 grams fresh or frozen cranberries (thawed if frozen)
- 250 grams soft pitted dates (each date cut into 3)
- 2 clementines (or satsumas)
- 400 grams caster sugar
- ½ teaspoon ground cloves
- 1 teaspoon ground ginger
- 1½ teaspoons ground cinnamon
- ¼ teaspoon cayenne pepper
- 500 millilitres white wine vinegar
- 2 teaspoons Maldon salt (or 1 teaspoon table salt)

Method

You will need 9 x 250ml / 1-cup sealable jars, with vinegar-proof lid, such as Kilner jars or re-usable pickle jars.

Sterilise your jars by washing them well in soapy water then rinse them and let them dry in a cool (140°C/120 °C fan/gas mark 1/275°F) oven.

Alternatively you can put the warm chutney into

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dishwasher-clean jars fresh from the machine, just remember warm chutney needs to go into warm jars.

Put the cooking apples, onion, cranberries and dates into a large pan. Zest the clementines/satsumas over the top, then squeeze in the juice and scrape in the pulp.

Add the sugar, ground cloves, ginger, cinnamon and cayenne pepper, then pour the vinegar over and sprinkle in the salt. Now all you have to do is give a good stir, turn on the heat, bring to a boil, then turn down the heat and let it bubble cheerfully, uncovered, for about an hour or until you have a pulpy mass.

Spoon into your warm, prepared jars and seal. Decorate as you wish.

MAKE AHEAD:

Make the chutney up to 2 months before using or giving (the longer it has to "mature" the better). Store in a cool, dark place for up to 1 year. Once opened, store in the fridge and use within 1 month.

source: nigella.com

Mincemeat Eccles Cakes

(makes 18)



Ingredients

- 500g block all-butter puff pastry
- flour for dusting
- 450g mincemeat
- 1 egg white - lightly beaten
- golden caster sugar

Method

Roll the pastry out to about the thickness of a 50p piece on to a floured surface, and cut out 10cm circles, then continue to re-roll and cut out until you have about 18 circles.

Place 1 tsp of mincemeat in the centre of each circle, brush the edges with egg white, then gather together tightly to completely encase the mincemeat.

Flip the pies over so the sealed edges are underneath, then squash them with your hand so you have a small puck-shaped pie. Cut two small slits in the top of each pie, brush generously with egg white and scatter with sugar. The pies can now be frozen for up to 2 months (if you don't want to bake and eat now!). Heat oven to 200°C/180°C fan/gas 6 and bake for 15 mins from raw or 25-30 mins from frozen.

source: waitrose.com

boooooooo we have run out of space...

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find this recipe online for

'No' Pigs In Blankets

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For our garden birds, winter is a challenging time to find enough food, stay warm and find safe shelter. Shorter days mean less time to forage and feed, while cold weather depletes the energy they need to survive. Natural food such as insects, berries and seeds are harder to find, and trees now offer less protection from wind and predators.



Our gardens can provide a valuable lifeline during these colder months, offering food, fresh water and places to live. Here are five simple ways to give garden birds a helping hand this winter.

Keep the feeders topped up

Offer a variety of bird food such as sunflower hearts, peanuts and specialist seed mixes. Fat balls, suet and mealworms also boosts protein and calorie intake that birds desperately need. Put out small amounts regularly rather than allowing food to sit for too long, plus clean feeders at least once a week.



Don't forget the water

Provide fresh, clean water every day and keep your bird bath topped up. Keep checking that it hasn't iced over during freezing weather!

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Give them somewhere to hide

Planting evergreen shrubs and hedges provide that all important hideaway from cold weather and predators. While shrubs such as holly, callicarpa, pyracantha and cotoneaster are particularly valuable to birds for shelter, they also offer a buffet of delicious berries and, for us, we get to enjoy their beautiful, vibrant colours.

Why not create a 'wild' area and build shelters using fallen twigs and logs. A great way to help birds find a rich supply of insects, which is perfect for robins!



Leave some natural food behind

Don't tidy up and clear your garden – the birds will do it for you! Seed heads such as teasels and sunflowers, are a firm favourite of goldfinches, while coneflowers and rudbeckia are loved by blue tits and sparrows.

Plus, any fallen fruit will soon be devoured by thrushes, blackbirds and starlings.



Put up a nest box

Nest boxes provide a useful dry, sheltered spot for birds to cuddle up together and gain energy during cold winter nights. Think about adding one to a quiet spot in the garden.

You don't need a huge garden to help. A few carefully chosen plants and shrubs in borders or containers, along with a well-placed bird box, can make your garden a much more welcoming place for birds this winter.

Happy bird watching...

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