

MINI MAYFLY



Please share with your friends and neighbours

In this fourth edition we celebrate the annual appearance of our favourite insect... 'The Mayfly'!

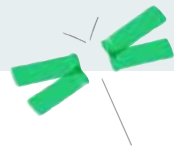
We're excited to have a special piece dedicated to parents of young children from Jodie Brown who runs our local sling and nappy library - important reading, especially for parents preparing their children for a return to school.

We also welcome back some of our regulars; our cartoon friends Micky and Marsha have some inside info on rainbows, and Micklefield resident Joy Langley shares her insights on elastic bands and resilience.

We are very pleased to welcome our local Imam onto these pages for the first time, with a message for those of you who have been observing Ramadan during the last few weeks.

We hope you enjoy this issue, and as always, please get in touch if you would like us to share your stories.

The Mayfly Team



May is the month of the Mayfly

A tiny creature at the heart of our area

Chief Ranger John Shaw, Chiltern Rangers

Mayflies are often missed as, even though they hatch in great numbers - many hundreds at a time, they usually only live for one day. Normally we are at work or school and this spectacle passes us by. But this year we have a chance to see this wonder of nature, so take a walk along the River Wye during half term or as part of your daily routine. Maybe you will even see a Kingfisher too?!

There are 51 species in the UK and they range in size from the tiny 'Caenis' or 'Angler's curse' (4 mm long) to the classic chalk stream mayfly, 'Ephemera danica' (25 mm). They are a really important part of rare chalk stream ecosystems that we have in our area as they are food for lots of fish like brown trout.



Green Drake Mayfly



Mayfly Larvae

How to spot a Mayfly

Adult Mayflies are delicate insects with broad, clear wings that have a lace-like appearance, very short antennae and up to three very long, fine tail bristles. They hold their wings vertically, closed over their backs.



Green Drake Mayfly

Another species you may see is the 'Common' or 'Green Drake' Mayfly - it has a creamy-green abdomen with distinctive brown markings towards the rear end, three long, black tails, and translucent, spotted wings.

Mayfly larvae can take up to two years to develop in the water, all for one day lived to the full as an adult. On this day the larvae hatch into 'Duns', their first duller Mayfly form, and then transform into 'Spinners' with translucent wings and full tails - all between mid morning and mid afternoon! Then it's time for some mating, when the male 'spinners' hang out in a cloud, which the female 'spinners' dive into.

Mayflies are an ancient group of riverfly insects and are a good indicator of the quality of a river, with many of the species only able to survive in the cleanest of rivers.



Mayfly wings



Angler's curse

Mayfly larvae which are aquatic also have three 'tails'.

The presence of species such as the Common Mayfly and the blue winged olive is indicative of a healthy river. However, these populations are under threat from pollution, such as run-off from towns.

We are always on the lookout for people to help monitor riverflies and this is something you can do whilst socially distancing, so please get in touch to learn more and to help us monitor the River Wye - training and equipment can be provided; you just need to monitor once a month for a couple for hours.



Serratella (Blue-winged Olive)

Learn more here:
<https://www.chilternsaonb.org/projects/chalk-streams-project.html>

Find out more about our mascot Mayflies here: <https://www.first-nature.com/insects/e-ephemera-danica.php>

For more information: <https://marshandmicklefield.com/environment>



Space Bubbles and Stones

Enjoying half term and getting ready for a return to school



Jodie Brown, Jenni Bean Consultancy

With weeks all seeming to merge together, half term may have been miles away on your radar; maybe like me you didn't realise it was coming until the Prime Minister suggested that some children may return to school after the break!

Here are some activities to make memories and relax with your families over half term, as well as some ideas on how to prepare your child if they are returning to school.

Back to school

Personal Space Bubbles! The prospect of a return to school can be a lot for younger family members to digest, especially when the school they return to will not be the same as they remember.

Using chalk, hula hoops, a rope or anything you can mark out circles with, create "space bubbles" marked out to be two metres from where the next person's "space bubble" is. Explain that this is how far apart we must be to make sure that our bubbles do not pop. Ask your child to imagine their own bubble and choose if it has glitter? What colour it is? How does it smell? How does it feel?

Now with their imaginary space bubbles around them children can do some funny walking, dancing, and skipping all around, whilst making sure they don't let their bubble pop by getting too close to another person's space bubble! Keep referring back to the 2 metres you have marked out already. You could even spend time drawing your space bubbles on paper too.

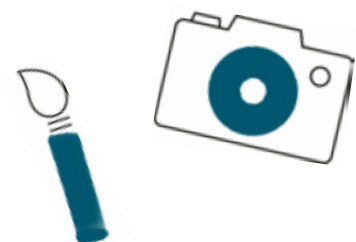
Personal Protective Equipment, for favourite toys! Find some toys that have clear facial features, such as teddies or dolls. With your child cut out paper or felt into shapes to make face masks for these toys. You can also make face shields from clear plastic containers (be aware of sharp edges). Talk about how they look with the PPE on; do they look funny? Silly? Scary? Are they the same toy under the mask? Does it change them? Some children will have never experienced people wearing face shields before and so it can be overwhelming; this game will help them to understand that they can come off and they are not permanent.



How to make your family walk different

(Marsh and) Micklefield Rocks - before you head out on a walk, why not decorate some pebbles ready to hide for other families to enjoy? Permanent markers work, or even paint will do the job; if you want the paint to last longer you can varnish the rocks. If you have a drawer of old nail varnish this is the perfect opportunity to use it!

On the back of the rock make sure you use **#micklefieldrocks** with the hope that the person who finds your rock may share where and when they found it on the **@micklefieldrocks** Facebook page. Be aware if you find other families' rocks, they may have come into contact with bacteria and viruses so make sure you wash your hands thoroughly if you decide to touch them.



Jodie will be running some sessions around children's mental health after lockdown, in the autumn.
 Contact: jennibeansc@outlook.com / <https://www.jennibeansc.com>

Simple recipe from things you probably already have

Michael Brown, Director of Empower To Cook



Empowered Tips

You could keep it all vegetarian. Mushrooms would also work well instead of leeks. Ham instead of bacon.

Traditionally this would be eaten by itself. You could add more veg to it or lightly dressed salad leaves on the side.

Make sure to follow Empower to Cook on Facebook and Twitter @empowertocook for more great tips!

Oven baked leek and bacon risotto

Ingredients

- 1 tbs olive oil
- 6 rashers smoked back bacon roughly chopped or chopped ham
- 2 leeks halved lengthways and finely sliced
- 250g risotto rice, paella or Japanese rice
- 700ml hot chicken or vegetable stock
- 175g frozen peas
- 3tbsp soft cheese or other cheese such as cheddar
- Zest of 1 lemon

Method

Heat oven to 200C/180C fan/gas mark 6. Tip the oil into an ovenproof casserole dish. Add bacon and fry for 2 mins. Add the leeks and cook until soft, but not coloured, for about 4-5 mins. Tip in rice and cook for 1 min more. Pour over stock. Cover and place in the oven for 20 mins, stirring halfway.

When rice is just tender and all liquid is absorbed, remove from oven and stir in peas. Place back in oven for 2 mins more. Remove and stir in cheese. Add zest and season.

Any leftovers?

A super quick recipe for Easy Risotto Cakes uses just 5 ingredients and takes less than 10 minutes!

An economical and tasty way to use up leftover risotto.

<https://www.tastyeverafter.com/easy-risotto-cakes/>



Advice from an expert

Be an elastic band, adjust to the changes and build up resilience

Joy Langley, therapist and emotional management coach based in Micklefield

I should be used to this by now. You know, the new 'normal.' I love routines and structure, yet work and family routines still feel topsy turvy. I miss my 'old' way of life AND I need a hair cut! ...do you feel the same?

Human beings hate change. The brain gets jittery, nervous and anxious because it can no longer predict what's going to happen next. It begins to think everything is dangerous. So, my tip is to remind yourself that you have great coping skills, you can figure things out ... and you'll find the resources to help you handle things.

You might be a parent looking after children (whilst 'working' from home), a student with assignments to submit, a carer looking after the elderly or disabled, or an important key worker making sure we have the essentials. Perhaps you are bravely living with a mental health problem, a long term health condition or waiting for an operation.

Whichever hat(s) you wear, give yourself a big round of applause and a pat on the back!

Why? Because despite the tears & tantrums of living with the stress and uncertainty of the covid-19 virus, you've gained something extremely positive and valuable. You've gained RESILIENCE.

What's resilience? Well, imagine pulling an elastic band to within an inch of snapping, then releasing it. Well this has happened to you. My own personal definition is the ability to bounce back without breaking from receiving bad news or experiencing unwanted life events and unexpected tragedies. Yes, you will come out of this global pandemic a 'different person', but definitely stronger and wiser.

Psst! You are now officially a stretchy, flexible, bendy 'elastic band'!



<https://catchathought.co.uk>

Thank you to all the people who sent pictures from their VE Day celebrations.

Amazing to see how inventive and creative Marsh and Micklefield community can be!



Quick update from Marsh and Micklefield residents partnership and staff team

Some of the things we have been up to in the last two weeks:

- Supporting Jenni Bean Consultancy CIC to train to deliver children's mental health support after lockdown
- Funding Wycombe Mind 'Wise' project to support people in M&M living with mental health challenges, and their families
- Starting to work with Beechview School to help families with the technology they need for home learning



What we are thinking about:

Helping a new food bank set up in our area

How we can restart environmental work in Marsh and Micklefield

Extending the Micklefield Community Tutoring project until the end of summer term

Please get in touch with any ideas/thoughts:

chair@marshandmicklefield.com / Lisa@marshandmicklefield.com or visit marshandmicklefield.com

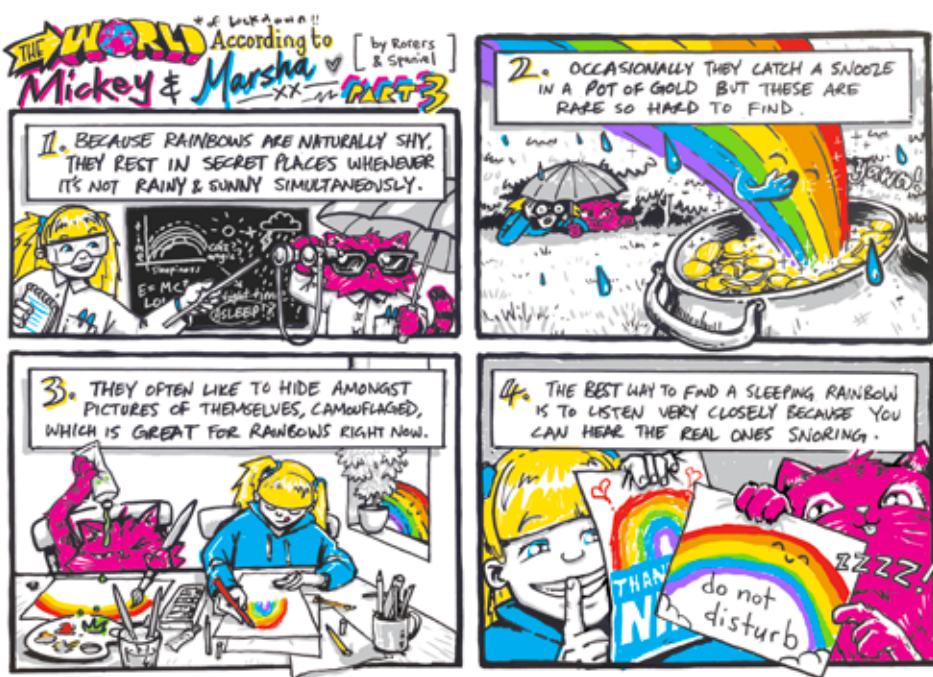
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If you're feeling in need of a chat then someone can give you a call, and we can even collect your prescription!

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