

Flitwick papers

May/June 2019



Flitwick Town Council
The Rufus Centre
Steppingley Road
Flitwick
Bedford
MK45 1AH



A busy day at the Flitwick Fun Dog Show


What's Inside:

Community Awards 2019

Carnival Time

The Forum - Busy Getting Stronger

Resident Driven Projects

 **01525 631900**

 **01525 631903**

 **info@flitwick.gov.uk**

 **www.flitwick.gov.uk**

 **/FlitwickTC**

 **@NewsFTC**

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Your Local Representatives

Flitwick Town Councillors

Ward	Name	Contact
E	Keith Badham	Contact TC Office
E	Janet Blakeman	712078
W	Ian Blazeby	634585
E	Ryan Coleman	Contact TC Office
W	Jeremy Dann	713751
W	Paul Dodds	Contact TC Office
W	Patricia Earles	Contact TC Office
E	Mike Halligan	Contact TC Office
E	Ann Lutley	712837
W	Gareth Mackey	712537
W	Martin Platt	713017
E	John Roberts	716360
E	Russ Shaw	Contact TC Office
W	Andrew Snape	Contact TC Office
W	Dan Toinko	Contact TC Office
W	Phillip Thompson	720582
W	Maureen Williams	714714

Flitwick Town Council deal with; Allotments, burial ground, grants, environmental improvements, events and activities, play areas, Youth Hub, parks and open spaces, Flitwick Manor Park and The Rufus Centre.

Central Bedfordshire Councillors

Neil Bunyan
Charles Gomm
Gareth Mackey

CBC deal with; Environmental Services, Grants, Grass Cutting, Highways, Industrial Estates, Planning, Recreation and Leisure, Refuse Collections, Litter Clearance, Recycling, Amenity Areas, Education, Libraries, Archives, Social Services, Street Lighting, Trading Standards, Traffic Management and Youth Services.

Telephone 0300 300 8000

Tuesday 21st May

This was our Annual Meeting of the Council. Cllr Phillip Thompson was elected as Mayor and Cllr Maureen Williams as Deputy Town Mayor for the coming year.

We would like to welcome our new elected councillors who will serve for the next four years as members of the Council: Russ Shaw, Michael Halligan, Ryan Coleman, Andy Snape, Patricia Earles and Paul Dodds. Keith Badham was elected on the night as a co-opted member following one vacancy after the elections.

The following was decided for Chairmen of the Committees:

- Corporate Services – Cllr Ian Blazeby
- Business Services – Cllr Maureen Williams
- Community Services – Cllr Keith Badham
- Planning Services – Cllr Gareth Mackey

Sheila Forster

The Council was saddened to hear that former Town Councillor Sheila Forster had passed away on Good Friday.

Sheila made an outstanding contribution to the town and served as Town Mayor in 2000/2001 and 2005/2006. We send our condolences and heartfelt sympathies to Sheila's family.

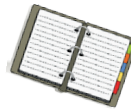
Station Road Project

The Council has submitted a planning application to transform the centre of the town.

The proposal is to build new community headquarters on Station Road for two of the town's most successful organisations, the Flitwick Scout Group and the Royal British Legion.

Part of the Market Town Regeneration Project, plans also include a short-stay shoppers' car park to help boost trade for local retailers and businesses.

As part of the project the Council is also proposing that a retirement living facility is built on the remainder of the land it owns on Station Road. This would give the over 55's community an opportunity to remain living independently in privately-owned flats, close to town facilities. *Full details and plans will be shared on social media and in the next issue.*



Town Council Diary

All meetings listed are held at the Rufus Centre unless stated otherwise

May

29th	Corporate Services	7.45pm
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June

5th	Community Services	7.45pm
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6th	Planning Committee	7.45pm
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13th	Business Services	7.45pm
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18th	Town Council	7.45pm
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27th	Planning Committee	7.45pm
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July

11th	Business Services	7.45pm
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16th	Town Council	7.45pm
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18th	Planning Committee	7.45pm
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24th	Corporate Services	7.45pm
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What's Been Happening?

FUN DOG SHOW

We had a fantastic day at the Fun Dog Show at the Rufus Centre on Sunday 12th May; so many wonderful dogs and a beautiful sunny day too.

All of the dogs were so well behaved and the judges had a very difficult task in choosing the winners for each class.

Congratulations to everyone who took part. Winner of the Young Handler class and Best in Show was 11 year old Amelie Morris and Pickle, a gorgeous 13 month old rescued mixed breed.

Thank you to everyone who took part, all the volunteers who helped on the day and to Pets at Home, Bedford for their support.

Money raised on the day will be divided by the Animals in Need charity and the Town Mayor's Charities - The Hope Programme and Hospitality Action.



Photo above: Best in Show winner, Pickle with Amelie



COMEDY NIGHT

Laughter was the name of the game at our first Comedy Night on 17th May headlined by Britain's Got Talent finalist comedy ventriloquist, Steve Hewlett.

The audience enjoyed an evening of entertainment (and some audience participation!) with comedians Paul Revill, who was the compere for the night, Carl Charlesworth and Elroy Welsh.

Photo: (Left to Right) Paul, Elroy, Steve and Carl



A special night took place at The Rufus Centre on 26th April as we celebrated the wonderful work of people, businesses and organisations at the Flitwick Community Awards 2019.

Over 120 guests joined in the celebrations. Huge congratulations to all the winners and to everyone who was nominated for an award. Thank you for your dedication and contribution to our community.

Award Winners:

Lifetime Achievement - **Millie Cooksley** *(Right with Marcia Mitchell)*

Local Hero - **John Howkins** *(Pictured below)*

Local Business - **D & G Short**

Local Organisation -

Flitwick & District Good Neighbour Scheme

Local Group - **The Forum –**

Busy Getting Stronger

Volunteer - **Richard Luscombe**

Young Person -

Joint winners **Karseten Demmers & Amelia Rutt**

Carer - **Carolyn Jones**

Town Mayor's Thanks

Colin Giggie – (Flitwick Eagles), **Louise Rutt** – (Flitwick Scout Group)
& **Jake Blackstaffe** – (Flitwick & Ampthill Sea Cadets)

Special Recognition Award

Andrew Woolgar and Peter Bottoms

Visit the Town Council Facebook page to view all photographs taken.

Look out for individual profiles of all the winners in future editions of Flitwick Papers.



MEN'S CLUB TRIP TO RAF HENDON

A group from Men's Club enjoyed a fascinating trip to the RAF Museum Hendon on 20th May touring around the historic aircraft and exhibits.

Men's Club for over 65s meets every Monday afternoon, 1.30pm to 3.30pm at Flitwick Club, High Street. New members welcome. £2 per session, first session free.

Resident Driven Projects - We Need Your Ideas!

Following its success last year, Flitwick Town Councillors have once again decided to give residents the opportunity to suggest projects they would like to deliver in the town. The 'Resident Driven Projects' initiative will allow you to give your project ideas that the Town Council can deliver with your participation. This is not a grant, this is something different. Proposals should have approximate costs and be submitted to the Town Council office at The Rufus Centre by no later than 5pm on **Friday 28th June**. You can download a proposal form and supporting information from the Town Council website.

The criteria for proposals is simple:

- Deliverable and cost to not exceed £10,000
- Costs to include both capital and maintenance
- Direct benefits to residents of Flitwick
- Wide appeal to all parts of the community
- Proposals by residents only

The projects will be chosen by a Panel and residents will be able to vote for their favourite project!

Projects could be an event (e.g. Exhibition or Festival), an installation (e.g. a sensory garden), a regular activity (e.g. a support group or interest group) or any other idea fitting the criteria.

For more information visit our website or contact annesmith@flitwick.gov.uk.

2018 Project Update

Last year's Resident Driven Projects chosen by the Flitwick community are now well underway.

The three chosen Resident Driven Projects were all for Manor Park: the placement of three additional uniquely carved natural benches, a pond dipping platform and a wildflower meadow.

Work and planning for these projects continues to go on behind the scenes.

There have been a few delays along the way. Special permission needed to be sought from Natural England and the County Archaeologist, (which we are pleased to report has now been granted). The wildflower seed sowing and planting has been postponed until the autumn when the rain brings more favourable conditions. In addition, the water level in the lake needs to come back to previous levels before work can begin on the pond dipping platform.

We hope visitors to Manor Park will see the results of these projects before the end of the year and will be able to enjoy their benefits for many years to come.



Register Your Vehicle!



Flitwick Classic Car & Bike Show

Sunday 4th August
The Rufus Centre Field

Steppingley Road, Flitwick, Beds, MK45 1AH

12 noon - 4pm

£4 cars / £3 bikes - Pre-book to guarantee entry

Exhibitor Arrival: 10:30am - 11:30am

Vehicles will not be permitted to leave the field prior to 4pm

Request an Exhibitor Booking Form by calling 01525 631900
or email reception@flitwick.gov.uk

Organised by Flitwick Town Council Web: www.flitwick.gov.uk



/FlitwickTC



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The Rufus Centre

This month we have been particularly busy with children's parties in the Lockyer Suite with plenty of room for running around, dancing, party games and bouncy castles!

We hosted three children's parties in total. Teaching Talons animal encounters came along to wow all the children at one of the parties and the other two parties had a bouncy castle inside along with other soft play equipment.

We are also getting ready for the wedding and party season. When the Lockyer Suite is dressed for a wedding or party it looks completely different as you can see from the picture. If you have a special event to celebrate in the future do get in touch.



Recently we hosted a funeral reception for a lovely local family. In order to accommodate elderly guests, they made use of the Dining Hall area which has easy access to all facilities. A bar was available and guests were served a buffet including hot drinks throughout the afternoon.

Conferences & Meetings

We have welcomed a number of regular visitors for conferences and meetings this month. The team have also been out talking to local businesses at the 3 Counties Expo which took place on 30th April at Venue 360 Riverside Conference Centre in Luton.

As well as meeting existing clients, the exhibition provided the perfect platform to introduce The Rufus Centre to both exhibitors and visitors from across Herts, Beds and Bucks.

The Rufus Centre's in-house catering team made some fantastic mini-cupcakes to tempt visitors to the exhibition stand. They proved to be very popular!



Tel: **01525 631905**

Email: Bookings@therufuscentre.co.uk



[/TheRufusCentre](https://www.facebook.com/TheRufusCentre)

[/WeddingsAtTheRufusCentre](https://www.facebook.com/WeddingsAtTheRufusCentre)



[@RufusCentreFTC](https://twitter.com/RufusCentreFTC)

The Rufus Centre



Meet, Work, Celebrate

www.therufuscentre.co.uk



The Rufus Centre

Meet, Work, Celebrate



This month's Flitwick Business Group meeting at The Rufus Centre on 16th May provided local businesses with a fantastic networking opportunity with engaging presentations from a variety of speakers.

Topics included IT Accounting Solutions presented by Alberto Di Lorenzo, Haines Watts; 10 Tips for Getting Noticed Online by Lyndon Boddey, FNSCreative; Business Continuity presented by Kasia Jeziorska, Rebecca L Faret Solicitors and Business Banking by Pamela Paul, Barclays Bank. A real diverse mix of subjects that can benefit businesses and enhance business practices.

Flitwick Business Group will meet again after the summer. Keep up-to-date with the latest news and details of the next meeting date by visiting:

www.flitwickbusinessgroup.co.uk.



Saturday 8th June - Millennium Park

Flitwick Carnival is just weeks away and the event looks to be the biggest yet with something to keep everyone entertained.

The Parade leaves The Rufus Centre at 11.15am and will follow Steppingley Road, Dunstable Road and Temple Way before arriving at Millennium Park at 12 noon. Make sure you line the streets along the way and show your support to everyone taking part.

We are looking forward to seeing all of the 'Animal Kingdom' themed floats and walkers in the Carnival Parade.

In the arena we will have some amazing acts including strongman 'Mighty Smith', and the Xtreme Stunt Team pitching motorbikes against cycles with acts that will take your breath away.

Ferret World will offer the chance to get close to ferrets in their own mini arena and 'race' against them on a special course.

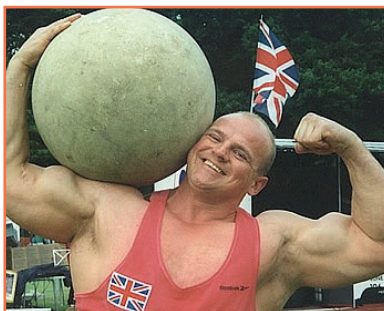
There's plenty of musical entertainment too with performances from The Authentics, Misfit and Salute.

Carnival Raffle

If you want the chance to win some fantastic prizes make sure you visit our stand in the arena and enter the Carnival Grand Raffle. The selection of prizes is being added to daily and include a laptop donated by Zestol, Family tickets to Woburn Safari Park, Leighton Buzzard Railway, The Shuttleworth Collection and an 18 hole pass for four people at Millbrook Golf Course.

Thank You To Our Sponsors!

A big thank you to all the local companies who sponsor Flitwick Carnival. We couldn't do it without your support!



Flitwick Carnival

SATURDAY 8TH JUNE 12 NOON - 7PM

THE MILLENNIUM PARK, DUNSTABLE ROAD, FLITWICK, BEDS, MK45 1HP

**PARADE LEAVES THE RUFUS CENTRE AT
11.15AM**



FREE ENTRY

Parade Route:

Rufus Centre - Steppingley Road -
Dunstable Road - Temple Way

**Arena Acts: Adrian Smith - three
times UK's Strongest Man,
Xtreme Stunt Team & Lots More!**

**Mini-Arena: Race against Ferrets with
Ferret World**

**PLUS... Food Court, Stalls, Tug of War
& Grand Raffle Prize Draw**

Live Music 4pm - 7pm

For more details call 01525 631900

The perfect family day out!



Animal Kingdom Theme!

Local Organisation Notices

Wildlife Trust

Walk with Graham Bellamy Pegsdon Hills Nature Reserve Wednesday 5th June at 7pm

Graham will guide the group around the beautiful, orchid-rich chalk grass lands and meadows of Pegsdon Hills
Places are limited - Please book your place. £2 per adult.

Invertebrate Day/Family Bug Hunt Flitwick Moor Saturday 29th June

10.00am-12.30pm and 1.30-4.00pm

Investigate the great variety of small creatures on this magical wetland.
Families welcome but children must be accompanied by a parent or guardian
FREE EVENT

Contact: flitvale.info@gmail.com or ring Ann on 075801 78889 between 6 and 8pm or at weekends.

Mid Beds Flower Club

Thursday 13th June at 7.45pm Flitwick Village Hall

Demonstration by Gill McGregor

£6.00 - Visitors Welcome

Contact: Marion Tucker - 01234 742396

Templefield Lower School

Summer Frenzy

Saturday 29th June

1pm - 5pm

£1 Entry - Children FREE

**Attractions include Edge Farm,
Inflatables, Games & Stalls**

St Peter & St Paul's Church 'Singing The Seasons'

An evening with Hymns & Pimms in aid of
St John's Hospice, Moggerhanger

Sunday 16th June

4pm - Open Rehearsal with Tea

6.30pm - Festival Service

Followed by Pimms on the Lawns

Bedford Organ & Keyboard Club

Present Popular Entertainer

Steve Hubble in Concert

Wednesday 26th June

7.30pm - 10.00pm

Refreshments/Bar/Raffle

Members £5 Non-Members £6

Contact: 01234 344423 - Addison
Centre, Kempston, MK42 8PN

www.organfax.co.uk/clubs/bedford

Flitwick Health Walkers

For more details or to request a programme
contact Roy on 01525 715730/07866 446131

Silsoe

Wednesday 5th June - 10.15am

Meet outside Church

Marson Vale Forest Centre

Wednesday 12th June - 10.15am

Flitwick Moor

Wednesday 19th June - 10.15am

Meet outside Barclays Bank, Flitwick

Caldecotte Lakes, Milton Keynes

Wednesday 26th June - 10.15am

Meet in Caldecotte Arms Car Park

All walks are approx 1.5 hours

Flitwick Dolphins Para Training

On Saturday, the 11th of May, para athletes from around the region attended the East Region Para training event being held at Flitwick Leisure Centre.

The coaching team for the day included Flitwick Dolphins' coaches Lauren Murphy and Louise King, assisted by senior swimmers and volunteers from Flitwick Dolphins SC, Tyler Watson, Emma Boost, Emma Schofield, Maddie Phillips and Lilli Thompson. Team manager for the day was Beds ASA disability secretary Sandra Grant

Two young swimmers from Flitwick Dolphins, Ida and Abigail, took part in the day and had the following positive feedback:

"I was so happy because I realised that this is everything that I want to do." (Abigail)

"It was a really nice day and it helped us all with our different abilities." (Ida)

Feedback from the volunteer coaches was also positive:

"It was a brilliant afternoon with some fantastic swimmers. I found it really inspiring and it made me realise that with hard work and determination anything is possible." (Maddie)

"I think the para training day was a great experience as a coach, I learnt that with hard work and motivation anyone can achieve their goals. The swimmers really inspired me and showed that effort always pays off." (Tyler)

Article sent in by Flitwick Dolphins



Flitton Potato Race - Sunday 16th June

Registrations now open - <http://www.flittonpotatorace.co.uk>

Flitwick Scouts on the Trail!

All sections of Flitwick Scout Group participated in a worldwide event known as "Jamboree on the Trail" (JOTT). There were two stages of this year's event; a walk of eight miles in the morning and five miles in the afternoon. Most of those who took part walked the whole distance.

Six children were awarded their Bronze Chief Scout Award by Jonathan Smith, lead volunteer for the Group. Lucy Tucker, one of the recipients of the award, was also presented with the final one of all of the activity badges she could gain. These included builder, camp craft, global issues, health and fitness and space. She did reveal that her favourite badge was 'animal friend.' Other activities have included sowing sunflowers. The programme over the next few weeks includes visiting the allotment to transplant the sunflowers; and learning about disabilities.

The Cub Scouts have been using their senses by going on a blindfold trail at Houghton House and also following a tracking trail in Ampthill Park. Events on their programme over the next few weeks include a visit to the fire station, fire lighting and cooking and trampolining.

Ten of the Scouts are going to experience a weekend on a narrowboat on the Grand Union Canal. This will include opening and closing locks and learning how to steer a 70' boat. Also on the programme is an incident hike and fire safety.

Article sent in by Flitwick Scout Group



For further information please visit www.flitwickscoutgroup.org.uk

What Do They Do?

The Forum - Busy Getting Stronger

We're so grateful to be recognised as this year's 'Local Group' at the Flitwick Community Awards. Like a lot of groups, there's usually a personal reason behind them. For us, it was the deaths of two daughters; Lizzie Barnes from Westoning and our own daughter, Becki, from Flitwick. Lizzie had been a Harlington student; Becki a Redborne one. Both succeeded in getting to uni. Both took their own lives.

Nigel Washington, Vicar of Westoning and our Co-Chair, led the funerals. As previous Head of Sixth Form at Harlington Upper, his concern for young people prompted a resolve to meet and discuss mental health; a Forum. That was in early 2015. We started 6-monthly meetings on different subjects, such as Self-Harm, Suicide, Eating Disorder, Anxiety and Self-Esteem. At the suggestion of one of our young members, we added 'Busy Getting Stronger' to our name, to highlight our positive message. From beginnings at Flitwick Cricket Club, we moved to The Rufus Centre, and then to meetings at Redborne and Harlington Upper Schools.

Our events are free and open to everyone; students, professionals, parents and carers. Financial support, including last year's nomination as a Town Mayor's Charity, helps to make our service freely available. While we do not offer counselling, we are always ready to listen, and we have a comprehensive resource of information and support addresses to 'signpost' to. Our wonderful committee and helpers also work with other groups, such as Mind BLMK, Chums, Bedfordshire Suicide Bereavement Service, and Papyrus (Prevention of Young Suicide).

More than anything, we hope we have got people talking. We are constantly amazed by the willingness of young people to speak about mental health issues and the growing movement of students in our schools who promote mental wellbeing.

Our sessions have also introduced professionals to these schools, who now work with them, and we ourselves have been invited to take part in school training. Support for parents and carers is also much needed, so we hope that we help them to make more informed choices and to feel that they are not alone.

Just four years ago, when we started, we had no idea where our work would lead. On behalf of those we have loved and lost, thank you for our award.

Richard Luscombe, Co-Chair,

The Forum - Busy Getting Stronger

 www.facebook.com/TheForumBGS

 [@TheForumBGS](https://twitter.com/TheForumBGS)

Photo (C) Ben Peet

The Forum
Busy Getting Stronger
*Raising awareness of young people's
mental health and wellbeing*



A Sense of Awe & Wonder

The mind-blowing magic show
by Martin Rees & David Days



A magical journey through the 5 senses,
ending with a World Record attempt!

Friday 20th September

The Rufus Centre, Flitwick, MK45 1AH

Tickets: £18 including Hot Food (Must pre-book)

Doors Open: 7pm



Organised by Flitwick Town Council

Box Office: 01525 631900

Southend Seaside

Come and join us for a paddle in the sea
and a day trip away!

Monday 2nd September

Leaving The Rufus Centre: 9:30am
Returning: 3:30pm (approx.)

£19 per person (Must Pre-Book, Includes transport only)

To book your seat call: 01525 631900

 Organised by Filtwick Town Council

Millennium Park Play Area

If you have been to Millennium Park recently you will have seen the work progressing on the new play area.

The contractors have removed all of the existing play equipment apart from the roundabout, which is to be retained and installed the smaller multi-play unit.

New pathways and footings for the new play equipment have been laid out and work has started on digging out the footings for the zip wire.

Where possible, the concrete from the old pathways is being used as substrate for the new pathways.

We can't wait for the works to be complete and to see everyone enjoying the new equipment.





Rebecca L Faret
Solicitors

NO WILL? NO CONTROL...

If you die without making a will, the administration of your estate will be subject to rules on intestacy. Your relatives, friends or favourite charities may get nothing.

Contact us for advice on making a will. Be in control of your affairs and decide who you want to administer and who you want to benefit from your estate.

DON'T BE A VICTIM OF FRAUD

Your home is probably the most valuable asset you own so it is important to protect it from the risk of fraud. Fraud of all kinds is on the increase, it is important you do what you can to protect yourself.

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Beverley Jones on 01525 631900
or email:
beverleyjones@flitwick.gov.uk

Flukes
Flitwick Ukuleles

A musical group for people who
play or want to learn to
play the ukulele

Monday Nights
7.30pm

Instruments available to try on the night
(Donations of ukuleles gratefully received)

The Rufus Centre
at  Meet, Work, Celebrate

Steppingley Road, Flitwick, Beds, MK45 1AH
For more details call Jeremy Dann
07828 508621

What's On

For more details on anything advertised here please call 01525 631900

All events on this page are held at **The Rufus Centre** unless stated otherwise
www.flitwick.gov.uk

Look inside for details on the Classic Car & Bike Show, Trip to Southend and more.....



Forget Me Not Group

Monday 10th June

1.30pm - 3.30pm

Shelia Mason, Dementia Group

Tea, Coffee, Cake & Chat!

The Forget Me Not Group is a group to support carers and people with memory problems or Dementia.

Come along for a cup of tea and a chat.

We welcome newcomers.



Tea Dance with

Bob Watts

Thursday 13th June

2pm- 4.15pm

Entry £4 (including refreshments)

Dances incorporate a mixture of Ballroom, Latin & Sequence steps on an excellent dancefloor. No need to book - just turn up!

Men's Club

Monday afternoons

1.30pm - 3.30pm

Flitwick Club, High Street

£2 per week - first week free!

BIG KNIT

Extra session being held!

Friday 21st June

9am to 11.30am

Flitwick Village Hall



Over 60s Summer Special

Friday 12th July

12.30pm to 3.30pm

Fish and Chips & Ice Cream!

Entertainment from Mark George

£8 Flitwick residents/£9 non residents

Bookings now being taken!

Over 60's Lunch Club

PRE-BOOK EVENT ONLY

Friday 14th June at 12.30pm

£6.50 per person (Flitwick residents)

£7.50 per person (Non-residents)

Must pre-book!

Main Course

Quiche

New Potatoes & Salad

Dessert

Fresh Cream Gateaux