

# Flitwick papers

February/  
March 2019



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

*Photo of the fields adjoining Flitwick Woods taken by Flitwick resident, Vivianne Callow*



## What's Inside:

Your Council Needs You  
Crematorium Proposals

Rod Stewart Tribute Night  
Patient Participation Group

Join The Easter Egg Trail

 **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	Janet Blakeman	712078
W	Ian Blazeby	634585
E	Mark Bonner	Contact TC Office
W	Jeremy Dann	713751
E	Patrick Feerick	Contact TC Office
W	Adam Larkins	Contact TC Office
E	Ann Lutley	712837
W	Gareth Mackey	712537
W	Martin Platt	713017
W	Keith Quantrill	715904
E	John Roberts	716360
W	Michael Sheehan	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

Name	Contact
Fiona Chapman	290177
Charles Gomm	712328
Andrew Turner	752670
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	

## Annual Town Meeting Tuesday 9th April from 7.45pm Flitwick Library

ALL Flitwick residents are invited to this public meeting. It is an opportunity to hear about the work of the Town Council and to put any questions or views to them.

There will also be key presentations to update you on projects within the town.

Please send any questions you have by **19th March** to the Town Council Offices at The Rufus Centre, via Facebook or by emailing [reception@flitwick.gov.uk](mailto:reception@flitwick.gov.uk).

Look out for details in the next issue

### STAFF VACANCIES

#### Rufus Centre Manager - Full Time

Flitwick Town Council has an exciting opportunity for a Rufus Centre Manager to join our senior team.

We are looking for someone who is innovative, dynamic and can demonstrate a proven track record in securing new business and significantly increasing revenue.

The post holder will be responsible for the smooth running of the Conference, Function (Weddings, Celebrations & Events) and Tenant facility of The Rufus Centre.

#### Assistant Town Clerk (maternity cover) Full or Part Time

Do you have experience of clerking in a local council environment or do you possess excellent administrative skills?

Flitwick Town Council is seeking maternity cover for the Assistant Town Clerk. The ideal candidate would have strong organisational skills, have experience of line management and ideally some project management skills.

*Application packs for both vacancies are available to download from our website [www.flitwick.gov.uk](http://www.flitwick.gov.uk). Alternatively call 01525 631900 or email [reception@flitwick.gov.uk](mailto:reception@flitwick.gov.uk).*

**Closing date: 18th March 2019 at 9am**

## Town Council News

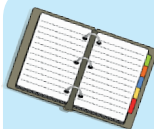
Cllr Gomm, CBC Member, reported that he had asked for the Station car park entrance to be tidied up and hoped this would be done within the next few weeks.

He also advised that a CBC Officer had agreed to present an update on the Town Centre/ Station Regeneration Project in April and the Town Council asked if it would be possible for this to happen at the **Annual Town Meeting on 9th April** as many residents would be interested.

Members discussed the expected imminent receipt of the CBC proposed crematorium plans and agreed it was essential to promote the consultation to get resident's views as much as possible (see page 5 for more details).

Cllr Thompson, Deputy Town Mayor, advised he had attended the recent Flitwick Business Group meeting and presented to business owners about the role of a Town Councillor in advance of the local elections in May.

## Town Council Diary



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

### March

14th	Planning Committee	7.45pm
14th	Business Services	7.45pm
19th	Town Council	7.45pm
27th	Corporate Services	7.45pm

### April

3rd	Community Services	7.45pm
4th	Planning Committee	7.45pm
<b>9th</b>	<b>Annual Town Meeting</b>	<b>7.45pm</b>
11th	Business Services	7.45pm
16th	Town Council	7.45pm
25th	Planning Committee	7.45pm

## What's Been Happening?

### Disco Magic

There was lots of fun and laughter at the Pop Star Disco during February Half Term with DNA Kids. Children enjoyed a lively evening with music, dancing and plenty of games to keep them entertained!



### Valentine's Day Tea Dance

A record number of guests joined us on Valentine's Day for the Tea Dance with Linda and Brian. Over 80 people enjoyed an afternoon of dancing with tea and delicious cakes at The Rufus Centre.

The next Tea Dance takes place on Thursday 14th March - this time with Sandra and Richard. Entry costs £4 per person including refreshments.

### Men's Club Golf Trip

A group from the over 65's Men's Club spent a great afternoon out at "Mr Mulligan's Lost World" Golf Centre in Milton Keynes earlier this month. With two different neon lit adventure golf courses to complete the group enjoyed 24 holes and lunch at the venue.

Men's Club meet every Monday at Flitwick Club between 1.30pm to 3.30pm with bi-monthly trips to places of interest.

### Flitwick Views

Thank you to everyone who sent through some wonderful images of Flitwick for our new feature "Flitwick Views". We will be using some of the images over the coming months in Flitwick Papers and on social media. Please do keep sending your photos to us (preferably landscape), especially as the seasons change and the landscape blossoms.

*Photo credit: 12 year old Mylo Thomas for this beautiful photo taken of the sunset on New Year's Day on a dog walk through Flitwick Woods over the fields towards Steppingley.*

### Manor Park

Did you know that the shallow lake in the centre of Manor Park, known locally as Flit Water, was created by damming the River Flit sometime before 1790 although the River Flit itself now flows to the southeast of the site? There are some fascinating facts on Manor Park that we will be sharing with you in future Flitwick Papers.

We are very excited about a video produced by our Grounds Team Supervisor, Darren Bushby, that shows Manor Park in all its glory. There is so much to see and explore including the wildlife carvings and Sweet Chestnut Avenue. We will be sharing the video on our Facebook page soon so make sure you follow us at Flitwick TC.





## New Crematorium Proposal

The Town Council has been made aware of proposed plans for a crematorium off Fordfield Road in Steppingley. As we went to print we were awaiting formal notification of the planning application from Central Bedfordshire Council (CBC) for consideration by our Planning Committee.

CBC held public events last year which many Flitwick residents attended and has now submitted a planning application for the crematorium which would be the first crematorium in Central Bedfordshire.

CBC has said that subject to planning approval, construction is estimated to take 12 months and that they anticipate four to five services a day at the crematorium. Plans include a footpath and cycleway to the proposed crematorium, linking with those at the roundabout that serves Fordfield Road, Steppingley Road, and Froghall Road.

The Town Council has requested an extension of the deadline for residents to be consulted so that the plan, once received, will be listed on the Planning Committee agenda (hopefully for the meeting on 14th March).

If this is not possible, Councillors will hold an Extraordinary Town Council Meeting specifically to discuss the crematorium proposal in time for CBC's current deadline.

Once the plans are received we will share them, and the relevant meeting date, with residents via all communication platforms. You are welcome to attend the meeting and present your views.

### Have Your Say...

In the meantime, you can find out more about the current proposal online and submit your comments on the planning application by visiting [www.centralbedfordshire.gov.uk/crematorium](http://www.centralbedfordshire.gov.uk/crematorium). Please be aware that comments on the application are currently only open until **8th March 2019**.

## Footpath Closure

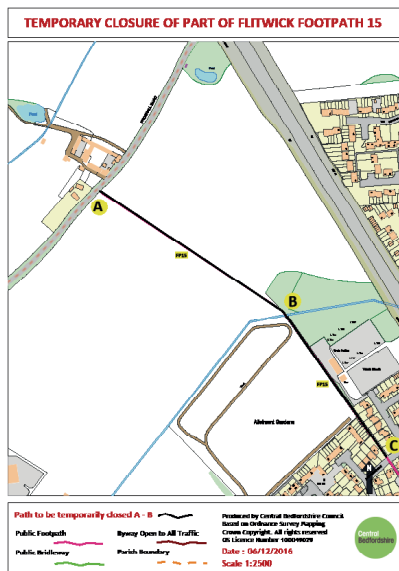
CBC has advised that a temporary closure of part of Flitwick Footpath 15 will take place from the end of February for up to six months.

The order prohibits any person proceeding on foot along the length of Footpath No 15, which extends from Ordnance Survey Grid Reference (OS GR) TL 0246 3604 in a south easterly direction through OS GR 0270 3588 to OS GR TL 0283 3570.

This temporary closure is required due to ongoing construction works.

The alternative route for footpath users will be the completed link path allowing pedestrians to walk safely through the development.

Further details, including a map, can also be found on the Council's website at: <http://www.centralbedfordshire.gov.uk/leisure/countryside/rights-of-way/temporary.aspx>



## Your Council Needs You!

Are you passionate about the Flitwick community? On 2nd May local elections will be held to appoint new Councillors for Flitwick Town Council and we are encouraging residents to volunteer to stand.

Councillors are the champions of the community and give residents a voice on the decisions the Council makes. Becoming a Councillor will allow you to make a real difference in your community by engaging with residents, local groups and businesses to find out their needs; making decisions on which services and projects the Council should take forward and getting involved locally to ensure the services are meeting the community's needs.

It's important that all residents are well-represented on the Council and that Councillors reflect the communities they serve and bring a broad range of skills. The role is non-political and as long as you live in Flitwick, are a British citizen or citizen of The Commonwealth or the European Union and are 18 or older you are eligible to stand.

Look out for your local Councillors around the town over the coming weeks where you can have an informal chat about the role and what's involved (details released soon).

For more information please contact Stephanie James, Acting Town Clerk on 01525 631900 or email: [stephaniejames@flitwick.gov.uk](mailto:stephaniejames@flitwick.gov.uk). You can also visit the National Association of Local Councils website [www.nalc.gov.uk/elections](http://www.nalc.gov.uk/elections).

## Flitwick Station Developments

Flitwick's Central Beds Councillors have been regularly meeting representatives from Network Rail and Govia Rail to discuss improvements to Flitwick Station and the state of timekeeping and performance of Thameslink trains to and from London since the introduction of the May 2018 timetable which resulted in severe disruption.

At a recent meeting attended by Cllr Gomm it was reported by Govia Rail that since the start of this year performance measurement figures are averaging about 90 per cent, although specific issues such as signal/track failures can still affect services.

Improvements to weekend services which are not up to standard will be made in May.

Access via narrow staircases to the station island platforms is not up to an acceptable standard to all users, and is subject to many passenger complaints. After pressure from CBC, Govia are pleased to announce that the station is the number one priority station to receive 'Access for All' funding for step free access. The Government will announce which stations will receive funding in May. CBC will press for the step free scheme to be started urgently.

It is also hoped an improved waiting shelter will be provided on Platform 1 by the Spring. Plans for the station/bus interchange development are still being actively progressed by CBC and Network Rail and it's hoped some positive news will be available shortly.

*Article sent in by a CBC Ward Member for Flitwick*

# MAKE A CHANGE BECOME A LOCAL COUNCILLOR



**IF YOU CARE ABOUT  
WHERE YOU LIVE AND ARE  
PASSIONATE ABOUT YOUR  
COMMUNITY, WE NEED YOU**

**JOIN US AND MAKE A LOCAL CHANGE  
CONTACT Stephanie James 01525 631900**

## The Rufus Centre

We have had another busy month at The Rufus Centre with functions and events including our first wedding of the year at the end of January. The Lockyer Suite was transformed into a beautiful space for 160 guests for the evening wedding party.

Guests were welcomed with a chilled glass of prosecco before entering the Suite for their evening reception, which included delicious vegan food from their chosen caterer and wines from The Rufus Centre. Our lit up mobile bar took pride of place forming a central point for guests to mingle whilst ordering their drinks.



The DJ provided a fantastic mix of both traditional and modern sounds to suit the wonderful international mix of both the bride and groom and their guests.

Saturday afternoons have been a popular time for children's parties this month in our Lockyer Suite. The generous space is perfect for an indoor bouncy castle and children had great fun dancing and playing games with DNA Kids Disco.

We also hosted a small funeral reception in our Davis Suite which offered a quiet space for family and friends to meet. Our In-house Catering Team provided a delicious buffet and our pop-up bar was made available to guests.

### Conferences & Meetings

The Rufus Centre continues to be a venue of choice for conferences including NHS Bedfordshire Clinical Commissioning Group and The Magistrates Association (MA) Executive Committee. The MA Committee were very complimentary: *"We just wanted to say a huge thank you for all your support at our MA conference. As usual we walked into the room and it was set up ready for us to get off to a good start. Robert was a star and made sure we had everything we needed."*

We have also welcomed a number of businesses and organisations for meetings and training programmes such as CIPD Bedfordshire Group and The Stroke Association.

A special third party event coming up in March, which is open to the public to visit, is the Three Counties Antiques & Fine Art Fair on Saturday 9th and Sunday 10th March.

Tel: **01525 631905**

Email: [Bookings@therufuscentre.co.uk](mailto: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](http://www.therufuscentre.co.uk)





As wedding season approaches we are set to be very busy with civil ceremonies and wedding receptions.

If you have plans for a wedding celebration in the future, make a date in the diary to come to the **Wedding Showcase** organised by 'Events in a Box' on **Sunday 17th March**.

There will be lots of different exhibitors to inspire you as well as the opportunity to view our Lockyer Suite beautifully dressed for a wedding breakfast.



## **FLITWICK BUSINESS GROUP**

The key speaker at the second breakfast meeting of Flitwick Business Group, Robert Labe, PNC HR, gave a thought provoking presentation on 'Mental Health in the Workplace' to 40 local business owners at The Rufus Centre on 7th February. The subject was particularly apt as it was held on "Time to Talk" day, the National campaign to get people talking in the workplace and help improve mental health on a much wider scale too.

Secondary presentations were given by Luke Faulkner, Support for Businesses, 'Accessing Support for your Business' and Sharon Rai, NatWest, 'NatWest Accelerator Programme'.

At the start of the morning's presentations, Cllr Phillip Thompson spoke to the audience about the opportunity to stand as a Town Councillor in May's local elections. Flitwick Business Group is open to all local businesses and meets bi-monthly at The Rufus Centre. The next meeting will be held in April. Check the date and pre-register by visiting [www.flitwickbusinessgroup.co.uk](http://www.flitwickbusinessgroup.co.uk).



## Carnival Time

There's lots of work going on behind the scenes as we get ready for the biggest event in the town's calendar, Flitwick Carnival 2019. Carnival day is **Saturday 8th June** and this year promises to be bigger and better than ever before.

The theme this year is The Animal Kingdom and we are looking for groups, organisations, teams and performers to join the Parade.

There's also an opportunity to perform in the main arena at Millenium Park during the afternoon.

For more information on this and the availability of stalls on the day please contact Susan Eldred on 01525 631900 or email [susaneldred@flitwick.gov.uk](mailto:susaneldred@flitwick.gov.uk).



If you are a local business there is also lots of exciting opportunities to get involved and gain exposure through our different Sponsorship Packages.



## Bashing the Boundaries

Over the Easter weekend, individuals, groups and companies are being challenged to "Bash the Beds Boundary" by running the 150-mile length of the Bedfordshire county boundary over the course of 24 hours. As well as pushing their own personal boundaries, the runners will be raising money to fight one of the most unimaginably cruel conditions, with every single penny raised going to The Motor Neurone Disease Association.

The Beds Boundary Bash will be split into two distinct challenges: a team relay event covering the entire 150-mile route (with a maximum of ten slots available) and a five-mile "final leg" event, open to groups or individuals. The five-mile run will take place at the picturesque Picts Hill House estate in Turvey (where the main team event will start and finish).

As well as individual runners, the event offers a great opportunity for companies who are looking for a truly memorable employee challenge – with firms ideally matching the sponsorship funds raised by their runners.

Places are limited, so if you're ready to challenge yourself and keen to make a real difference for a truly worthwhile cause please visit the website [www.bedsboundarybash.co.uk](http://www.bedsboundarybash.co.uk).

**Closing date for entries is Friday 22nd March 2019.**

If you would like to sponsor a particular aspect of the event and become a Partner please contact Nick Kier via email [nick@lananadholmes.co.uk](mailto:nick@lananadholmes.co.uk).

*Article sent in by The Lord Lieutenant's Office*

# ***Rod Stewart Tribute Night***

***Tonight's The Night!***



Organised by  
Flitwick Town Council

**The  
Rufus  
Centre**

**Flitwick  
MK45 1AH**

**Friday  
5th April**

**7.30pm**

**Tickets £18**  
Must pre-book

Profits to Town  
Mayor's Charities

**Bar Available**

**Box Office  
01525 631900**

[www.flitwick.gov.uk](http://www.flitwick.gov.uk)

## Local Organisation Notices

### Flitwick Health Walkers

For more details or to request a programme contact Roy 01525 715730

**6th March 10.15am**

Rushmere Park Visitors Centre

**13th March 10.15am**

Bedford Priory Country Park

Meet in Car Park

**20th March 10.15am**

Furzton Lake, MK, Hotel Car Park

**27th March 10.15am**

Flitwick, Outside Library

Walk via Manor Park

### Bedford Organ & Keyboard Club

**Present Talented Organist**

**Mark Thompson in Concert**

**Wednesday 27th March**

**7.30pm - 10.00pm**

Refreshments/Bar/Raffle

Members £5 Non-Members £6 (Pay at the door)

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

### Golden Age Club for over 60s

**Thursdays - 2pm to 4pm**

**Flitwick Village Hall**

Everyone welcome - Bingo, Scrabble, Cards, Dominoes, Chat and Laughter!

Contact Shelia - 01525 713010/Barbara 01525 752216

Transport Available.

### Charity Quiz Night in aid of Keech Hospice

**Flitwick & Greenfield Village Hall**

**Friday 1st March**

**7pm for 7.30pm start**

Teams of 4 to 6

£10 per head inc. Ploughman's Supper

Contact: Rich - 01525 754221

or email [rcp.hedges@gmail.com](mailto:rcp.hedges@gmail.com)  
for a booking form.

### Vauxhall Male Voice Choir

**Afternoon Concert**

**Plus special guest Matt Quick**

**Saturday 9th March**

**£10 (children under 12 free)**

2.30pm (doors open 2pm)

Refreshments available.

Tickets available on the door or from  
Ken Jones 01525 753110/Brian Matthews  
01525 841077

### Mid Beds Flower Club

**Doug Howard 'Flowers to Love'**

**Thursday 14th March - 7.45pm**

Flitwick Village Hall

£8 - Visitors Welcome

Marion Tucker - 01234 742396

### JUMBLE SALE

**Flitwick & Ampthill Sea Cadets**

**Sunday 3rd March 11 am**

**Sea Cadet Unit, Althorp Close**

Entry 50p - Come & grab a bargain!

Drop off jumble from 9am to 10am

Refreshments available.



## Scouts, Spiders & Snakes

It's been a very active month for Flitwick Scout Group.

One of the Beaver Colonies had some special guests in the form of spiders, snakes, a skunk, a chameleon and a tarantula. All of the children were allowed to hold the animals. The animals will be coming back later this month to visit the other three Colonies.

The Beavers have also been on a sleepover; this was preceded by a trip to Wrest Park, followed by pizza and a film before trying to get some sleep. They have all been awarded their Builder badge, and for this they had to decide what model to make and then build it using recyclable products.

The Cub Scouts have been out walking in the dark. A route that took in numerous footpaths around Flitwick and Steppingley was navigated by one of the Packs when there was snow on the ground. They have also made torches as part of their Scientist badge, worked towards their Emergency Aid badge and grown some cress.

Activities including cooking, DIY, Digital Citizen an incident hike and working towards their Skills Challenge badge have all been on the programme for the Scouts.

For further information about Flitwick Scout Group please visit

[www.flitwickscoutgroup.org.uk](http://www.flitwickscoutgroup.org.uk)

### **Amphill & Flitwick Flyers**

**Flitwick 10K**

**Sunday 14th April**

Register at [www.flitwick10k.org.uk](http://www.flitwick10k.org.uk)

### **NCT Nearly New Sale**

**Saturday 23rd March**

**Flitwick Village Hall 2pm-3.15pm**

Suggested donation £1 per adult

[midbedsnctnns@hotmail.co.uk](mailto:midbedsnctnns@hotmail.co.uk)

### **The Wildlife Trust**

**Monday 18th March 7.45pm, Maulden Church Hall**

**'Wildlife on a Bedfordshire Farm' - a talk by Dave Parsons £3 per adult**

Dave Parsons has watched, monitored and recorded the wildlife on a local Bedfordshire farm for over 20 years. His personal history of this record and telling of this rare story are not to be missed.

### **British Red Cross**

**Race Night (with a difference!)**

**Saturday 9th March 7pm**

Chalgrave Manor Golf Club

£10 inc. basket meal

Charmaine Norrish - 01582 589083

[cnorrish@redcross.org.uk](mailto:cnorrish@redcross.org.uk)

All proceeds to British Red Cross Beds.

### **Volunteer Readers Wanted**

**Can you spare an hour or two a week to listen to children read in school?**

Schoolreaders charity is flexible and will match your availability to an appropriate local school

Call 01234 924111 or visit [www.schoolreaders.org](http://www.schoolreaders.org) for more information.

## What do they do?

### Patient Participation Group (PPG)

SHH!!! IT'S A SECRET!

Apparently!

It seems that very few people know we have a Patient Participation Group (PPG) at Flitwick Surgery.

With your help we would like to change that.

The PPG is a group of volunteers, all patients at the practice, who act as a critical friend to the surgery and a communication channel between the surgery and the patients.

We are not there to find fault but to find solutions and also to act as support and help where we can.

We do not discuss individual treatment plans or complaints as this falls outside our remit. If you have a personal complaint you should speak to the Practice Manager.

We work with the surgery taking on specific projects to improve the patient experience.

Currently we are raising funds to improve the play area for our younger patients.

### Would You Like To Join Us?

We meet four or five times a year, mainly early evening. If attending meetings is difficult you could become a Virtual Member of the PPG.

The virtual PPG is a group of patients who would like to contribute but prefer not, or are unable, to attend meetings. They get involved by email instead.

We are keen to hear from the under 40s, especially young mums as we think they will bring a different perspective to our meetings, but of course all age groups are welcome.

If you are interested in joining the PPG please contact Catherine Pearson the Practice Manager on 01525 731500, or complete the online registration form on the surgery's website <https://www.flitwicksurgery.co.uk/practice-information/patient-participation-group/>. Alternatively you can pop into the surgery for a PPG information leaflet.

We will have a stand at Flitwick Carnival on Saturday 8th June so please pop by and see us. I shall be there all day and would be very pleased to meet you.

**Julie Abrahams**

**Chair**

**Flitwick Surgery PPG**



# Easter Egg Trail

## Thursday 18th April

At Flitwick Woods meet at the  
Tennyson Road entrance

Please park responsibly if you are  
unable to walk to the event.

Each child will win  
a prize!

£3 per  
child

10am—1pm

Just turn up  
on the day

Search for clues along the trail



[www.flitwick.gov.uk](http://www.flitwick.gov.uk)

## Sea Cadet Success



Congratulations to Flitwick & Amphill Sea Cadets for their fantastic achievements in 2018. T.S. Leopold Muller has a combined total of 101 cadets and staff and were awarded the 'Peter Bayliss' Trophy for Best Cadet and Staff Training Programme.

For the first time in the group's 51 year history, the unit has also won the Canada Trophy. The trophy is presented to the best sea cadet unit in the country, which is a huge achievement. Well done to everyone.

## All In A Spin!

You'll soon be able to 'cycle' underwater, through a metropolis or a jungle or even up in a glacier in a new indoor spin studio being installed at Flitwick Leisure Centre.

The new group spin studio will offer the well-know Les Mills Spin programmes, including 'The Trip' and 'Sprint' classes. These combine cinema-quality projected images, sound and lighting to create fun, exciting and immersive workout experiences. These are the first of this type of spin classes to be offered in Bedfordshire.

Work on the new studio should be completed by the Spring. You can view the type of classes at [www.lesmills.com](http://www.lesmills.com).

*Article sent in by CBC*

## Keep Fit Boost

Exercise classes are a wonderful way to keep healthy and are equally good for the mind too.

We were delighted to hear from a lady who had recently moved to Flitwick, Amber Kelly, who has joined our Keep Fit classes on Mondays: *"As a complete novice I joined in January. Not only has it increased my activity, it has also opened a new circle of friends with a post keep fit chat and support over coffee. It's a win/win for one's physical, mental and social well-being."*

There are still some spaces available at our Monday classes during Term Time at Flitwick Village Hall. If you would like to keep fit and make new friends please come along.

We hope to see you there.

## Want to Keep Fit?

If you're 60+ and want to keep fit  
give these classes a try

### Mondays

(term time only)

**8.20am—9.20am**

**Flitwick Village Hall**

A mix of aerobic, strengthening and stretch exercises.

### Thursdays

(term time only)

**9am-10am**

**Royal British Legion Hall,  
Station Road**

A fun packed session with gentle dance routines, aerobic, and stretch exercises.

These classes suit all levels of fitness  
so everybody is welcome



For more details contact:

[Susaneldred@flitwick.gov.uk](mailto:Susaneldred@flitwick.gov.uk) or call  
Susan on 01525 631900







Rebecca L Faret  
Solicitors

## UNHAPPY RELATIONSHIP?

We can help you understand your options and support you through the legal process.

We are a small, friendly and approachable team of family lawyers specialising exclusively in matrimonial and family law. We provide first class, practical legal advice for all aspects relating to family law, including divorce and separation, and financial disputes and settlements, to include advice on pensions and complex assets. We also deal with disputes concerning unmarried couples.

Our 30 minute consultation (£50) will outline your options and we also offer a fixed fee divorce.



01525 712112 | [rlfaret.co.uk](http://rlfaret.co.uk)

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

Helping to achieve your goals with one  
to one personalised fitness programmes  
for all ages in a private gym environment

01525 755290  
07929 372905  
strong.fitness@ntlworld.com

celebrating 10 years - celebrating 10 years - celebrating 10 years  
**10**  
YEARS



[www.strongfitness.co.uk](http://www.strongfitness.co.uk)

G & R. Lee (P) LTD

## MEMORIALS

. NEW MEMORIALS .  
. NEW INSCRIPTIONS .  
. RENOVATION .  
**07855 064577 (Richard)**

[www.leememorials.co.uk](http://www.leememorials.co.uk)  
[www.flowerstones.co.uk](http://www.flowerstones.co.uk)



## CARE VISITS AT HOME

*Good Old Fashioned Service*

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**BOOK IT NOW!**

CELEBRATING 25 YEARS  
**25**  
SILVER ANNIVERSARY

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COME TO THE  
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All by a friendly, local established company

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with Over 16 Years Experience

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Golden  
Charter

192 High Street, Cranfield, MK43 0EN

**Tel: 01234 757529**

# Sellers Wanted!

**Sunday 28th April**

**The Rufus Centre**

Steppingley Road, Flitwick, MK45 1AH

**Seller set up ~ 6am**

Open to buyers 8am - 12noon

Early bird - £5 per pitch/ £8 on the day

For more information contact: [susaneldred@flitwick.gov.uk](mailto:susaneldred@flitwick.gov.uk) or 01525 631900

All proceeds going to Christmas Lights Appeal 2019



Organised by Flitwick Town Council



Interested in  
hairdressing  
as a career?

**PINOS**  
HAIRDRESSING



## Apprenticeship Opportunity

**starting September 2019**

and a chance to work in the salon  
before the apprenticeship starts

**Contact us to find out more**

**01525 712203**

**44 HIGH STREET. FLITWICK**

## ADVERTISING SPACE AVAILABLE

**You can advertise on this page for as little as £30!**

*For more details contact Beverley on 01525 631900 or*

*[email beverleyjones@flitwick.gov.uk](mailto:beverleyjones@flitwick.gov.uk)*

## Garage Door Solutions Ltd

For a fast Friendly Reliable Local Service



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E-mail: [gds.ltd@ntlworld.com](mailto:gds.ltd@ntlworld.com)



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[homeinstead.co.uk/luton-and-central-bedfordshire](http://homeinstead.co.uk/luton-and-central-bedfordshire)



/FlitwickTC



@NewsFTC

# 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](http://www.flitwick.gov.uk)**

**Look inside for details on our special Easter Egg Trial in Flitwick Woods and Car Boot Sale**



## **Forget Me Not Group**

**Monday 11th March**  
**1.30pm - 3.30pm**

**Age UK on Staying Safe & Avoiding Scams**

The Forget Me Not Group is for people with memory problems or Dementia and their carers.

Come along for a cup of tea and a chat.

We welcome newcomers.



**Tea Dance with Sandra & Richard**  
**Thursday 14th March**  
**2pm - 4.15pm**

**Entry £4** (including refreshments)

**Strictly Dancing**  
**with Peter Rogerson**  
**Saturday 23rd March**  
**7.30pm - 11pm**

**Entry £5** (Bring your own refreshments)

Dances incorporate a mixture of Ballroom, Latin & Sequence steps on an excellent dancefloor.

## **Men's Club**

**For over 65's**

**Monday afternoons**

**1.30pm - 3.30pm**

**Flitwick Club, High Street**

**£2 per week - first week free!**

Chance to meet and socialise and play darts, dominoes and pool.

Free tea, coffee and biscuits.

Bi-monthly trips to places of interest.

## **Stitchers**

**6th & 20th March 10am-12 noon**

**Bring any type of craft to do, have a chat and enjoy a cup of tea or coffee with friends old and new.**

## **Over 60's Lunch Club**

**Friday 8th March at 12.30pm**

**£6.50 per person (Flitwick residents)**

**£7.50 per person (Non-residents)**

**Must pre-book!**

## **Main Course**

Liver, Bacon & Onions, mash potato & seasonal vegetables

## **Dessert**

Coconut Jam Sponge & Custard