

# Flitwick papers


March 2020



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



*New Greensand Country Signs, Steppingley Road*

 **01525 631900**

 **01525 631903**

 **info@flitwick.gov.uk**

 **www.flitwick.gov.uk**

 **/FlitwickTC**

 **@NewsFTC**

## What's Inside:

Annual Town Meeting

Community Awards Evening

Frank Sinatra Tribute

#FreetoFeed Campaign

# Contents

Your Local Representatives . . . . . page 2

Town Council Meeting News . . . . . page 3

Annual Town Meeting . . . . . page 3

What’s Been Happening? . . . . . page 4

Classic Car & Bike Show . . . . . page 5

Development Update. . . . . .page 6

Carnival Parade Needs Your Help . . . . . .page 7

Easter Egg Trail . . . . . page 7

The Rufus Centre. . . . . page 8

Community Awards Evening . . . . . page 11

Local Organisation Notices . . . . . page 12

What Do They Do? . . . . . page 14

Frank Sinatra Tribute Night . . . . . page 15

## Your Local Representatives

### Flitwick Town Councillors

Ward	Name	Contact
E	Keith Badham	630868
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	Andy 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	0300 300 8512
Charles Gomm	0300 300 8522
Gareth Mackey	712537

Central Bedfordshire Council 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.

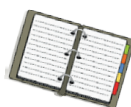
**Telephone 0300 300 8000**

Cllr Janet Blakeman has sadly resigned from the Town Council. Janet has been a Councillor for many years and assisted with key projects and decisions as part of her role. As well as many other things, she was part of the Community Services Committee and often volunteered her time to help with community events. Janet is a kind, friendly person who the Council Members and staff will miss greatly but we wish her well for the future.

Members have requested that this year's Annual Town Meeting on 28th April has a focus on environmental issues, such as recycling, our changing climate, etc. Officers will be approaching relevant organisations to see if they would be willing to present at the meeting.

Cllr Mackey advised that Central Beds Council had been liaising with the Local Policing Team in order to start holding meetings relating to community safety. This was as a result of the recent spate of break-ins and crime in the area. The Town Council were in full support of this happening, would participate at the meetings and offer meeting space at The Rufus Centre.

## Annual Town Meeting Tuesday 28th April 7.30pm Flitwick Library



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

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 **20th March** to the Town Council Offices at The Rufus Centre, via Facebook or email [stephaniestanley@flitwick.gov.uk](mailto:stephaniestanley@flitwick.gov.uk).

### Your Council Needs You!

Are you passionate about the Flitwick community? There is a vacancy for a Councillor in the Flitwick East Ward. If you are interested in standing or would like more information on the role of a Councillor please contact Stephanie Stanley on 01525 631900. Closing date is **10th March**.

### March

3rd	Community Services	7.45pm
12th	Planning	7.45pm
12th	Business Services	7.45pm
17th	Town Council	7.45pm
25th	Corporate Services	7.45pm

### April

2nd	Planning	7.45pm
7th	Community Services	7.45pm
16th	Business Services	7.45pm
21st	Town Council	7.45pm
23rd	Planning	7.45pm
28th	*Annual Town Meeting	7.30pm

\*Flitwick Library

A full list of meeting dates can be found on the Town Council website:

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

Members of the public are welcome to attend any of the Council meetings.

## What's Been Happening?

### Quiz Night Winners

Congratulations to the 'Muddy Brollies' who triumphed at the Quiz Night at The Rufus Centre on 31st January taking home the Lister Cup with the highest score of all the teams taking part.

The event was a sell-out with over £1,000 raised towards the Christmas Lights 2020 campaign. Thank you to everyone who came along and supported the event.

If you would like to join in the fundraising action the next Quiz Night is on **Friday 16th October**.

Tickets cost £8 including a choice of chilli con carne or vegetable lasagne. Teams of up to six people.

Tickets on sale now by calling 01525 631900 or pop down to The Rufus Centre during office hours.

*(Photo: the winning team, Muddy Brollies with the Lister Cup)*



### Men's Club Trip To The Globe

A group from Men's Club enjoyed a fantastic day out to London on 3rd February with a trip to Shakespeare's Globe on the bank of the River Thames.

It was a great opportunity to learn about the history of the original Globe built in 1599, and the reconstruction of the theatre that took place in the 1990s. It is also a performing arts venue, home to the The Globe Theatre and Sam Wanamaker Playhouse.

The Men's Club meet every Monday afternoon at Flitwick Club from 1.30pm to 3.30pm with the chance to play darts, dominoes and pool or just enjoy a chat with new friends. There is also a regular programme of day trips.



This year we have reduced the minimum age to 55 so if you would like to join us please come along and give it a try. There is no need to book - just turn up!

First session is free and £2 for subsequent visits with free tea, coffee and biscuits. For more information call Zoe on 01525 631900 or email [zoeputwain@flitwick.gov.uk](mailto:zoeputwain@flitwick.gov.uk).



## Comedy Night

150 guests joined us for a Valentine's Day with a difference at the first Comedy Night with Castle Comedy Club.

Four acts, headlined by Gary Delaney, kept the audience laughing throughout the evening. The show was a sell-out and we received great feedback from the audience on the night.

If you want to join us at the next Comedy Night at The Rufus Centre on **Friday 6th November** you can book tickets direct by calling 01525 631900 or via Eventbrite (booking fee applies). Tickets cost £12.

Headlining the Comedy Night in November is Nathan Caton, star of Live at the Apollo and Mock The Week. Nathan also has his own series on Comedy Central. Also appearing will be James Redmond and Paul Revill.

(Photo: Gary Delaney and Paul Revill)



## Classic Car Show Bookings Now Open

Registrations are now open for this year's Flitwick Classic Car & Bike Show on **Sunday 2nd August** at The Rufus Centre.

It's always a great day, last year we had over 170 cars, bikes and commercial lorries on display on the field for an afternoon of fun and entertainment.

The Show is on from 12 noon to 4pm for visitors with exhibitor arrival between 10.30am and 11.30am.

For an exhibitor form please call 01525 631900 or email [reception@flitwick.gov.uk](mailto:reception@flitwick.gov.uk). Pre-book to guarantee entry for your classic vehicle - it's £4 for cars and £3 for bikes. Closing date for entries is **Friday 13th July**.

(Photo: 'Best in Show 2019' winner 1946 Jaguar 2.5 Litre MK4 Saloon with owners Phil and Linda King)



## New Greensand Country Signs

Flitwick is one of 15 Town and Parish Councils to have new Greensand Country gateway signs. The new sign is on Steppingley Road, near the entrance to the Leisure Centre (see front cover). The new signage has been funded by the European Agricultural Fund for Rural Development.

## Development Update

A brief update on some of the developments in Flitwick:

### Market Town Regeneration Project

The public realm improvements in the town centre around Kings Road/Station Road/High Street/The Avenue are continuing to take shape.

The road closure of Kings Road is scheduled to remain in place until **Friday 20th March** to install and cure the blockwork.

On **Sunday 15th March** both Kings Road and Station Road will be closed for surfacing works and changes to the island.

Works in The Avenue are due to commence shortly.

Further updates can be found on [www.one.network](http://www.one.network).

If you have any queries about the scheme please contact CBC Highways on 0300 300 8049.

### New Country Park & Burial Ground

The Town Council's plans for a new country park and burial ground on open grassland to the west of Maulden Road, Flitwick is awaiting a decision from CBC Planning process.

### Aldi Stores

The application for an Aldi store in Ampthill Road is awaiting a decision from CBC Planning process

Please note the planning application information is correct as of 18th February 2020. You can visit CBC's planning portal at [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) for details of all planning applications in Flitwick.

## Honorary Citizen

An Honorary Citizenship is awarded by the Town Council to acknowledge the significant contribution a Flitwick resident makes to our town.

If you know someone who has made a real difference to the Flitwick community you can nominate for them to be recognised as an Honorary Citizen. The Town Council will consider all nominations with one nominee chosen as an Honorary Citizen.

You can download an application form from our website at [www.flitwick.gov.uk](http://www.flitwick.gov.uk), pick up a form from our offices at The Rufus Centre or call 01525 631900 for more information.

Nomination forms should be returned by **Friday 6th March**.



### We Need Your Help

Flitwick Carnival on **Saturday 13th June** is the highlight of the community calendar. We are all set for Millennium Park with arena acts, side shows and stalls but sadly we are struggling to get enough people to participate in the Parade through the town. The Parade traditionally marks the start of Carnival as the colourful floats make their way through the streets to Millennium Park.

We only have four groups taking part at the moment and we need at least eight to make it viable. If we don't have more people sign up for the Parade and more volunteers, regrettably we will have to cancel the Parade which we don't want to do.

We need your help to keep the Parade alive! Local groups, organisations, schools, bands, families, individuals please get in touch - you can be on a lorry float or walking group. A minimum of eight volunteers are also needed to help organise the Parade.

Please contact Susan on 01525 631900 or email [susaneldred@flitwick.gov.uk](mailto:susaneldred@flitwick.gov.uk) if you want to take part in the Parade or can volunteer on the day by **Friday 6th March**.

**Let's keep this wonderful tradition going.**



# EASTER EGG TRAIL

## Thursday 9th April

**Flitwick Woods, Tennyson Road entrance**

*Limited parking, please park responsibly if you are unable to walk to the event*

### Start time: 10am - 1pm

**Limited eggs available, once they are gone, they are gone!**

**£3  
per child**

**Win  
An Egg  
every time**

**Just turn  
Up!**



Organised by Flitwick Town Council



@EventsFTC



FlitwickTC

## The Rufus Centre

It's been a very busy month with conferences and meetings at The Rufus Centre.

The Events Team have been exceptionally busy too. In January we hosted a wake for a lovely local family. The Dining Area was booked and the bar was available for those attending. The doors to the Lockyer Suite were later opened to allow attendees to enjoy a spot of line dancing which was a treat for all and created a lovely atmosphere for all attending who were celebrating a life lost.

The Lockyer Suite has also been busy with children's parties with everyone enjoying the space to run around and play games.

XPO Logistics had a late Staff Christmas Party in January. A lovely time was had by all. Our mobile bar was used and everyone made the most of the evening buffet created by our in-house Catering Team. A photobooth provided great fun for all staff too. XPO have once again booked our field for their summer staff family day.

We hosted a wedding for a lovely local couple Kerri and James. The special couple utilised the Davis Suite for their civil ceremony for 65 friends and family, followed by welcome drinks and a three course wedding breakfast downstairs in the Lockyer Suite. Great music was played all day, the mobile bar was well placed to form part of the main hall for the evening party, a caricaturist spent the afternoon drawing guests which was great fun for all and a photobooth provided hours of fun for both adults and children. Colourful vintage tipis were set up for the children, which was a fabulous addition.



Our Catering Team provided a wonderful evening buffet which was enjoyed by all the guests and the party continued through to midnight. A fantastic time was had by all.

***If you are planning a party celebration get in touch to find out about our latest special offers!***

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)





Work has started on a new Café at The Rufus Centre which will be a welcome addition to our range of facilities and will be open to the general public as well as users of the Centre. Look out for full details in the next edition of Flitwick Papers.

In February we had an unannounced, routine inspection from the Food Standards Agency and we were delighted to receive a 5 star food hygiene rating. Congratulations to The Rufus Centre in-house Catering Team.

We regularly receive fantastic feedback on our catering service which provide everything from buffet lunches to three course wedding breakfasts.



*(Photo: Gemma Palmer, Rufus Centre Chef)*



### Are You Looking For Office Space?

As well as a busy conference, meetings and events space The Rufus Centre is home to a wide range of tenants who lease office space from us.

If you are looking for office space with ample parking in a semi-rural location and minutes from Flitwick Train Station we have a room available to rent.

The space available is 495 sq ft (divided into 3 offices, 1 x 1 desk, 1 x 2 desk and 1 x 4 desk) self contained with a sink. The room is fully serviced and will be available from **1st April 2020**.

If you would like more details or would like to come and look at the space please give Jon Barkat, The Rufus Centre Manager a call on 01525 631905 or email [jon@flitwick.gov.uk](mailto:jon@flitwick.gov.uk).

## Safety First For Flitwick Scouts

The Beavers have been working towards their Safety Badge. This has included a visit from the RAC where they learnt about road safety. The Police also made a visit and spoke about "stranger danger" and how to call the emergency services. The last part of the badge was learning about water and home safety which included identifying dangers in a kitchen.

The Cubs have worked towards their Skills Challenge Badge. They've also spend some time cooking and eating Chinese Food as part of learning about the Chinese New Year. They are also working towards their Home Safety Badge which will include a trip to Hazard Alley in Milton Keynes.

The Scouts have been learning to safely use an axe and saw, pioneering and working towards their Local Knowledge Badge. Items planned for the next few weeks include using Trangias (portable cooking stoves), navigation and electronics. Some of the older Scouts are planning an expedition to help them gain their Expedition Challenge Badge and planning is underway for a Narrowboat weekend for the Scouts in April.

**For further information about Flitwick Scout Group, please visit [www.flitwickscoutgroup.org.uk](http://www.flitwickscoutgroup.org.uk)**



*Article sent in by Flitwick Scouts*

## Stalls Open For Dog Show

Do you have a product or service that would appeal to dog owners? Or maybe you are looking to raise awareness and funds for your charity.

We have a limited number of stalls available at this year's Fun Dog Show on **Sunday 10th May**. Always a popular event, it's a great afternoon for all the family watching the different classes parade on The Rufus Centre field.

All proceeds from the day are shared between the Town Mayor's Charities and Animals in Need.

Stalls (3m x 3m) cost £30 for businesses and £15 for charities. If you are interested in booking a stall please call Susan on 01525 631900 or email [susaneldred@flitwick.gov.uk](mailto:susaneldred@flitwick.gov.uk).

Flitwick Town Council presents...

**FUN DOG SHOW 2020**

Supported by Pets at Home Bedford

**Sunday 10th May**

**The Rufus Centre, Flitwick MK45 1AH**

**Open 11.30am**  
**First Class Starts 12 noon**  
**£2.50 per class, per dog**  
**Visitor Entry 50p**

**Free Parking . Stalls . Refreshments**

**All proceeds to the Town Mayor's Charities & Animals in Need**

**Tel: 01525 631900**

[www.flitwick.gov.uk](http://www.flitwick.gov.uk) [f](#) /flitwickTC [t](#) @EventsFTC

**10 Classes:**

Prettiest Bitch	Handsomest Dog
Loveable Puppy	Best Crossbreed
Best Pedigree	Over 8 years
Prettiest Eyes	Waggiest Tail
Young Dog Owner (Over 5 yrs)	Best Rescue

**All Class Winners into Best in Show!**

# Come and join the celebrations

Help us celebrate people who contribute to the  
Community of Flitwick

## Flitwick Community Awards Evening

The Rufus Centre, Flitwick, MK45 1AH

Friday 24th April 2020

7:30pm

£4 per person

(including Cottage Pie or Vegetable Pasta Bake with Garlic Bread)

Please Call to book: 01525 631900



Organised by Flitwick Town Council

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

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@EventFTC

### Link-A-Ride Campaign Continues

Link-A-Ride have been delivering a bespoke community transport service across Central Bedfordshire for over 30 years. As a not-for-profit organisation we rely on funding, some of which is supplied by local Town and Parish Councils.

We provide transport for those who find it difficult to access public transport through disability, illness, those who elderly and frail, and those who may live in a rural location. Many of our clients say we are 'A Life Line'.

Our buses are fully accessible and can accommodate up to two wheelchairs at a time. Our drivers are all fully trained, DBS cleared and have a wealth of experience ensuring you are always in safe and capable hands.

We can assist with journeys to appointments, supermarket trips, visits to family and friends in care homes and so much more. We also provide regular trips to places of interest, garden centres and pub lunches. A great way to meet new friends and enjoy an afternoon out. For more information please call 01525 840511.

(Photo: Special Link-A-Ride painted rocks - look out for them around Flitwick! *Article sent in by Link-A-Ride*)



/FlitwickTC



@NewsFTC



### Wildlife Trust

**Amphill's Secret Nature Reserve:  
An insight into the funding and  
management of a little-known  
wildlife site in Amphill\***

**A talk by Nigel Pollard**

**Monday 16th March at 7.45pm**

**Maulden Church Hall**

Many will know Nigel from his long-time involvement with the Flit Vale Wildlife Watch Groups. This talk is not about the Watch Groups, but about a thriving and hidden area of nature in Amphill that many may not be aware of.

Join Nigel as he guides us through Amphill's Secret Nature Reserve.

\*£3 per adult

To book please email  
flitvale.info@gmail.com or  
call Ann on 075801 78889 between  
6pm and 8pm or at weekends.

### NCT Nearly New Sale

**Saturday 28th March**

**2pm-3.15pm (1.45pm entry for NCT  
members with a card)**

**Flitwick Village Hall**

Nearly new Spring/Summer baby and children's clothes, toys, equipment and accessories.

Suggested donation £1 per adult  
(in aid of NCT Charity)

Contact midbedsnctnns@hotmail.co.uk



### Flitwick Health Walkers (1.5hrs walk)

**Flitwick - via Manor Park**

**4th March**

Outside Flitwick Library

**Bedford Country Park via Danish Camp**

**11th March**

Bedford Priory Country Park Car Park

**Woburn - around The Estate**

**18th March**

Car Park opposite Church

**Caldecotte Lake, Milton Keynes**

**25th March**

Caldecotte Arms Car Park

**Flitwick - Flitwick Moor**

**1st April**

Outside Barclays Bank

**Dunstable Downs - Chilterns Gateway**

**8th April**

Chilterns Gateway Centre

**Toddington**

**15th April**

Toddington Village Hall Car Park

**Harlington**

**22nd April**

Harlington Village Hall Car Park

**All walks start at 10.15am for 1.5 hrs**

**Contact Chris on 01525 714729 or**

**Pauline on 01525 630191**

### Mid Beds Flower Club

**'Forgotten Treasures'**

**with Daphne Grant**

**Thursday 12th March at 7.45pm**

**Flitwick Village Hall**

£6 - Visitors welcome

Contact Marion Tucker on 01234 742396



## **Flitwick Library**

### **Language & Conversation Café**

**Saturday 14th March at 11am**

Fancy learning a new language, sharing your skills or just want to learn the basics for a holiday abroad? Come and join us.

### **Good Afternoon Talk - 2.30pm**

**Wednesday 4th March**

### **Service at Buckingham Palace**

**£1.50 inc refreshments**

Janet Stow will be discussing her mother-in-law's experiences in the Palace where she was in service under Victoria, Edward VII and George V. She started as a kitchen maid in 1899 aged 11 years and eventually left to marry in 1914 by which time she had progressed to upper household.

### **Scrabble Club**

New Scrabble Club on every Tuesday at 10am. Come and join the fun.

## **Harlington Society of Arts & Crafts**

### **'Origami' Flower Workshop**

with Arlene from Arlo Arts

**Wednesday 11th March at 8pm**

### **The Parish Halls, Harlington, LU5 6LE**

Join us and learn how to create beautiful paper flowers.

Students £5, Members £6, Guests £7  
(includes materials)

To book or find out more call 07718 230940

## **Flitwick & Ampthill Sea Cadets**

**Sunday 29th March**

**11am-1pm**

### **Jumble Sale - Entrance 50p**

**Althorp Close, Flitwick**

The Unit is open from 9-10am to receive jumble on the day or on a Monday or Thursday 7.30-8.30pm

## **Link-A-Ride Community Transport**

### **Community Cream Tea**

**Tickets £13**

**Monday 16th March**

**2-4pm**

**Flitwick Village Hall**

### **Entertainment by Two's Company**

Call 01525 840511 to book your ticket.  
Transport can be provided.

## **Ladies Pamper Night**

**Proceeds raised will go to Asthma UK**

**Thursday 19th March 6-10pm**

**Woodlands Middle School**

Tickets £5 including a glass  
or fizz or orange juice

Lots of treatments available, stalls & refreshments

For tickets call Vickie on 07967 900110 or email [run.vickie.2020@gmail.com](mailto:run.vickie.2020@gmail.com)

## **Templefield Lower School**

### **School Governor Vacancy**

### **Full training and support given**

Contact Sarah Gayfer for more information

[sgayfer@templefield-lower.co.uk](mailto:sgayfer@templefield-lower.co.uk)

## What Do They Do?

### Local mum supports breastfeeding campaign to help families feel #FreeToFeed in Flitwick

Flitwick mum Kayleigh Hancock is championing the rights of mothers to breastfeed their children in public by supporting a local campaign, **#FreeToFeed**. The campaign, which aims to normalise breastfeeding and raise awareness of its benefits, is run by Bedfordshire NHS and local authorities, and has already gathered support from nearly 120 businesses and venues so far. These campaign partners are openly promoting breastfeeding with stickers, posters, taking a “breastfeeding pledge” and listing themselves on the Breastfeeding Hub App, to help mums feel confident and comfortable breastfeeding when out and about.

Kayleigh has been active in supporting the campaign since it launched in 2019, starring in its launch film and posters, speaking to Bedford Radio, and even featuring in an ITV Anglia news report about why she feels it's important. She's also recruited a range of Flitwick's businesses and venues to join the cause.

“I used to feel a bit nervous or shy when breastfeeding, so I know how important it is for mums to feel welcome and safe when they're feeding their little ones”, said Kayleigh. “Breastfeeding makes me feel amazing, and is great for my little boy, but it can be difficult. We should do everything we can to make it easier for mums - that's what **#FreeToFeed** is all about.”

### Get Involved

Signing up to the campaign is a great opportunity for businesses and venues to demonstrate their family-friendly credentials. It's also a chance to make sure that staff understand and comply with the Equality Act 2010, which states that women have the right to breastfeed in public without being refused service or discriminated against in any way.

To sign up as a supporter complete the online pledge: <https://www.cambscommunityservices.nhs.uk/FreeToFeed/pledge>

Once signed up you will receive a window sticker and resources to support you with becoming breastfeeding friendly. Don't forget to upload a picture of your venue with the window sticker to Facebook or Twitter using the #Freetofeed.

**For more information or to nominate a business, email campaign co-ordinators at [ccs.communications@nhs.net](mailto:ccs.communications@nhs.net)**

*(The Rufus Centre has already signed up to the campaign!)*



# Frank Sinatra Tribute Night



*Don't miss this fantastic tribute  
to the Rat Pack legend!*

## The Rufus Centre

**Flitwick**  
MK45 1AH

**Friday**  
**11th**  
**Sept**

**Doors 7.30pm**  
**for 8.15pm**

**Tickets £12**  
Must pre-book

**Bar Available**  
**Box Office**  
**01525 631900**

**Eventbrite**  
(Booking fee applies)



Organised by  
Flitwick Town Council




Flitwick TC



@Events FTC

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

 @BACK2DAOLDSKOOL

 @B2DAOLDSKOOL

# BACK 2 DA REUNION OLD SKOOL PRESENTS

A NIGHT OF CLASSIC HOUSE AND GARAGE  
REMINISCING THE GOOD OLD DAYS

ALEX TELFER

brockhouse [GLENN SIDNEY]

**SATURDAY 28TH MARCH 2020**

**8PM - 1AM**

**FLITWICK**

**THE RUFUS CENTRE**

STEPPINGLEY ROAD  
BEDS MK45 1AH

RIGHTS OF ADMISSION RESERVED

TICKETS AVAILABLE AT

**eventbrite**





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

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

# The Rufus Centre

Meet, Work, Celebrate

A Venue for

## Funeral Receptions

From the moment you arrive  
we take care of everything for  
you

Telephone: 01525 631905

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



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

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

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

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*achieve goals hit targets*



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

01525 755290

07929 372905

[strong.fitness@ntlworld.com](mailto:strong.fitness@ntlworld.com)



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

## Guttering Problems?

- Gutters cleaned
- Leaking gutters repaired
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# 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 of the Easter Egg Trail in Flitwick Woods and Classic House & Garage Night**



## Forget Me Not Group

**Monday 9th March**

**1.30pm-3.30pm**

**Flower Arranging with**

**Flitwick Flower Club**

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 Christine Boulton

**Thursday 12th March**

**2pm- 4.15pm**

**Entry £4 (inc. refreshments)**

**Strictly Dancing with**

**Brian & Linda**

**Saturday 25th April**

**7.30pm-10.30pm**

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

**No need to book - just turn up!**

## Stitchers

**Wednesday mornings - drop-in**

**4th & 18th March**

**10am - 12 noon**

Bring any type of craft, have a chat and enjoy a cup of tea or coffee with friends.

## Men's Club

**Monday Afternoons**

**Flitwick Club**

**1.30pm to 3.30pm**

**£2 a week - first week free!**

A social club aimed at men **over 55**.

Play darts, dominoes & pool.

Free tea, coffee and biscuits.

Plus regular trips out!

## Bingo Afternoons

**Village Hall**

**Friday 28th February at 2pm**

## Over 60's Lunch Club

**PRE-BOOK EVENT ONLY**

**Friday 13th March at 12.30pm**

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

**£7.50 per person (Non-residents)**

**(Pre-book by 12 noon - Tuesday 10th March)**

### Main Course

Chicken, Bacon & Leek Pie with Mashed Potato & Seasonal Vegetables

Vegetarian option: Cheese & Onion Pie

### Dessert

Fruit Jelly with Fresh Cream