# Flitwick papers

October/November 2019



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

Photo taken at Flitwick Civic Service

- 🖀 01525 631900
- 🖶 01525 631903
- ⊠ info@flitwick.gov.uk
- If /FlitwickTC
- @NewsFTC

## What's Inside:

**Civic Service** 

**Fun Palace Success** 

Sue Ryder St John's Hospice

Good Neighbours Scheme

## Contents

Your Local Representatives	je 2
Town Council News............................. pag	je 3
Town Council Diary	je 3
Flitwick Civic Service	je 4
Magnificent Macmillan Fundraising	je 6
Gary Barlow Tribute Night .......................... pag	je 7
The Rufus Centre	je 8
Quiz Night	je 9
School Consultation	2 10
Рорру Display	<u>:</u> 11
Local Organisation Notices	<u>12</u>
What Do They Do?	214

#### **Your Local Representatives**

#### **Flitwick Town Councillors**

Ward	Name	Contact
Е	Keith Badham	630868
Е	Janet Blakeman	712078
W	lan Blazeby	634585
E	Ryan Coleman	Contact TC Office
W	Jeremy Dann	713751
W	Paul Dodds	Contact TC Office
W	Patricia Earles	Contact TC Office
Е	Mike Halligan	Contact TC Office
Е	Ann Lutley	712837
W	Gareth Mackey	712537
W	Martin Platt	713017
Е	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	712328
Gareth Mackey	712537

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

#### Telephone 0300 300 8000

## **Town Council News**

#### Tuesday 15th October

Members agreed for Central Bedfordshire Council's (CBC) contractors to use a section of Station Road land as the site for their compound for the imminent highways improvements due to commence in the area outside Barclays Bank and Kings Road. Members were keen for residents to understand that this site was the only available option and was not in any way connected to the sale of Station Road land.

Members discussed the need for the Town Council to be invited to meetings held in relation to the station regeneration project and for both Councils to work together to push for step free access. CBC Cllr Gomm agreed to liaise with the relevant Officer to ensure this happens. Members heard that CBC would try to repair the potholes at the station entrance as a temporary improvement in advance of the transport interchange project.

#### **Grant Applications**

Flitwick Town Council offer grants to local organisations, groups and charities that provide support and opportunities for people living in Flitwick.

To request an application form please email paulafrost@flitwick.gov.uk or call Paula on 01525 631900.

Deadline for receipt of applications is **Friday 15th November 2019.** 

#### **Market Town Regeneration Meeting**

A Public Meeting on the Market Town Regeneration Project (MTRP) attracted over 50 local residents to The Rufus Centre on Thursday 3rd October.

Following a presentation on the project by the Acting Town Clerk, Sharon Long, visitors worked in groups to discuss issues they had and presented their questions.

A fact sheet covering the issues and questions raised at the meeting will be circulated as soon as it is available.

CBC's highways improvement works, which are part of the MTRP, are due to start mid-November, weather permitting. The works cover Station Road, Kings Road and The Avenue. The plans are on display in The Rufus Centre foyer.



Town Council Diary

#### at the Rufus Centre unless stated otherwise

#### October

31st	Planning	7.45pm			
November					
5th	Community Services	7.45pm			
14th	Business Services	7.45pm			
19th	Town Council	7.45pm			
21st	Planning	7.45pm			
27th	Corporate Services	7.45pm			

A full list of meeting dates for 2019 can be found on the Town Council website: www.flitwick.gov.uk

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

## What's Been Happening?

#### **Flitwick Civic Service**

On Sunday 13th October the Town Mayor, Cllr Phillip Thompson, hosted our Annual Civic Service at St Peter and St Paul's Church. Town Mayors from across the county came with their guests, as well as people from the community to join in the celebrations.



Young people from the Air Cadets and Sea Cadets stood proudly welcoming people and local uniformed groups attended as Standard Bearers.

Rev. Andrea Maffei addressed the congregation and prayers were led by Rev. Lucy Davis. Readings were given by Deacon Philip Pugh and Nicola Panton from Stepping Stones, one of the Mayor's chosen charities this year. The Woodlands Academy Choir did a wonderful performance of 'You Will Be Found' from the musical *Dear Evan Hansen*. After the service the congregation gathered in the Chapter House for refreshments.



The Town Council wish to thank everybody who helped make the event such a big success and to everyone who joined in the celebrations on the day.



#### **Michael Jackson Tribute Night**

Over 150 people enjoyed the Michael Jackson Tribute with Rory Jackson on Friday 11th October. This free community event didn't disappoint the audience with a fun packed evening of music and dance from the singer's wide catalogue of songs. A definite favourite was Thriller and the spectacular moonwalk!

#### A Magic Night!

"How did they do that?" The audience were asking that question time and time again as Martin Rees and David Days performed their mind-blowing magic show 'A Sense of Awe & Wonder' on Friday 20th September. Unfortunately their world record attempt did not quite work out on the night but everyone still had a great evening.



#### Fun Palace - 'A Taste of Flitwick'

Morris Dancing, book folding and bridge were just some of the activities visitors to this year's Fun Palace – 'A Taste of Flitwick' enjoyed at the event on Saturday 5th October.

Taking place at both Flitwick Library and, for the first time, Flitwick Leisure Centre, Fun Palace is a national campaign that promotes sharing creative talent within the local community.

"I had a fantastic morning and really enjoyed trying all the different things. I am now thinking about joining one group regularly," said a visitor to the Leisure Centre who had taken part in the ukulele playing with Flukes and the over 65s dance and movement session.



Flitwick Library was busy with visitors of all ages

getting involved with a whole range of things including stone painting, quilting and languages. Thank you to everyone who volunteered their time to make it a success.

Always held on the first weekend of October, look out for details of Fun Palace 2020 next summer.

**Remembrance** Parade



## Sunday 10th November

## Station Square, Flitwick

The Royal British Legion and Uniformed Cadets march from Legion Hall, Station Road to the Memorial for the Remembrance Service to start at **2:30pm**. The younger groups of our town, The Girl Guides, Brownies, Scouts, Cubs, Beavers and Boys Brigade will assemble to the rear of the Memorial.

## Magnificent Macmillan Fundraising



The village hall was packed on Friday 27th September when we hosted a Macmillan World's Biggest Coffee Morning. It was also the day FTC's Community Services Assistant, Zoe Putwain, 'Braved the Shave' to raise money for Macmillan.

A big thank you to everyone who donated money, baked cakes and to those who attended the coffee

morning for their kind donations and raffle contributions. A magnificent total of £1,369.23 was raised by Zoe and the coffee morning.

A special thank you to Bayley from Razors Edge Barber Shoppe who volunteered to shave Zoe's hair on the day. Zoe's hair has been sent to the Little Princess Trust charity. The Little Princess Trust provides free real hair wigs to children and young people who have lost their own hair through cancer treatment or other conditions.

"I have been overwhelmed with the amazing support and kind generousity I've received from the Flitwick community," said Zoe. "My family, like so many families, has sadly been affected by cancer. I am so happy to have raised £950 from my hair shave, exceeding my original fund raising target by £300, and to be able to contribute to the fantastic work of Macmillan Cancer Support."

## Winter Garden Waste Collections

Kerbside garden waste collections will be suspended during the winter months between **9th December to 28th February** inclusive. The garden waste collections will resume on **2nd March.** Normal collections will continue for other bins.

Real Christmas tree recycling is available from **6th-17th January.** Please place the tree next to the recycling bin on scheduled waste collection days.

Trees must be no taller than 6' and trunks must be no thicker than 3" diameter.



## Join the Flitwick Litter Pick!

**Sunday 27th October** is the next date scheduled for The Big Beds Clean Up in Flitwick. The group have been amazing this year with two litter picks already taken place in the town. You can join the volunteers from 12 noon to 2pm. Meet outside Tesco Flitwick.

For more information email thebigbedscleanup@gmail.com or visit their page on Facebook @BigBedsCleanUp.

# **Gary Barlow Tribute Night**

## with **Dan Hadfield**

Unquestionably THE most authentic and leading tribute to Gary Barlow The Rufus Centre Flitwick MK45 1AH

Friday 6th Dec

Arrive 7.30pm

Tickets £18 Must pre-book

Bar Available Box Office 01525 631900

**Eventbrite** (Booking fee applies)



Organised by Flitwick Town Council



events FTC

www.flitwick.gov.uk

#### **The Rufus Centre**

Party season continued last month at The Rufus Centre with a wide variety of functions in The Lockyer Suite including two children's birthday parties, a 40th wedding anniversary and a 40th birthday party.

We were also delighted to host a lovely civil ceremony in The Moorfield Room. The Rufus Centre offers a choice of three rooms for civil ceremonies The Lockyer Suite, The Davis Suite and The Moorfield Room.



The conference, meetings and events side of the business has been equally busy with a very successful Mind, Body & Soul Psychic Fayre on 5th October and Healthwatch Central Bedfordshire's Festival for Older People on 4th October. A really popular event,

visitors were treated to performances from an Elvis tribute artist and May Blossom, vintage songbird. There were also complementary therapies and treatments on offer, arts and crafts and local organisations offering information and advice. The organisers were so pleased with how the event went they have already booked The Rufus Centre for next year.

#### **20th Anniversary Celebrations**

Plans are well underway for the special 20th Anniversary Afternoon Tea on **1st November** to commemorate the official opening of The Rufus Centre back on the 30th October 1999. If you have any memories or photographs of The Rufus Centre we can use for a special display on the day please get in touch.

Flitwick Residents get 10% Discount on Room Hire at The Rufus Centre. Call 01525 631905 for more details.

#### Tel: 01525 631905

Email: Bookings@therufuscentre.co.uk

/TheRufusCentre /WeddingsAtTheRufusCentre

] @RufusCentreFTC



#### www.therufuscentre.co.uk









## FLITWICK BUSINESS GROUP

## **REFRESHED. REVITALISED. RELAUNCHED.**

We are run by business from Flitwick and surrounding areas who are committed to working together to promote local trade with and between other local businesses. Our quarterly networking events offer a relaxed opportunity to meet other local business owners and expertise.

08:00 | 26.11.19 | RUFUS CENTRE, FLITWICK Register online: flitwickbusinessgroup.co.uk/breakfast-networking flitwickbusinessgroup.co.uk | fb.me/flitwickbusinessgroup

## Ampthill & Flitwick Good Neighbours -Your Community Needs Your Help



Following the merger of the Ampthill and Flitwick Good Neighbours scheme we now cover the following areas – Ampthill, Flitwick, Westoning, Steppingley, Maulden and Millbrook. Smaller outlying villages can sometimes be accommodated where a local scheme is not in place.

Our main services include lifts to and from health-related appointments i.e doctors, hospital, dentists etc, shopping trips, either escorted or drop off and pickup. Small jobs such as changing lightbulbs, removing small items to the tip and collecting prescriptions. For any other requests we can advise on enquiry.

We offer an invaluable service to many within the community who would otherwise struggle to remain independent and we offer great comfort to the relatives who aren't always available to help, that there is assistance available when needed.

We are a non-profit making organisation but volunteer expenses are covered – in the case of mileage we charge 45p per mile, from the volunteer's home to their return back home. This is paid directly to the volunteer by the client on the day.

We urgently require new volunteers to help with both day to day requests and to be phone holders. How it works:

• Our clients call our scheme mobile phone and place their request either directly or by leaving a message, the requests are then collated daily and emailed out to our DBS checked volunteers who indicate by return if they can help. There is no pressure on the volunteers and they are free to offer their time as and when they can.

• The phone holder holds the phone for a week on a rota basis, currently every 3-4 weeks, and simply coordinates the incoming requests out to the volunteers and back to the clients. An average day would see 2-3 requests and full training is given.

If you are interested in helping others within our community in this way or have any requirements you'd like to discuss then please call 07833 314903 or email ampthillgn@ gmail.com to discuss further.

Article sent in by Ampthill and Flitwick Good Neighbours Scheme

## **School Consultation**

A joint preliminary consultation has been launched by the Governing Body of Flitwick Lower School and the committee for Busy Bees Pre-School (which is based on the Flitwick Lower School site) to gauge demand for a proposed merger of the two from September 2020. This merger would require the school to lower its age range from 4-9 years to 2-9 years.

Details of the proposal can be found on the school's website www.flitwick-lower-school.net.

Responses to the consultation are required by **Tuesday 12th November.** 

## **Poppy Display**

You'll soon be able to see the tremendous efforts of the Stitchers, Big Knit and local volunteers when the poppy project comes to fruition with displays in the centre of town to mark Remembrance.

We have had thousands of poppies knitted and crocheted over the past few months as the community worked together on the project.

The response has been amazing and we are now looking forward to creating a magnificent poppy display for all to enjoy in November.

Any poppies not used in the displays will be made into badges and keyrings. These will be available from the reception at The Rufus Centre for donations to this year's Royal British Legion Poppy Appeal.





#### Wildlife Trust Tree Walk with Colin Carpenter\* Saturday 2nd November, 10am-12.30pm Maulden Woods, A6 Lay-by (TL072394)

Late autumn or early winter, either way the woods are fascinating even at the end of the year. Colin's knowledge of our native trees and shrubs, and of Maulden Wood will be familiar to many. Come along, you will almost certainly learn something new. This event is open to all ages but terrain can be muddy and uneven and is unsuitable for wheelchairs or pushchairs. Please wear appropriate footwear. Children should be accompanied by an adult.

#### \*£2 per adult

Open to all. Walks have group size limits. Please reserve.

For additional information please email flitvale.info@gmail.com or

call Ann on 075801 78889 between 6pm and 8pm or at weekends.

#### Bedford Organ and Keyboard Club Wednesday 27th November

7.30 – 10.00pm David Thomas in Concert

Addison Centre, Kempston, Bedford, MK42 8PN

Refreshments/Bar/Raffle

Members £5 Non-Members £6

www.organfax.co.uk/clubs/bedford



#### Flitwick Health Walkers (1.5hrs walk)

Flitwick across fields to Steppingley Wednesday 30th October- 10.15am Leisure Centre Car Park

Milton Keynes, Caldecotte Lake Wednesday 6th November - 10.15am Caldecotte Arms Car Park

Flitwick via River Flit Wednesday 13th November - 10.15am Outside Barclays Bank

Bedford Priory Country Park Wednesday 20th November - 10.15am Country Park, Car Park

Silsoe

Wednesday 27th November - 10.15am Outside Church

Contact Chris on 01525 714729 or Pauline on 01525 630191

#### **Mid Beds Flower Club**

'Christmas Demonstration' with Julie Woods Thursday 14th November 7.45pm Flitwick Village Hall

Visitors welcome £10.00

including wine & mince pies

Contact Marion - 01234 742396

#### **Flitwick Singers**

Flitwick Singers meet in Flitwick Methodist Church on Wednesday nights during term time. We welcome new male and female members to come along and give us a go.
It doesn't matter if you can't read music, if you're not very confident about singing out loud, haven't sung in a choir since you were at school, if you "only sing in the shower!," the feel good factor of singing in a group really does make you feel good.

If you want to find out more, visit our website: flitwicksingers.com, Flitwick Singers Facebook page or email flitwicksingers @gmail.com and we will be happy to answer your questions.

#### Flitwick Library Children & Families Prepare Robo, Wednesday 23rd October 2-3:30pm.

#### Tickets £3.50, recommended age: 8+

Come along to a robotics workshop where you'll learn the basics of robotics and construction. Use your creativity to construct working machines out of Lego Mindstorms, and test out your creations!

#### Ghost Craft - Thursday 24th October Pumpkin Craft - Friday 25th October Cat Craft - Saturday 26th October

Visit the library from 22nd - 31st October to enter our competition to name our Book Witch for the chance to win a spooky prize!

#### Adults

Good Afternoon Event Talks at 2.30pm Wednesday 6th November Service at Buckingham Palace

Come along to find out about the speaker's mother-in-law's service during the reigns of Victoria, Edward and George V, at Buckingham Palace.

#### Read and Recommend Group Tuesday 29th October & Tuesday 26th November

Do you enjoy reading? Come along to our new book group!

Chat about books, share what you've been reading and get recommendations.

#### Volunteer Gardener Wanted!

We are looking for a volunteer who can help us improve the appearance of the landscape around the library. Gardening volunteers may get involved in planting new plants, maintaining flowerbeds and other tasks. Please contact volunteering@ centralbedfordshire.gov.uk if you're interested and would like to apply.

#### Flitwick Lower School Christmas Shopping Joules Seconds Sale

#### Tuesday 17th December 6:30pm - 8pm

50 preview tickets available allowing early admission at 6pm for £9, which includes a glass of mulled wine & mince pie

General admission: £5 per ticket (must be purchased in advance)

Tickets available online only at: http://www. ptaevents.co.uk/flitwicklowerschool

For more info please contact Emma Gleeson 0770 245 8018 or email flsassociation@gmail.com

Parkside Singers Mistletoe & Wine Saturday 23rd November at 2.30pm St Nicholas Church Hall, Barton-le-Clay Tickets £7 including tea/coffee/mulled wine & Christmas treats!

For tickets please contact: Dianne Matthews on 01525 841077 or Ken Jones on 01525 753110. Also available on the door

#### Flitwick Leisure Centre FREE FUN DAY Saturday 26th October 8am to 6pm

Come and join in the Fun Day with free activities for everyone.

Badminton, Squash, Table Tennis, Climbing, Soft Play, Bouncy Castle, Trampolining and lots more!

Climbing wall sessions need to be booked at reception before the day

Call 01525 493131 or email enquiries.flitwick@sll.co.uk

#### What Do They Do?

#### What your support means to Sue Ryder St John's Hospice

In this article, we hear from Carol Pullen, manager at the Palliative HOSPIC Care Hub at Sue Ryder St John's Hospice which provides around the clock expert palliative care to people in their own homes across Bedfordshire.

She tells us more about the care given at the hospice, and what the fundraising support of local groups, organisations, communities and individuals means to local families needing their expert and compassionate care.

Carol says, "Our hospice supports people through the most difficult time of their lives, whether somebody is dealing with a terminal illness or the loss of a loved one.

We do this through our inpatient unit, day therapy, palliative care hub offering 24 hour palliative care support and family support team.

The most rewarding part of my job is knowing we help make a difference to local families, helping them fulfil their final wishes to each other. It's an honour and a privilege to be there when it matters for local people and their families.

Our expert care can only continue with local groups, businesses and people fundraising for us. All our services are given free of charge,

but it costs £140 a day for expert care by Sue Ryder Nurses like me to support people to live the fullest lives they can.

This is why I am asking if you can help our local hospice continue to be there when it matters. We currently need volunteers in Flitwick to attend local events and help raise awareness of our hospice and what we do, as well as raise vital funds for our care.

There are also many other ways you can support us – whether holding a sponsored walk, organising a quiz night or coffee morning or trekking across Iceland to see the Northern Lights! Our fundraising team are on hand to support you every step of the way – like we're there every step of the way for families needing our care."

Your support really does mean the world to us, so why not get in touch or come and meet Carol and your local hospice team at our next **Coffee Morning at Flitwick Village Hall on Friday 22nd November.** 

For more information or to chat through your fundraising ideas, you can call us on 01767 642412 or email: stjohnsfundraising@sueryder. org. We'd love to hear from you!

## For more information on Sue Ryder St John's Hospice visit www.sueryder.org/stjohns

**Photos:** 

Top: Carol Pullen, Palliative Care Hub Manager Right: Fundraising supporters in Flitwick





#### Sue Ryder St John's Hospice

## Channel Babes Raise Over £10,500!

Channel Babes would like to say another massive 'Thank You!' to everyone that donated or came to our final bake sale back in September at Flitwick Leisure Centre. If you didn't already know, as a team of 5 we relay-swam the English Channel back in August, completing it in 14 hours and 26 minutes, all in aid of Autism Bedfordshire.

After totting up the final pounds, we presented Sarah Grimes from Autism Bedfordshire a big cheque for £10,640. We are so thrilled to have not only reached our



target, but smash right through it! The donations are still coming in, and we very much appreciate it.

Our Virgin Money page will close on **15th November**, and we will update our Facebook page with the total amount raised. Just search @channelbabes on Facebook to find us.

Thanks again for all your support!

https://uk.virginmoneygiving.com/Channelbabes www.autismbedfordshire.net

Article sent in by Channel Babes

## Volunteer with Home-Start

Home-Start Central Bedfordshire - Central Bedfordshire Volunteer Group of the Year

Would you like to make a difference to a local family with young children?

Are you a parent or grandparent and have a couple of hours to spare each week during the day?

Why not join our home visiting volunteer team. Free training, support and supervision and a rewarding experience.

For more information call on 01582 660061 or email office@home-startcentralbeds. org.uk. Take a look at our website www.home-startcentralbeds.org.uk.

Article sent in by Home-Start Central Bedfordshire

## Flitwick Ward Councillor Surgery

The next Flitwick Councillors' Help & Advice Surgery will take place on **Friday 22nd November** between 10am to 11.30am at Flitwick Library with Cllr Neil Bunyan and Cllr Charles Gomm. Pop down if you need advice or have any issues in the town that concern you. For more details contact the CBC Member Support Office on 0300 300 5214.

## Organ Scholar Opportunity

#### Do you play the piano or keyboard and want to extend you skills?

Flitwick Parish Church is looking for an organ scholar to work alongside our Director of Music and Choir. You will receive free tuition on the church organ, have ample access to practise and get paid for the services you play. We are looking for someone with Grade 6 piano skills or above who enjoys working with a team and would be interested in understanding how church music works.

To find out more call Rev Lucy Davis on 01525 712369 or email Lucy@flitwickchurch.org

## **Badges & Skills for Flitwick Scouts**

It's been a very busy month for all of the sections. The Beavers have been working towards their Space, Skills Challenge and Healthy Eating badges. The Space badge included using fruit and vegetables as different planets! The Skills Challenge included them learning how to roll their scarf, light a candle, tie their shoelace, decorate a biscuit and work as a team. Over fifty members of the section enjoyed a day trip to Twinlakes where they enjoyed roller coasters, bumper boats and merry go rounds.



The Cubs spent a weekend camping at Milton Bryan

where the theme for the camp was International. The children had opportunities to find out about customs and cultures for several different countries. Flitwick were "France" and this included building the Eiffel Tower, making crepe suzettes and playing petanque. As part of their Digital Citizen badge they visited the Apple store where they programmed a robot. A visit to the Buddhist Temple in Milton Keynes was part of their World Faiths badge. They have also been working towards their Chef badge.

The Scouts started the new term with a Heritage walk across Flitwick and Flitton Moors. They have also been doing some indoor fire lighting! They are currently working towards their photography badge.

Three of the Group's volunteers attended a weekend training course to learn more about leading camps. This included programme planning, budgeting, activities, different camp cookers and safe ways to use saws and axes. They will be able to put this learning into practice and the Group will have more volunteers to lead camps.

Our associated Explorer Unit have been involved in looking at step free access and disability awareness. This included a walk round Flitwick to see which parts were not available or difficult to access for people using wheelchairs or who had a pram or pushchair. They have also been wood carving and had some wide games.

For further information about Flitwick Scout Group, please visit: www.flitwickscoutgroup.org.uk Article sent i

Article sent in by Flitwick Scout Group



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You can advertise in Flitwick Papers from as little as £30! Contact Beverley on 01525 631900 or email beverleyjones@flitwick.gov.uk to check availability!



# 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 of the over 60's Christmas Lunch, Gary Barlow Tribute & Quiz Night



#### **Forget Me Not Group** Monday 11th November

1.30pm-3.30pm **Rebecca L Faret Solicitors** 

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.



Sandra & Richard Thursday 14th November 2pm- 4.15pm **Entry £4** (inc. refreshments) **Strictly Dancing** with Christine Boult Saturday 16th November

Tea Dance with

#### 7.30pm-11pm Entry £5 (Bring your own refreshments)

#### Stitchers

Wednesday mornings - drop-in 6th & 20th November 10am - 12 noon

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

#### **Bingo Afternoons Flitwick Village Hall** Last Friday of each month at 2pm

Join us for bingo! - £1 per card Tea/coffee, cake and raffle available. Transport available on request.

## **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 65. Play darts, dominoes & pool. Free tea, coffee and biscuits.

#### Over 60's Lunch Club **PRE-BOOK EVENT ONLY**

Friday 8th November at 12.30pm £6.50 per person (Flitwick residents) £7.50 per person (Non-residents) (Pre-book by 12 noon on Tuesday 5th Nov) **Main Course** 

> Steak Pie, Mash Potato & Seasonal Vegetables

Dessert Spiced Apple Cake & Custard