

Flitwick papers

September/October 2019



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



A beautiful sunny day at the Family Fun Day

 **01525 631900**

 **01525 631903**

 **info@flitwick.gov.uk**

 **www.flitwick.gov.uk**

 **/FlitwickTC**

 **@NewsFTC**

What's Inside:

Public Meeting in October

Flitwick Fun Palace Returns

Ampthill & District Lions Club

Channel Babes - Channel Swim

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Your Local Representatives

Flitwick Town Councillors

Ward	Name	Contact
E	Keith Badham	630868
E	Janet Blakeman	712078
W	Ian Blazeby	634585
E	Ryan Coleman	Contact TC Office
W	Jeremy Dann	713751
W	Paul Dodds	Contact TC Office
W	Patricia Earles	Contact TC Office
E	Mike Halligan	Contact TC Office
E	Ann Lutley	712837
W	Gareth Mackey	712537
W	Martin Platt	713017
E	John Roberts	716360
E	Russ Shaw	Contact TC Office
W	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, Libraries, Archives, Social Services, Street Lighting, Trading Standards, Traffic Management and Youth Services.

Telephone 0300 300 8000

Tuesday 17th September

Members heard from a member of the public regarding the need to install CCTV in the Skate Park area at Millennium Park. Councillor Snape explained that the Town Council were investigating this and were aware that the situation had become more urgent since a recent police incident in the area.

The Council received an update from a Central Bedfordshire Ward Councillor on the decision by Central Bedfordshire Council to enter into a new waste collection agreement from February 2020. There will be no glass collection but it is understood green garden waste bins will be introduced.

Members also discussed the minutes from the Extraordinary Meeting on the Market Town Regeneration Project held on 5th September. Following further discussion, the Chair used their discretion to interpret the minutes and confirmed that whilst the Town Council was unable to pursue two planning applications, it was permissible to pursue the planning application for a new headquarters for the Royal British Legion and Flitwick Scout Group, and the short term shoppers' car park. As a result, it was agreed that the outline planning application for C2 use for an over 55's independent living facility will be withdrawn.

NOTICE OF A PUBLIC MEETING

on the

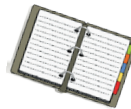
Market Town Regeneration Project Thursday 3rd October at 7.45pm The Rufus Centre

Flitwick Town Council has arranged for a Public Meeting to be held on the Market Town Regeneration Project, including the proposed development of land at Station Road, on **Thursday 3rd October**.

Residents are invited to attend to hear more about the Project and will have an opportunity to put their views on the proposed development of Station Road to Councillors.

Questions for Councillors should be submitted in advance no later than 5pm on **Thursday 26th September** to reception@flitwick.gov.uk or by hand to the reception at The Rufus Centre, if residents wish them to be answered at the meeting. The plans will also be on display on the night.

The meeting will be held in The Lockyer Suite at The Rufus Centre at 7.45pm.



Town Council Diary

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

September

25th	Corporate Services	7.45pm
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October

1st	Community Services	7.45pm
10th	Planning Committee	7.45pm
10th	Business Services	7.45pm
15th	Town Council	7.45pm
31st	Planning Committee	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.

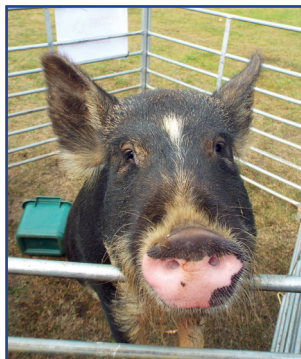
What's Been Happening?

Family Fun Day

It was great to see so many people attending our Family Fun Day on Wednesday 28th August at The Rufus Centre. The fantastic weather was a bonus as everyone enjoyed the different activities and attractions including land zorbs, bungee trampolines and pony rides.

Animal Edge proved popular with children with their petting zoo. A definite favourite was Bobby who, as you can see from this picture, was very interested in what was going on!

Another favourite was *Smartie Artie*, who helped keep the children entertained with his hilarious antics. Thank you to everyone who came along on the day.



Men's Club Trip to Shuttleworth

Eleven men from Men's Club were inspired and amazed by the exhibits on a visit to the Shuttleworth Collection on Monday 19th August. They travelled there via the Flittabus on what started as a bright sunny day. However, during the day there were some hefty showers which were amplified so much on the hangar roofs that the sound was deafening.

They saw vintage aircraft dating from 1909 to the 1950s. Many are sole survivors of their type and kept in an airworthy condition by being maintained in the Engineering Workshop which smelt of fuel and oil. Many of the planes have Rolls Royce engines and we all became very excited when a plane was moved outside and started up! The loud roar of the engine was very exhilarating, but alas, they were just testing the engine and the plane stayed firmly on the ground. It is hard to comprehend how planes manage to fly in the air with such huge, heavy engines in them.

In addition to planes there were other exhibits of vintage buses, cars, motorbikes, bicycles and lots of other transport paraphernalia including uniforms and models. To accompany the displays there were some remarkable photographs. The most startling photograph was of some people playing tennis on the wings of a bi-plane over Los Angeles. Amazing!

Lunch was taken in the restaurant, which provided a range of food from a sandwich to a hot main meal or just a cup of tea and a piece of cake.



Comments on the trip home were that it had been a very enjoyable day out with plenty to see and do. A very successful trip!

Men's Club meet every Monday afternoon at Flitwick Club. See the back page of Flitwick Papers for more details.

Saturday 5th October - Free Activities for All Flitwick Library & Flitwick Leisure Centre

Are you ready to be inspired to try something new?

On **Saturday 5th October**, Fun Palace 'A Taste of Flitwick' returns to the town with free activities at both Flitwick Library and Flitwick Leisure Centre.

Fun Palace is a national campaign for culture for people of all ages with a whole host of activities run by, and for, local communities. The idea behind the initiative is to encourage both adults and children to get involved and try different activities organised by local businesses, organisations and volunteers.

Details are just being finalised but already we have a wide range of different activities on offer including Morris Dancing, book folding, playing ukuleles and other musical instruments, karate, dance, drama and crafts.

A leaflet with full details of all the activities, locations and timings will be available from Flitwick Library, Flitwick Leisure Centre and The Rufus Centre. You will also be able to view full details on the Town Council website at www.flitwick.gov.uk.

(Photo above shows children enjoying one of the cooking activities at last year's Fun Palace)



Come along and join us For the launch of **The Flit Valley walk** Saturday 19th October

At The Jack Crawley Memorial Barn

Flitton, MK45 2EJ

9am - 11:30am

Enjoy a 4 mile section of the walk, led by local volunteer David Sedgley

An option of a shorter walk of around 1 mile will also be available



Flitwick Town Council



Step Free Petition Gains Momentum

Flitwick resident, Ian Cook's e-petition for step free station access for all has been gaining momentum with regional media covering the story on TV, radio and in the local press. At the time of going to print the petition had 2,480 signatures.

You can show your support and sign the e-petition by visiting:

<https://petition.parliament.uk/petitions/266721>.

The deadline to sign this petition is 26th January 2020.

Ian has also arranged a public meeting on **Wednesday 2nd October at 7.30pm** at Woodlands Academy, Flitwick which everyone is invited to attend. If you would like to get involved with the campaign or for more information please contact Ian by emailing stepfreeaccess@virginmedia.com.



Christmas is Coming!

Our Community Events Team have been busy planning this year's Christmas celebrations in the town. The Christmas Lights 'Switch On' will take place on **Sunday 24th November** between 3.30pm to 5.30pm at The Swan with Santa's Grotto, stalls and refreshments. There will also be carol singing and entertainment by Ampthill Town Band, singer Mark George and Smartie Artie.

We will shortly be distributing flyers to schools with details on how children can have the chance to be the one that switches on the light display this year.

Look out for more details in the next edition of Flitwick Papers, posters around the town and on social media.

Ruby's Charity Success



Congratulations to nine year old Ruby Akroyd who raised an incredible £240.69 for the SMART Prebend Centre in Bedford at a Friday coffee morning and cake sale she organised at Flitwick Village Hall in July.

The charity were thrilled with the donation and invited Ruby to visit the Prebend Centre for a tour and to present the cheque.

Ruby is really interested in fundraising and charity work and after seeing homeless people locally she was inspired to help by organising the coffee

morning during market day, baking many of the cakes herself.

A coffee morning is held every Friday at the Village Hall where local charities and organisations can apply to run refreshments to raise money for good causes. For more information please email Flitwickvillagehallbookings@gmail.com.

Fusion Dance Workshop

With



Imagination Arts

Wednesday 23rd October

10am~12pm for Minis (5~7 year olds)

12.30~2.30pm for Juniors (8~11 year olds)

£10 Per session (Must Pre Book)



The Rufus Centre, Flitwick, MK45 1AH

Fusion dance workshop, merging styles of dance together to create some interesting, unique and FUN choreography!

Perfect for dancers wanting to try something new, or those who are just starting on their dance journey

Box Office: 01525 631900 / Eventbrite (booking fee applies)



Organised By Flitwick Town Council



@EventFT



/FlitwickTC

The Rufus Centre

Our flexibility as a conference, meeting and event space allows us to accommodate all types of events both inside The Rufus Centre building and outside in our spacious field and gardens.

We were delighted to be the chosen venue for a key stop off point for cyclists taking part in the Bidwells' Golden Triangle Bike Ride from Oxford to Cambridge to raise money for their chosen charity Maggie's Centres. Groups of cyclists arrived separately throughout the day for refreshments and bike checks before continuing their travels.



Increasingly popular for exhibitions and fairs, we recently welcomed the Three Counties Antiques & Fine Art Fair over the weekend of 7th and 8th of September and on 5th October the Mind, Body and Soul Psychic Fayre returns to The Rufus Centre.

We have also had a number of evening functions including a 40th birthday party for a lovely local lady and her friends and family. She made use of the bar, brought in her own catering and had live singers entertain her guests for the evening. A great time was had by all and they were very complimentary about both staff and venue.

Office Space Available

Are you looking for a new office space in Flitwick? We have one office available to lease at The Rufus Centre. Rarely available, if you are looking for a fully serviced facility at a reasonable rate with ample free car parking and friendly staff please give Jon Barkat, The Rufus Centre Manager a call on 01525 631905.

Join The Rufus Centre Team

Our amazing Catering Supervisor is sadly retiring which means we have a fantastic job opportunity for someone to join the team. The successful applicant will be responsible for the smooth running of the Catering department, responsible for our Functions (weddings, celebrations and other events) and for providing lunches for conferences, meetings and community events.

Full details and an application form can be found on our website www.flitwick.gov.uk. Alternatively please call 01525 631900 or email reception@flitwick.gov.uk. Closing date for applications is **Friday 4th October 2019**.

Tel: **01525 631905**

Email: Bookings@therufuscentre.co.uk



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

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



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

The Rufus Centre



Meet, Work, Celebrate

www.therufuscentre.co.uk

The Rufus Centre Celebrates 20th Anniversary!

The Rufus Centre will be celebrating the 20th anniversary of its official opening on 30th October 2019. Back in 1999, the ceremony was performed by the then Lord Lieutenant of Bedfordshire, Sir Samuel Whitbread. To mark the occasion The Rufus Centre will be holding a special Afternoon Tea on **Friday 1st November** for invited guests from the local community.

If you would like to join us on the day we have ten pairs of tickets to the Afternoon Tea available in a prize draw. Please call Beverley on 01525 631000 or email beverleyjones@flitwick.gov.uk with your name and contact number by **Friday 18th October**. We will contact everyone who has been successful on **Monday 21st October**.

Looking Back

Do you have any photographs or special memories of The Rufus Centre you would like to share with us? We are planning to have an anniversary display at The Rufus Centre during November showing how it has changed over the years and it will be great to share stories and photographs from local people. Please get in contact with Beverley if you have some information or photographs we can use.

Flitwick Residents get 10% Discount on Room Hire at The Rufus Centre.

Call 01525 631905 for more details.



Over 60's

Christmas Lunch

Join us for an afternoon of Christmas festivities including:
3 course meal, Live Entertainment and a visit from Santa!

Wednesday 11th December

The Rufus Centre, Steppingley Road, Flitwick, MK45 1AH
12:30—4pm

Live Entertainment with
MARK GEORGE

MUST PRE-BOOK - Call 01525 631900

£9 Flitwick residents
£10 Non residents

Sponsored By
 Rebecca L Faret
Solicitors

£2 Flitwick Residents
£3 Non Flitwick Residents

Limited transport available:
MUST PRE-BOOK


Organised by Flitwick Town Council

Macmillan Biggest Coffee Morning

Friday 27th September will be a very busy day at Flitwick Village Hall as we host a Macmillan World's Biggest Coffee Morning.

During the event FTC's Community Events Assistant Zoe Putwain has committed to 'Brave the Shave' for Macmillan Cancer Support with a target to raise £650 for the charity.

Everyone is welcome to come along and show their support for Zoe. To read about Zoe's story and donate please visit: <https://bravetheshave.macmillan.org.uk/shavers/zoe-putwain/>. There will also be a donation box at The Rufus Centre.

It promises to be a fantastic community event. Please join us if you can.



Grants Available

Did you know that you could be eligible for a Relief in Need grant if you are a Flitwick resident in receipt of Housing Benefit, Rent Rebate, Pension Credit, Income Support or Council Tax Benefit?

Flitwick Combined Charities award Relief in Need grants each year to people living in Flitwick. To apply you need to complete an application form that can be downloaded from the website www.flitwickcombinedcharities.org.uk or you can request a form from the Treasurer, Ann Lutley on 01525 712837 or email ann@rlutley.myzen.co.uk.



The closing date for this year's applications is **31st October 2019**.

FTC at Flitwick Market

We now have a regular stall at Flitwick Village Hall every Friday during the market where you can book tickets for community events and pick up supplies of orange recycling sacks, food waste bags, garden rubbish bags and doggie bags. Come and say hello next time you visit. These items will still be available to collect from The Rufus Centre.

MICHAEL JACKSON The Return

The World's
Ultimate
MJ Dancer

RORY JACKSON



The
Rufus
Centre
Flitwick
MK45 1AH

Friday
11th October
7.30pm

FREE COMMUNITY EVENT!

Maximum 4 tickets per person

Must pre-book, all tickets to be collected
from The Rufus Centre **BEFORE** the event.

Limited tickets available

Box Office

01525 631900

As Seen On ITV's
Britain's Got Talent



STEPHEN MULHERN

“ He Is Outstanding! ”

ALISHA DIXON

“ I was at the Bad concert,
and he does a really good job ”

SIMON COWELL

“ I would have believed
that was Michael Jackson ”



Organised by Flitwick Town Council

www.roryj.com



Local Organisation Notices

Wildlife Trust

Seed Collection with Colin Carpenter*.

Saturday 5th October, 10.00-15.00*, Kings Wood, Houghton Conquest

Colin, a local tree expert, will guide us in this collection of berries and seeds from shrubs and trees. Equipment is provided but you may like to bring your own secateurs and gloves. A good way of learning about native tree species.

***If you want to stay whole day, please bring packed lunch**

Email flitvale.info@gmail.com or ring Ann on 07580 178889

Bedford Organ and Keyboard Club

Wednesday 30th October

7.30 – 10.00pm

Elizabeth Harrison in Concert

Addison Centre, Kempston, Bedford, MK42 8PN

Refreshments/Bar/Raffle

Members £5 Non-Members £6

Tel: 01234 344423

www.organfax.co.uk/clubs/bedford

Baby Loss Service

Sunday 6th October at 4pm

St Peter and St Paul's, Church Road

Join us as we remember little ones who have died too soon, and commend them to God's care. You are welcome no matter how long ago your loss: parents, siblings, grandparents and any others affected. During the service, there is the opportunity to remember your little one by name and to light a candle.

We are grateful for the support of Bedfordshire SANDs and CHUMs Baby Loss Service.

Flitwick Gardeners' Association (FGA) Annual Quiz

Flitwick Village Hall

Thursday 28th November

£12 for a team of 4, which includes a light tea of sandwiches, cake & tea/coffee. (Bring your own for anything else including alcohol)

50% of profits for Keech Hospice.

Team places are limited

Email fgashow@flitwickgardeners.co.uk or call 01525 716982 by the end of October to reserve a place
Non-members welcome

Autumn Show

Saturday 5th October

Flitwick Village Hall

Open to the public at 3pm

The Royal British Legion

Shopping Trip

Tuesday 15th October

Springfields Outlet, Spalding

Tickets £16

Coach will go onto Bomber Command, Lincoln for those who would like to visit

Coach departs 9am Flitwick Village Hall

For tickets please contact:

Chrissie on 01525 753247 or

Tony on 01525 753688

Mid Beds Flower Club

'Autumn Glory' with Jane Ellis

Thursday 10th October 7.45pm

Flitwick Village Hall

Visitors welcome £6.00

Contact Marion - 01234 742396

The Action Continues for Flitwick Scouts

One of the highlights for most Scout Groups is a week camp. Flitwick Scouts are no exception and they had nearly 50 children and 20 volunteers at their week camp at Thriftwood camp site near Brentwood, Essex. Several of the children were experiencing their first nights under canvas. Activities that the Cubs and Scouts tried out included abseiling, climbing, cooking on open fires, fishing, crate stacking, high ropes, hiking, kayaking, pioneering, raft building, shelter building and zip wire. The Cubs were able to complete most of their Naturalist badge. Lots of the activities will "tick off" parts of their Adventure Challenge and Outdoor Challenge awards.

At the last Scout meeting of the term the Scouts from the Monday Troop spent the whole evening on a water slide that resulted in all of them ending up in the pond at Milton Bryan campsite. At that meeting, Peter Misson stood down as Scout Leader. He has now taken on a role as a Trustee and will also be working with the Young Leaders. Adult volunteer Nigel Taylor said, "Scouting gives opportunities to everyone. Some Cubs have enjoyed their first taste of camping and kayaking; and Amelia Rutt, one of our valued volunteers has just spent the summer at Camp America. She has used the skills she learnt as a young leader and adult volunteer to lead groups of people at the camp. She is now off to university and I'm sure she will use the skills to great effect."

For information visit www.flitwickscoutgroup.org.uk

Article sent in by Flitwick Scout Group

Flitwick Library

Good Afternoon Event Talks at 2.30pm

Wednesday 2nd October: Water Aid

Come along and find out more about the vital work Water Aid does.

Tuesday 29th October

Read and Recommend Group

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

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

Harlington Society of Art & Crafts

Annual Exhibition and Sale

Saturday October 12th

10.30am – 5pm

Harlington Village Hall

Guest Artist Roz Down from Roz's Art House.

Adults £1

Children under 12 with accompanied

Adult FREE Entry



Flitwick & Ampthill Sea Cadets

Sunday 6th October 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 Afternoon Tea

Thursday 8th October 2-4pm

Flitwick Village Hall

Entertainment by Two's Company

£15 - call 01525 840511 to book

Transport can be provided on request

What Do They Do?

Ampthill & District Lions Club



We are the local branch of an international organisation that raises money to support other charities or organisations, serve our local communities and support individuals in many ways. We have existed as a club for over 39 years and we are always looking for new people to join us.

Some of the ways we have raised monies along with many others have included Race Nights, Easter and Christmas raffles and one of our most popular events, Santa's Sleigh, visiting many locations each year. Last year Santa's Sleigh raised in the region of £5,000 with only eight members and help from friends.

Our charity endeavours include:

- Christmas hampers each year for the local elderly or needy.
- A sing-a-long once or twice a year for the elderly.
- Assistance for many young people to go abroad to do charity work.
- One off donations for things like cookers or other domestic appliances for those in financial need.
- Sponsoring a table at the DYC (District Youth Convention) for under privileged children.
- Sponsoring a table at a local 'Mad Hatters Tea Party' for the elderly.
- Purchasing and installing a memorial bench in Ampthill Park for the public to enjoy.



Christmas Race Night: Lion's Club Santa Claus 18th December 2009

Charity Support

We have raised money for many different charities that support people in the local community including:

Cancer Research UK, Whiz-Kidz, Macmillan Cancer Support, Marie Curie Nurses, Cheshire Homes, Keech Hospice Care, the local air ambulance and Multiple Sclerosis Society UK.

Over the last 25 years we have donated over a quarter of a million pounds to these and other causes and we are very proud of this achievement.

We are now in need of new members to help continue our fantastic work as unfortunately, we have lost many members in the last few years to age, relocation and illness.

We meet once a month on the third Monday of the month at Flitwick Social Club, High Street, Flitwick at 8pm.

If you feel motivated to join our endeavours and meet new people please come along to a meeting or for more information contact Paul on 01525 633061.

Hi there! You may have seen us around Flitwick at various events throughout 2018/19 (often sporting bright pink T-shirts) fundraising for our Channel Relay Swim in aid of Autism Bedfordshire! A team of 5, we are George Weber, Elaine Hurrell, Zöe Green, Tracy Nichols and Richard Jones; otherwise known as the Channel Babes.



We've put on an array of events to help fundraise, including many a bake sale, clothing sale, fitness fiesta and quiz night. We've travelled around the UK for training; up to Scotland for a cold-water endurance camp in Banff, to Bournemouth, Great Yarmouth, Brighton and backwards and forwards to Dover Channel, training any time a free weekend came up. Not the easiest of challenges to train for when you live as far away from the sea as you can get!

On Thursday 22nd August at 2.14am, our big challenge began - after packing up the boat and sailing round to the start point on Samphire Hoe beach in Dover, Zoe started off the relay. After an hour, Elaine was in next, followed by Tracy, then George, and finally Richard. We continued this hourly rotation until 4.40pm, with Richard landing and successfully completing our relay on the beach in France, after 14 hours and 26 minutes.

Although seasickness was rife, we all had an amazing experience; the sun shone for us all day long, and we even spotted some marine wildlife! We had a mix of conditions; starting off quite calm, and hitting a couple of rough patches and strong currents on the way.



Having conquered our fears and achieved our aims, we can now proudly say we are Channel Relay Swimmers! A question we get asked a lot now is "So, what's next then?!" In answer to that... Watch this space!

Thank you so much to everyone that has supported, donated, and cheered us on throughout all the training, fundraising and the relay itself - we cannot express how grateful we are! **There is still time to donate and help us reach our big target; just go to virginmoneygiving.com/Channelbabes.**

We hope all the money raised helps make a big difference to Autism Bedfordshire, and all the amazing work they do.

Top photo shows the Channel Babes team with Sarah Grimes from Autism Bedfordshire (in green)

(Article sent in by Zöe Green)

Huge congratulations to the Channel Babes team - what an amazing achievement and a what a fantastic boost for Autism Bedfordshire. Please support them if you can.



Poppy Displays Take Shape

The Stitchers Group have been busy sewing hundreds of poppies onto special backing to display the poppies in their full glory for Remembrance Day in November.

The whole community have been amazing in donating wool and knitting and crocheting poppies over the last few months. We have even received poppies from other parts of the country from people who have heard about the project.

A big thank you to everyone for their donations and wonderful creations. We will still be collecting poppies at the next Big Knit which takes place in the morning on **Friday 27th September** at the Village Hall. Alternatively poppies can be dropped off during the week at the Town Council offices at The Rufus Centre.

If you can help sew the poppies onto the backing please contact Zoe Putwain on 01525 631900 or email zoeputwain@flitwick.gov.uk.



The special poppy displays will go on display on the War Memorial and the main roundabout in the town centre.

Preparations for the Remembrance Parade are now well underway and will take place on **Sunday 10th November**.

Remembrance Parade



Organised by The Royal British Legion



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
boys Brigade will assemble to the rear of the Memorial.





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01525 712112 | rlfaret.co.uk

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

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Tel: 01525 712204

www.flitwickosteopaths.com



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Contact Beverley on 01525 631900 or email
beverleyjones@flitwick.gov.uk
to check availability!



healthwatch
Central Bedfordshire

FESTIVAL FOR OLDER PEOPLE

Friday 4th October 2019 10am to 2:30pm



**The Rufus Centre Steppingley Rd
Flitwick MK45 1AH**

Advice and information for older people from local organisations, voluntary and community groups

Wellbeing Room offering complementary therapies and treatments

Arts and Crafts Stalls

**FREE ENTRY, LUNCH, REFRESHMENTS
AND ENTERTAINMENT**

**OPEN
TO ALL**

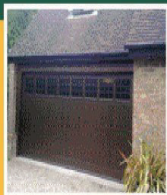
For further details or if you need help with transport:

Supported by: 0300 303 8554 @ info@healthwatch-centralbedfordshire.org.uk



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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

Look inside for details of the Half Term Dance Workshops and Over 60's Christmas Lunch



Forget Me Not Group **Monday 14th October**

1.30pm - 3.30pm

Carers in Bedfordshire General Services

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

Come along for a cup of tea and a chat.

We welcome newcomers.

Tea Dance with **Bob Watts**

Thursday 10th October
2pm - 4.15pm

Entry £4 (inc. refreshments)

Strictly Dancing with Linda & Brian

Saturday 28th September
7.30pm-11pm

Entry £5 (Bring your own refreshments)

No need to book - just turn up!

Stitchers

Wednesday mornings - drop-in
2nd & 16th October
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 11th October at 12.30pm

£6.50 per person (Flitwick residents)

£7.50 per person (Non-residents)

(Must pre-book by 12 noon on 8th October)

Main Course

Chicken Chasseur, Lyonnaise Potatoes
& Green Beans

Dessert

Lemon Meringue Pie