

Flitwick papers

July/August 2019



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



The jumping fox sculpture at Manor Park

☎ **01525 631900**

📠 **01525 631903**

✉ info@flitwick.gov.uk

🌐 www.flitwick.gov.uk

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🐦 [@NewsFTC](https://twitter.com/NewsFTC)

What's Inside:

Classic Car & Bike Show

Family Fun Day

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Fun Palace - 'A Taste of Flitwick'

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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 16th July

16 Flitwick residents attended the meeting to voice their concerns on the Station Road project. They were keen to view the plans, unfortunately these have not yet been published on Central Bedfordshire planning portal. When they are published you will be able to comment on them on the CBC website.

There is also an e-petition in regards to 'Access for All' at Flitwick Train Station. This is also pending publication – again, as soon as this is live, we will let you know.

A presentation took place from Julia Scott, Landscape Planner/Public Arts Officer from Central Bedfordshire Council.

Julia advised that the discussions were following the Steppingley Road and Froghall Road development in order to take public art forward to enhance the community. A consultation will be scheduled in due course.

Sue Ryder St John's Hospice

Town Mayor, Cllr Phillip Thompson, was at Tesco Flitwick recently to meet the fantastic fundraisers for Sue Ryder St John's Hospice. Thanks to the generosity of shoppers the collection raised an amazing £952 which could fund a hospice nurse for six days.

The charity were delighted. Senior Community Fundraiser Hayley said: "We are incredibly grateful for the fundraising efforts from the wonderful people in Flitwick.

"Last year we supported over 170 people in this postcode area with our services and this couldn't continue without the support of people in the community. Thank you to everyone involved in organising these events, volunteering and contributing. It means a great deal to us."



Town Council Diary

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

August

6th	Community Services	7.45pm
8th	Planning Committee	7.45pm
15th	Business Services	7.45pm
29th	Planning Committee	7.45pm

September

3rd	Community Services	7.45pm
12th	Business Services	7.45pm
17th	Town Council	7.45pm
19th	Planning Committee	7.45pm
25th	Corporate Services	7.45pm

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

New Country Park & Burial Ground

Flitwick Town Council has submitted plans for a new country park and burial ground on open grassland to the west of Maulden Road, Flitwick.

Many readers will already be familiar with the site which is currently unused agricultural land. The 27.7 hectare site will be transformed with a 23.5 hectare country park and 4.2 hectare burial ground.

This land was acquired by Flitwick Town Council specifically for the purpose of providing a new burial ground and country park.



The creation of a new country park for the town has been a major aspiration of the Town Council for many years. It will create new opportunities for informal recreation for residents of Flitwick and the surrounding areas, as well contributing to wildlife conservation and encouraging bio-diversity.

The country park will provide a tranquil, natural space for visitors to explore at their leisure. Once initial landscaping and footpaths are in place, the site will be left to evolve over time, enhancing its character and ecological diversity.

Close to Capacity

A new burial ground is also extremely important for the town. The existing cemetery on Church Road, Flitwick is nearing capacity and has no scope to extend. The design of the burial ground, which will be developed in three phases, is predicted to have capacity for over 100 years. Initially only the first phase of the burial ground will be laid out and landscaped. The land in the remaining two phases will be maintained as a wildflower meadow until the need for further burial plots arises.

As part of the proposal, the existing footway on Maulden Road will be extended in order to provide a continuous pedestrian footway between Flitwick and the proposed site.

The cost of delivering the new country park is being met in part through funding provided by Central Bedfordshire Council from the Green Infrastructure fund; monies secured from new housing developments, to benefit the community.

If planning permission is granted, work is expected to start later this year with a view of the country park and burial ground opening in Summer 2020.

You can comment and view the plans online at www.centralbedfordshire.gov.uk. Planning reference: CB/19/01902/FULL. The plans are on display in the foyer at The Rufus Centre and can be viewed on our Facebook page.

What's Been Happening?

Lunch Club 'Summer Special'

We had a great time celebrating summer with over 60 guests at the over 60s Lunch Club 'Summer Special' at The Rufus Centre on 12th July.

The Lockyer Suite was transformed with a seaside theme complete with buckets, spades and even sticks of rock!

Fish and chips were served by *A Plaise to Eat*, followed by ice cream cornets - traditional summer fayre.

Live entertainment by singer Mark George ensured a great afternoon was had by all.

The next Lunch Club takes place on **9th August**.



Men's Club Trip to RSPB Sandy



A group from Men's Club enjoyed a day out at the RSPB Sandy with a guided walk exploring the magnificent grounds and learning more about the wide range of birdlife.

Men's Club (for over 65's) is a great opportunity to meet and socialise, play darts, dominoes and pool. The Club meet every Monday afternoon between 1.30pm to 3.30pm at Flitwick Club, High Street. £2 per week. The first week is free!

Choose The Theme - Flitwick Carnival 2020!

We're already planning next year's carnival. Help us choose the theme by voting for your favourite out of the following options:

- **Past & Present**
- **Music & Movies**
- **Fantasy & Fiction**
- **Victors & Villians**



Visit the Flitwick Carnival Facebook page

to cast your vote or email carnival@flitwick.gov.uk. If you are coming to **The Classic Car & Bike Show on Sunday 4th August** or the **Family Fun Day on Wednesday 28th August** we will have special voting boxes on display so don't forget to pick up a token and vote for your favourite theme.

Voting will close on **31st August 2019**. We will let you know the results via social media and in Flitwick Papers.

Education Grants

Are you in your first year at university or studying as part of an apprenticeship?

Flitwick Combined Charities offers small grants to students whose home is in Flitwick and who are enrolled on a course of two years minimum, to help towards the cost of their studies. To apply for a second year education grant please visit www.flitwickcombinedcharities.org.uk and download the form.

For more information you can contact the Treasurer, Ann Lutley on 01525 712837 or email ann@rlutley.myzen.co.uk

Forms need to be returned by **30th September 2019**.



Fun Palace - 'A Taste of Flitwick'

Do you have a hobby or skill you would like to share with Flitwick residents? Or perhaps you are a local group or club in the town who would like to involve others in what you do.

There's a great opportunity to do just that on **Saturday 5th October** at the **Fun Palace - 'A Taste of Flitwick'**. Fun Palace is a national campaign for culture for both children and adults, with an annual event featuring a whole host of activities run by, and for, local communities.



It's all about sharing your talents with (and getting to know) your neighbours and giving people of all ages the chance to get involved and try something new.

We are now looking for people who want to take part in this year's Fun Palace - 'A Taste of Flitwick'. Events will be taking place throughout the day at both Flitwick Library and Flitwick Leisure Centre. Previous activities have included everything from slime making to trying a new musical instrument.

For more information contact Zoe Putwain by email zoeputwain@flitwick.gov.uk or call 01525 631900.

Resident Driven Projects

We've extended the deadline for Resident Driven Projects to **31st July**. If you have an idea for a project that will benefit the town we want to hear from you.

The Resident Driven Projects initiative allows you to give your project ideas that the Town Council can deliver with your participation. Costs should not exceed £10,000 and your idea should have a wide appeal to all parts of our community.

Contact Anne Smith on 01525 631900 or email annesmith@flitwick.gov.uk for more information.

Flitwick Classic Car & Bike Show

Over 160 Cars Last Year!

Sunday 4th August

The Rufus Centre Field
MK45 1AH

12 noon - 4pm

Adults £3/Children FREE

Exhibitors must pre-book cars (£4)
& bikes (£3) to guarantee entry

With a Real Ale Beer Tent, Pimms, Food Court, Auto
Jumble, Live Music, Ice Cream & Stalls this event is
not to be missed!

For more details call 01525 631900



/FlitwickTC



@EventsFTC

Web: www.flitwick.gov.uk

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The Rufus Centre

Wedding season has well and truly arrived at The Rufus Centre.

We hosted a beautiful civil ceremony and wedding celebration for a local couple, Gemma and Gary on Saturday 6th July.

The Davis Suite was transformed into the ceremonial room. Guests enjoyed drinks in our fantastic wedding garden (*pictured below*) followed by an informal hog roast wedding breakfast.

Further guests arrived for the evening reception where they were treated to a wonderful buffet prepared by our in-house Catering Team and great music.

The Lockyer Suite was transformed into a beautiful space and our new wooden log centrepieces were used, creating a more vintage feel.

The following day we hosted 100 guests for a family christening. A wonderful afternoon was had by all.

Other celebrations this month have included a Sikh engagement party for a lovely family, including the full use of our decorations package and use of our kitchen by their own caterers. All guests were treated to traditional food and fabulous music from *Indy B Music*. A fantastic afternoon full of traditional celebrations.

If you're planning further ahead for your wedding celebrations make a date in your diary for our **Wedding Fair at The Rufus Centre on Sunday 15th September**. Organised by *Events in a Box* you will find inspiration and a whole host of suppliers who can help turn your wedding dreams into reality.



**If you are planning a party or wedding this summer
we have some great late availability offers!
Please call us 01525 631905 for more details.**

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



Conferences & Meetings

The Rufus Centre team attend Bedfordshire Chamber of Commerce annual members' summer reception last month at The Forest of Marston Vale to meet fellow chamber members and keep them up to date with developments. Visitors to our exhibition stand were treated to homemade cakes from our in-house Catering Team which seem to have become a firm favourite at all networking events we attend!

We're looking forward to welcoming members of the Bedfordshire Chamber of Commerce back to The Rufus Centre in December for their annual Christmas reception.

It's been a busy month again for meetings and conferences. The NHS Blood Donor session was very well attended by local people both during the day and evening on 25th June.

We also welcomed many parents (and their lovely babies) to the 'Whose Shoes' Interactive Project Workshop in The Lockyer Suite, organised by Luton & Dunstable Maternity Voices.



**We have seven meeting rooms available for 2 to 200 people.
To book a meeting room or make an enquiry for a conference
please call us 01525 631905**



Family Fun Day

Wednesday 28th August

The Rufus Centre, Flitwick, MK45 1AH

11am ~ 3pm

Children £4/Adults FREE

No need to book ~ Just turn up on the day!

Entry includes 3 tokens for attractions

Extra tokens £1 each or 3 for the price of 2


Bring your own picnics and have a fabulous day at this Family Fun Day!

With inflatables, petting Zoo, Smartie Artie, Face Painting and more!



Organised by Flitwick Town Council

 /FlitwickTC

 @EventFTC



**Love Football?
Enjoy a kick about?**

Come & join us for a
FULL WEEK



Monday 12th August - Friday 16th August
The Rufus Centre, Flitwick, MK45 1AH
9am - 12noon
Children age 5 - 9 years
£12 per day (Must pre book)
Please call to book: 01525 631900

 Organised by Flitwick Town Council

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NERF WARS

Are you ready?

Tuesday 20th August



The Rufus Centre, Flitwick, MK45 1AH
1pm - 4pm
Children 5 - 9 years
£20 per child (Must pre book)
Please call to book: 01525 631900

 Organised by Flitwick Town Council

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Community Events

The Community Services Team have been busy planning different events and activities for the rest of the year and into 2020! Check out the posters for some of these in this edition of Flitwick Papers.

We have some great evening events coming up including 'A Sense of Awe and Wonder' Magic Show on **Friday 20th September** (Early Bird £15 tickets available until Friday 9th August) and Michael Jackson Tribute on **Friday 11th October**. Dan Hadfield, the fantastic Gary Barlow tribute act, returns to The Rufus Centre on **Friday 6th December**.

On **Monday 2nd September** join us on a trip to the seaside to Southend. Tickets cost £19 (*see the back page for more details*). Our annual trip to the popular Bury St. Edmunds Christmas Fayre takes place on **Thursday 21st November**. Tickets cost £17 are now on sale.

A new season of 'Films at Flitwick' starts back in September too.

If you love to try different food don't miss the Street Food Heroes that take place on the second Friday of the month at the Hub (Millennium Park) car park. This new event has been very popular in the town. There are two more dates planned before the season ends - **Friday 9th August and Friday 13th September**.

The street food vendors can change each month so there's always a great variety to choose from. You can see who will be there on Street Food Heroes' Facebook page.

Local Organisation Notices



Wildlife Trust

Family Bug Hunt at Cooper's Hill, Ampthill **Wednesday 14th August**

10-11.30 am, 11.30 am-1.00 pm, 1.30-3.00 pm

Ampthill's Cooper's Hill reserve is one of the last remaining open heathlands in Bedfordshire, known for its heather habitat, solitary wasps and green tiger beetles. Come and see what 'bugs' there are to discovered. Children must be accompanied by a guardian or parent. Please reserve places on one of the three sessions. (£2 per child).

Please check website in case of cancellation due to weather www.flitvale.org.uk

To book please email: flitvale.info@gmail.com or ring Ann on 075801 78889

between 6 and 8 pm or at weekends.

Sue Ryder St. John's Hospice - **Moggerhanger Country Fayre** **& Festival**

Saturday 10th August 1pm until late

Live Bands, Dog Show, Family Entertainment, Vintage Afternoon Tea, Raffle & Auction, Hot Food & Licensed Bar and lots more!

Admission Adults £5 Children £1

For more information or to book a stall contact leigh.chapman@sueryder.org.

Online tickets available at:
thecountryfayreandfestival.eventbrite.co.uk

Cream Tea Concert

with The Pulloxhill Singers
Saturday 3rd August at 2.30pm
Greenfield Village Hall
Tickets £10 including Cream Tea
Contact John on 01525 861264 or
Hillary on 01525 861215

Bedford Organ & Keyboard Club

Present Popular Entertainer

Chris Powell in Concert

Wednesday 28th August

7.30pm - 10.00pm

Refreshments/Bar/Raffle

Members £5 Non-Members £6

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



Flitwick Health Walkers (1.5hrs walk)

Houghton Conquest

Wednesday 7th August - 10.15am

Houghton House Car Park

Maulden

Wednesday 14th August - 10.15am

Recreation Ground, The Brache

Harlington

Wednesday 21st August - 10.15am

Harlington Village Hall

Woburn

Wednesday 28th August - 10.15am

Car Park Opposite Church

Contact Chris on 01525 714729 or
Pauline on 01525 630191

Flitwick Scouts Enjoy the Outdoors

All of the sections at Flitwick Scout Group enjoyed a fun filled time when over 120 children and 30 volunteers spent a weekend camping. A themed weekend saw the children participate in a wide range of activities that included making totem poles, lassoing tree trunks, getting through a spiders web without touching the sides, using catapults and making pancakes.



Some of the weekly activities enjoyed by the Beavers have included den building in Flitwick Wood, learning camp craft skills including cooking on an open fire and helping to erect tents and gaining their cyclist badge.

The Cub Scouts have been kayaking and canoeing at Caldecotte Lake, walking up Barton Springs, fire lighting and trampolining.

Ten scouts and three adult volunteers spent a weekend on a narrow boat. They navigated the Grand Union Canal to Milton Keynes and back. All of the children took the opportunity to steer the boat and open and close the locks. Charlie Seber, when asked what was best about the weekend said, "Steering the boat and controlling the speed, and I also made new friends." The Scouts have also been involved in clearing out the stream in Manor Park where they used saws and axes to cut wood and make a bug hotel.

For information visit www.flitwickscoutgroup.org.uk *Article sent in by Flitwick Scout Group*

Pop Up Play (0-8 years)

30th July 10am to 12 noon & 21st August 1.30pm to 3.30pm

Join Flitwick Children's Centre for a fun pop up play session (weather permitting) at Millennium Park, Flitwick

Book via Eventbrite. More information call 01525 714008

FAMILY BARN STORM

Flitton Moor Nature Reserve

Saturday 24th August – from 1pm to 6pm

Art Exhibition – focusing on work by local artists - and including some of Jack Crawley's work

Calling all local artists: If you would like to show your work at this event please get in touch

BBQ from 1.30pm

Duck Race – 4.00pm

Themed guided walks, including History walk & Nature Trail

Children's activities – including bug hunting, tree trail & animal orienteering

Displays by local wildlife groups including Greensand Trust, Wildlife Trust & Beds Geology Group and much more on the Moor!

For more information contact David Sedgley on 01525 714961

What Do They Do?

Stepping Stones

Together helping women in the community to transform the stumbling blocks of their life into Stepping Stones.



We are a unique service charity offering support to women living in Luton and Central Bedfordshire who have suffered from domestic abuse and substance misuse issues. We also support women who have been involved in the criminal justice system and/or children's social care. We aim to support women to move forward in their lives and create happier, healthier lives for themselves and their families.

Karen Godfrey identified a gap in support for women with drug and alcohol issues back in 2008 and created Stepping Stones. We have continued to develop our services as we have learnt about our clients and their needs. We are very proud of our on-site childcare facility, which we created when we realised that some women were unable to access support as they could not find childcare.



We currently have an office in Luton, but provide outreach services across Central Bedfordshire, working from central locations in Flitwick, Dunstable, Sandy, Stotfold, Shefford and Leighton Buzzard. Through contact with their key worker, women can access group and 1-2-1 support with emotional and practical issues including raising self awareness, self esteem, confidence, providing information about choices and crucially supporting at times of crisis. We give hope to women who have experienced trauma and difficult situations, so that no women's future is dictated by her past.

Hannah was referred to us in 2018. She was diagnosed with Obsessive Compulsive Disorder and Emotional Personality Disorder. She had a 6 month old son who was being managed under a Child in Need plan. Hannah was in a relationship with her son's father, but soon after meeting her key worker she disclosed the relationship was emotionally abusive.

Hannah was given information to help her spot abusive behaviours, supported to increase her self esteem and confidence, given support to parent her son and helped to explore her options, all the while working with Children's Social Care and ensuring the safety of her son.

Hannah decided to end her relationship and was supported to report the abusive behaviour to the Police.

Hannah says that the support from Stepping Stones has helped her understand the impact of her behaviour and emotions on her son and helped her improve the bond with her son. Hannah says she is also able to identify when she feels overwhelmed and when to ask for help.



We are entirely reliant on fundraising and we wouldn't be able to continue to support people like Hannah without the help and support from people in the local community and grant funding. We're so grateful to have been picked by Flitwick Town Mayor as one of his charities this year.

For more information please visit our website at www.steppingstonesluton.co.uk

A Sense of Awe & Wonder

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



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

Friday 20th September (Doors Open 7pm)

The Rufus Centre, Flitwick, MK45 1AH

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

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



Organised by Flitwick Town Council

Volunteer at Mind BLMK

Do you need mental health support? Or would you like to volunteer to help others manage their wellbeing?

Mind BLMK, your local mental health charity, is starting up a new monthly evening group at the Methodist Church on Dunstable Street in Ampthill. This group, which meets on the 4th Monday of the month, is a place to come to enjoy some time playing games, meeting new people and relaxing.

Our weekly groups on a Thursday offer a morning walking group, then in the afternoon an opportunity to discuss and explore issues around wellbeing and mental health in a safe, confidential, non-judgmental place. We explore a range of different subjects including depression, anxiety, self-esteem, self-confidence, goal setting and more.

Whilst structured, we aim to make the sessions relaxed but informative. Tea and coffee is available, and occasionally cake!

We also have opportunities for volunteers in our Ampthill wellbeing groups:

- Evening group (4th Monday of the Month) 6 – 8 pm
- Thursdays 10 am – 3.30 pm – including a morning walking group – volunteer between 2 and 5.5 hours to suit your needs.

For further information about joining the group and an initial assessment, please contact Tim Saunders, Recovery Co-ordinator for Central Bedfordshire on tim.saunders@mind-blmk.org.uk or call on 07341 564305.

You can find out more about the volunteer roles by looking on our website at <https://www.mind-blmk.org.uk/get-involved/volunteer/>.

Article sent in by Mind BLMK



Flitwick Surgery News

Firstly, we would like to thank all our patients for their support and help during the last few weeks as we recover from an attempted break in. Nothing was taken but there was significant damage to the entrance door meaning that some lucky people were escorted to their appointments through the staff entrance!

Secondly, in order to improve access to our on the day appointments we are making some changes.

We will start booking all appointments at 8.30am; this will include telephone and face to face booking. There will be no queuing system at Reception from 8am.

To ease pressure on the phones, and to make it easier to get through, we have changed the times that appointments can be booked:

8.30 – 9.30 am – Same day and emergency appointments only

9.30am – 6pm - Routine appointments including nurse appointments

10.30am – 6pm – General enquiries, test results, referral and dispensary queries

Extra minor illness appointments will be made available online to make it easier if you are not near a phone between 8.30am and 9.30am.

This comes into effect from **Monday 22nd July**

Article sent in by Flitwick Surgery



Rebecca L Faret
Solicitors

NO WILL? NO CONTROL...

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

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

DON'T BE A VICTIM OF FRAUD

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

Contact us for advice on reducing this risk.

01525 712112 | rlfaret.co.uk

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

The Rufus Centre

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- Headaches, neck and shoulder tension
- Certain conditions of the shoulder, elbow, wrist, hip, knee, and foot
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Tel: 01525 712204

www.flitwickosteopaths.com



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Website: www.garagedoorsolutionsltd.co.uk
E-mail: gds.ltd@ntlworld.com

ROUND JERSEY CHALLENGE 
Event Date 31st August 2019



45 MILES-ONE OF THE HIGHEST TIDAL RANGES IN THE WORLD



FLITWICK DOLPHINS JERSEY RELAY TEAM

FOR MORE INFORMATION OR TO DONATE PLEASE VISIT OUR JUST GIVING PAGE:
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Kindly Supported By:



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 Magic Night, Family Fun Day and Trip to Bury St. Edmunds



Forget Me Not Group

Monday 12th August

1.30pm - 3.30pm

Bedfordshire Police

Personal Safety/Crime Prevention

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.

Bingo Afternoons

Last Friday of each month at 2pm

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



Tea Dance with Linda & Brian

Thursday 8th August

2pm- 4.15pm

Entry £4 (including refreshments)

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

No need to book - just turn up!

Stitchers

Wednesday mornings - drop-in

7th & 21st August

10am - 12 noon

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



Over 60's Lunch Club

PRE-BOOK EVENT ONLY

Friday 9th August at 12.30pm

£6.50 per person (Flitwick residents)

£7.50 per person (Non-residents)

(Must pre-book by 12 noon on 6th August)

Main Course

Cheese & Pork Pie Ploughmans

Crusty Bread & Pickle

Dessert

Chocolate Mousse

