

# Flitwick papers


December 2018/  
January 2019




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



*Christmas Lights Spectacular*

 **01525 631900**

 **01525 631903**

 **info@flitwick.gov.uk**

 **www.flitwick.gov.uk**

 **/FlitwickTC**

 **@NewsFTC**

## What's Inside:

Christmas Round-Up  
Quiz Night

Community Awards

Flitwick Business Group

Citizens Advice Mid Beds

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Please note the Town Council office is closed from 5pm on Friday 21st December 2018 until it reopens again at 9am on Wednesday 2nd January 2019.

## Your Local Representatives

### Flitwick Town Councillors

Ward	Name	Contact
E	Janet Blakeman	712078
W	Ian Blazeby	634585
E	Mark Bonner	Contact TC Office
W	Jeremy Dann	713751
E	Patrick Feerick	Contact TC Office
W	Adam Larkins	Contact TC Office
E	Ann Lutley	712837
W	Gareth Mackey	712537
W	Martin Platt	713017
W	Keith Quantrill	715904
E	John Roberts	716360
W	Michael Sheehan	Contact TC Office
W	Dan Toinko	Contact TC Office
W	Phillip Thompson	716 504
W	Maureen Williams	714714

Flitwick Town Council deal with; Allotments, burial ground, grants, environmental improvements, events and activities, play areas, Youth Hub, parks and open spaces, Flitwick Manor Park and The Rufus Centre.

### Central Bedfordshire Councillors

Name	Contact
Fiona Chapman	290177
Charles Gomm	712328
Andrew Turner	752670
CBC deal with; Environmental Services, Grants, Grass Cutting, Highways, Industrial Estates, Planning, Recreation and Leisure, Refuse Collections, Litter Clearance, Recycling, Amenity Areas, Education, Libraries, Archives, Social Services, Street Lighting, Trading Standards, Traffic Management and Youth Services.	
Telephone 0300 300 8000	



The run-up to Christmas is always an extremely busy time for Flitwick Town Council as we prepare for all the Christmas celebrations. We are very grateful to the many volunteers and sponsors who have helped make our events so special for the local community. Thank you to all of you who have come along and supported the events this month which have raised over £250 for the Mayor's Charities and £364.63 for The Salvation Army. Look out for lots more community events in 2019.

### STAFF VACANCY

#### Town Clerk & Chief Executive

##### Flitwick Town Council

Flitwick Town Council is an active, progressive and forward looking organisation. The successful candidate will play a pivotal role in delivering Town Council initiatives.

The Town Council is advertising for a Town Clerk & Chief Executive who will be responsible for all aspects of the managerial, financial and administrative areas of the day-to-day work of the Council.

Candidates will be required to complete a recruitment pack which you can download via the Council website [www.flitwick.gov.uk](http://www.flitwick.gov.uk). Please note that we are unable to accept CVs.

Should you require a hard copy of these documents, they can be picked up from The Rufus Centre from now until 21st December 2018 at 5pm or from Wednesday 2nd to Thursday 3rd January 2019 at 5.30pm.

Salary Scale: SCP 52 to SCP 56 (£48,383 to £53,401). Depending on experience.

**Closing date for applications is 9am on Friday 4th January 2019.**

Interviews will be held on Friday 11th January  
*Previous applicants need not apply.*

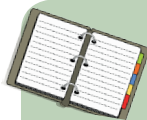


On behalf of  
the Mayor,  
Councillors and  
all the staff at  
Flitwick Town



**Council we wish you a very  
Merry Christmas and a Happy New Year!**

## Town Council Diary



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

### January

10th	Planning Committee	7.45pm
10th	Business Services	7.45pm
15th	Town Council	7.45pm
23rd	Corporate Services	7.45pm
31st	Planning Committee	7.45pm

### February

6th	Community Services	7.45pm
14th	Business Services	7.45pm
19th	Town Council	7.45pm
21st	Planning Committee	7.45pm

## What's Been Happening?

### Christmas Lights Big Switch-On

Hundreds of people braved the cold weather to join in the Christmas Lights celebrations on Sunday 25th November. Tesco car park was transformed into a festive arena with lots of different stalls and a funfair for the children. Smartie Artie entertained the crowds and Father Christmas made a special appearance.

One of the most popular attractions were the two donkeys, Milo and Digby, who had travelled from Hampshire to join us for the afternoon.

Well done to eight year old Lillie-Mae Herbert for pressing the big red button to officially light up the town!

A big thank you to the sponsors of the Christmas Lights Switch-On - The Swan at Flitwick and the One-O-One Service Centre.



### Trip to Bury St Edmunds Christmas Fayre

It was a very cold, frosty morning in November when a coach of Flitwick residents set off to Bury St Edmunds for the fantastic Annual Christmas Fayre. The weather thankfully warmed up and remained dry allowing people to sample the abundance of food and drink on offer, including a range of artisan pies and sauces and a multitude of fruit gin and liqueur stalls. There was also a range of unusual contemporary and traditional crafts, including photography and paintings. A traditional funfair provided entertainment for younger shoppers and various local musical groups and singers added to the Christmassy atmosphere.



Away from the hustle and bustle of the market, the Cathedral of St Edmundsbury offered a quiet refuge where shoppers could gaze at the stunning stained glass windows and take a moment or two for reflection. There was even an opportunity to participate in a service. A very enjoyable trip!

### Christmas Raffle Prize Winners

Christmas came early for the lucky winners of the Christmas Raffle held at the Christmas Lights Switch-On. First prize of a laptop donated by Zest Solutions was won by Steve Beglan-Witt. Well done Steve! Thank you to all the other companies who donated prizes - Center Parcs, Flitwick Jewellers, Tesco and Upstage Theatre Company.





## Older Persons Christmas Lunch

A wonderful time was had by 140 guests who joined us at The Rufus Centre for the Older Persons Christmas Lunch on 7th December.

Entertainment was provided by Flitwick singer Mark George and the Templefield Lower School choir who were amazing.

A traditional turkey dinner with all the trimmings was served by a team of volunteers including people from the Flitwick WI, XPO Logistics and sponsors of the event, Rebecca L Faret Solicitors. Thank you to everyone who helped on the day and to Priestley Farm Shop for donating all of the vegetables.



## Christmas Carol Concert

Rounding off the Christmas Celebrations on 10th December we were delighted to welcome the biggest crowd ever to our annual Carol Concert at The Rufus Centre.

The Luton Salvation Army Band provided wonderful music for the carols and the Jubilee Singers and pupils from Flitwick Lower School gave fantastic performances to get everyone in the Christmas spirit.

Readings were provided by Rev. Andrea Maffei, Flitwick Church; Deacon Philip Pugh, Sacred Heart Catholic Church; Cllr Gareth Mackey, Cllr Philip Thompson, Cllr Ann Lutley and children from Flitwick Lower. Selected members of the audience enjoyed reading the Christmas Cracker jokes!

Thanks to the generosity of everyone who attended we raised an amazing £364.63 for The Salvation Army.



## Bus Shelters Update

Following on from our article in the last edition of Flitwick Papers we have had several requests from our residents for bus shelters in different locations around the town. We will be looking at all requests in the New Year so if you wait for a bus at a location that could benefit from a bus shelter there is still time to let us know by calling 01525 631900 or email: [info@flitwick.gov.co.uk](mailto:info@flitwick.gov.co.uk)

## A New Year - A New Fitter, Healthier You!

### Have you got green fingers? Do you know your onions? Do you eat your greens?

If you answered yes to these, then have you considered having an allotment?

Flitwick Town Council currently has vacancies at our two sites: Steppingley Road and Station Road and now is the time to apply for one! You could be serving your very own baby potatoes in melting butter within a few months or you could try growing something a little more exotic like asparagus or chillies – the choice is yours.

The benefits are immense - allotments are good for the environment, they are a great way of keeping fit and enjoying the fresh air and can be a really sociable place so are great for meeting new people and making friends. Allotments are a place to unwind, relax and take time out from a hectic lifestyle and can be a brilliant family activity – or suit those who want a hobby of their own!

Starting one from scratch can seem daunting and yes, they do need your commitment and regular attention, but there is countless advice and suggestions to be found on the internet to inspire you. A standard plot costs £25.13 for the whole year which works out at less than 50p a week!

If you would like more information, please visit our website [www.flitwick.gov.uk](http://www.flitwick.gov.uk) and click on the section for allotments. We have a welcome pack that has loads of

## Keep Fit for 60+

New Year is the perfect time to start something new. If you are over 60 come and join the keep fit classes held in Flitwick during term time only. On Mondays the sessions are held at Flitwick Village Hall from 8.20am to 9.20am and feature a mix of aerobic, strengthening and stretch exercises.

On Thursday between 9am to 10am at the Royal British Legion Hall in Station Road you can join a fun packed session with gentle dance routines, aerobic and stretch exercises.

Classes cost just £4 and suit all level of fitness so everybody welcome. For more information contact Zoe Putain on 01525 631900 or email [zoeputain@flitwick.gov.uk](mailto:zoeputain@flitwick.gov.uk)



# Quiz Night

The Rufus Centre

Steppingley Road, Flitwick, MK45 1AH

**Friday 22nd February**

Starting at 7pm - £8 per person

Teams up to 8 people

Includes Vegetable Lasagne, Salad & Garlic Bread

Or

Chilli Con Carne, Salad & Garlic Bread

To book a team or for more information contact

[susaneldred@flitwick.gov.uk](mailto:susaneldred@flitwick.gov.uk)

01525 631900



Organised by Flitwick Town Council

all proceeds to Flitwick Christmas Lights Appeal 2019



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## The Rufus Centre

It's very much been party time at the Rufus Centre this month. We have hosted two children's parties in our Lockyer Suite. All children had great fun on the indoor bouncy castles, soft play areas and loads of fun was had with bubble machines and face painting too. The Lockyer Suite lends itself well to children's parties and its generous space has plenty of room for the likes of bouncy castles and craft and food tables; still allowing loads of space for children to run around having fun.

We hosted a Christmas themed Ceroc dance evening on Saturday 8th December. Guests enjoyed the music and dancing, bar, cakes and coffees throughout the evening. The Ceroc nights have become a regular addition to our calendar and are well supported and great fun for all in attendance. A number of evenings are planned for next year – look out for dates on the website calendar!

On Sunday 9th December, Flitwick Scouts Group hosted their annual Christmas Party for 100 boys and girls. Great fun was had crafting, playing musical bumps and a special Christmas story was read by Santa. A great way to get everyone excited for Christmas.



Looking forward to 2019 we are busy planning weddings, anniversary parties and birthday celebrations. If you are looking for somewhere to hold your special event next year please give us a call - we would be delighted to show you around.

### Conferences & Meetings

Once again it has been a very busy month with conference and meeting bookings at The Rufus Centre with a wide variety of businesses and organisations choosing us for their events, meetings and training days. This included the Society of Local Council Clerks, Beds and Herts Local Medical Committee, Orbit Independent Living and the East London Foundation Trust.

The Flitwick Business Group had their relaunch here early December which attracted lots of interest and we are looking forward to the next event at The Rufus Centre on Thursday 7th February.

One of the biggest events was the 'Find Your Future' event organised by Central Bedfordshire Council on 28th November. *(story continued opposite...)*

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)



The careers and employment event was divided into two sessions with local schools invited to attend the exhibition and a series of workshops in the morning and in the afternoon and evening the exhibition was open to anyone looking for inspiration for a new career, advice on apprenticeships, further education opportunities or a new job. The event was extremely well attended with visitors travelling from across Central Beds.



## Get Involved In The Community

Flitwick is proud of its community and the events that take place throughout the year that everyone can enjoy.

The Council is now working on two big events for next year, the Community Awards in April and the Flitwick Carnival in June, and we are offering some fantastic sponsorship opportunities for local businesses to be involved with.

There are a wide range of sponsorship packages available that can really help raise your profile in the local community. If you would like to know more about the opportunities on offer please email [zoeputwain@flitwick.gov.uk](mailto:zoeputwain@flitwick.gov.uk) or call 01525 631900.



It was good to see so many local businesses come along to the re-launch of The Flitwick Business Group on 5th December at The Rufus Centre.

The organisation is set up and run by businesses in Flitwick and the surrounding towns and areas who are committed to work together to promote local trade with and between local businesses.

The group were giving an inspiring presentation by Emerson Patton, founder of Bright Business Advice and an award winning business advisor, trainer and mentor.

The next meeting takes place at The Rufus Centre on **Thursday 7th February** between 8.15am to 10.00am and will feature a presentation from PNC HR on Mental Health in the workplace and the support that is available to help your business.

if you are a local business owner and would like to come along please register at <https://flitwickbusinessgroup.co.uk/breakfast-networking-february-2019/>



## Christmas Services

### **Flitwick Catholic Church** **Sacred Heart**

**Christmas Eve** - 6pm -

Mass of Christmas (especially for families and children)

9pm - Mass of Christmas  
(Midnight Mass)

**Christmas Day** - 9am -  
Mass of Christmas

### **Flitwick Methodist Church**

**23rd December** 10.30am

Nine Lessons and Carols

**Christmas Eve** - 11.15pm

Christmas Eve Communion Service

**Christmas Day** - 10am

United Service

Amphill Methodist Church

### **Flitwick Baptist Church** **Christmas Celebrations**

**Sunday 23rd December**

Christmas Family Service 10am

**Tuesday 25th December**

Family Christmas Day Celebrations 10am

Kings Road, Flitwick

[www.flitwickbaptistchurch.com](http://www.flitwickbaptistchurch.com)

### **Flitwick Church of England** **St Peter and St Paul**

**Christmas Eve**

2pm - Carol Service 1

4pm - Carol Service 2

6pm - Carol Service 3

11.30pm - Midnight Mass

**Christmas Day**

9am - Holy Communion

10.30am - All Age Christmas  
Celebration with Communion

## Could You Be The Voice Of Your Community?

If you've ever thought that you would like to represent the interests of your local community and help shape decisions on the services where you live or work, then becoming a Central Bedfordshire councillor is a great way to make a difference.

Perhaps you think that 'you're not councillor material' as you don't belong to a political party or you don't see yourself as a 'stereotypical' councillor. Central Bedfordshire Council wants its residents to be well represented and believes that it is important that councillors reflect the communities they serve and bring a broad range of skills and life experience.

We have arranged an informal event as we recognise there's value in talking to councillors face-to-face to find out what's actually involved, in terms of the time and level of commitment that it takes to be an effective councillor. Come along to Priory House at 6pm on 14th January to hear first-hand from councillors, to ask questions and seek advice which should help them to decide if they want to represent their community.

You can find out more at [www.centralbedfordshire.gov.uk/be-a-councillor](http://www.centralbedfordshire.gov.uk/be-a-councillor)

## New Year, New Challenge

If one of your New Year resolutions is to get active or get involved there are some great opportunities for you with local organisations and groups.

### School Governor Vacancy

Kingsmoor Lower School Governing Body are currently looking for a co-opted governor to join our friendly governing body. Our governors come from a range of different backgrounds, skills and experience but all share a common interest of wanting the best possible education for the children in our school.

We would be delighted to hear from anyone who:-

- Is interested in children's education and the performance of the school
- Is community spirited and would like to represent the community
- Has spare time and the energy for the role
- Is able to work well as part of a team
- Has an enquiring mind and the confidence to ask questions and debate issues that affect the school
- Can consider matters objectively and make informed judgements

This is a volunteer position, Co-opted governors are not elected by a parent election but are instead appointed directly by the governing body.

**For further details please contact Simon Cliff-Reid - Chair of Governors.**

**Kingsmoor Lower School at [scliff-reid@kingsmoorschool.co.uk](mailto:scliff-reid@kingsmoorschool.co.uk)**

### Anyone for Hockey?

There must be some people out there as we approach Christmas or in the New Year who would like to try something new to keep fitter and healthier! Why not come and try indoor hockey?

A weekly, hour session on Sunday at 5pm of friendly but competitive games.

All equipment provided and all standards welcome - beginners, experienced, men or women. We play at the Alameda Sports Hall in Ampthill.

**If interested yourself or as a group of friends please contact Andrew Baker on 07714 493100.**



### Voluntary Treasurer Required for Local Charity



Link-A-Ride Community Transport require the services of a Treasurer to prepare financial reports and guidance to the Management Committee.

In addition, run the monthly payroll and pay suppliers. At the year end present the auditors with a final set of accounts. There are also several statutory returns to be made during the course of the year.

This is a voluntary position and would require a commitment of about 20 hours a month.

**If you are interested in offering your services to this charitable organisation, please contact Cheryl on 01525 840511.**

## Local Organisation Notices

### Flitwick Health Walkers

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

**2nd January 10.15am**

Silsoe, Outside Church

**9th January 10.15am**

Bedford Priory Country Park

via Danish Camp

Meet in Car Park

**16th January 10.15am**

Woburn Wood, Longslade Lane Car Park

**23rd January 10.15am**

Flitwick, Outside Library

### Bedford Organ & Keyboard Club

**Present popular entertainer**

**Ian Griffin in Concert**

**Wednesday 30th January**

**7.30pm - 10.30pm**

Refreshments/Bar/Raffle

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

For more information contact: 01234 344423 - at the Addison Centre, Kempston, Bedford, MK42 8PN

### Do you have a story to tell?

If you are part of a local organisation or charity and would like your news published in a future edition of this paper, please get in touch with us via 01525 631900 or email [beverleyjones@flitwick.gov.uk](mailto:beverleyjones@flitwick.gov.uk)

### Pulloxhill Players 'Pied Piper' Pantomime for all the family

**Pulloxhill Church Hall**

**Saturday 19th January at 2.30pm**

**Friday 25th at 7.30pm**

**Saturday 26th January at 2.30pm & 7.30pm**

(Doors open 30 minutes before performance)

Tickets: £10 Adults & £7 Children

**BOX OFFICE**

Gail - 07846 147408

Karen - 07512 830187

For more information contact [pulloxhillplayers@virginmedia.com](mailto:pulloxhillplayers@virginmedia.com)

### Flitwick Library

For more details on other activities in January call 0300 300 8057

**Friday 21st December 10.30am**

Santa Craft

**Saturday 22nd December 10.30am**

Snowflake Craft

**Saturday 12th January 11am**

Language Cafe

Come along and share your language skills, learn the basics and meet new people

### CHUMS Charity Cinema presents...

**PRETTY WOMAN**

**Saturday 19th January 2019 7pm**

**Parkside Hall, Ampthill**

Tickets £15 (include a drink on arrival and a luxury dessert box for the film)

Visit [www.chumscharity.org](http://www.chumscharity.org) or call CHUMS Charity 01525 306667.

## **Flitwick Young Leaders Visit to No 10**

Beaver Scouts (boys and girls aged 6 to 8) got into the festive spirit when they made paper reindeer. They have also earned their cooks badge when they made pizza and fruit kebabs. The Beavers have also been trampolining and attended the Flitwick Lower School pantomime. Finley Harper said, "I really enjoyed eating my pizza, especially as I had made it myself."



The Cub Scouts (boys and girls aged 8 to 10 ½) made Danish Hearts and gingerbread biscuits. They have also been to Laser World, had an evening problem solving and celebrated 'National Toilet Day'!

The Scouts (boys and girls aged 10 ½ to 14) have been making sedan chairs, pioneering, a VIP dinner and a film night.

Some of the Young Leaders (boys and girls aged 14 to 18) took the opportunity to visit 10 Downing Street. They were given a tour of the building and were also permitted to sit in the Cabinet Room.

Lead volunteer for the Group, Jonathan Smith was recently awarded the Chief Scout's Commendation for Good Service. The main reason for this was that since he has held the role, the number of young people in the Group has increased by over 40%.

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

### **The Wildlife Trust**

**Monday 21st January, 7.45pm, Maulden Church Hall**

**'A Moor For All Seasons' - a talk by Nancy Reed £3 per adult**

Nancy is the WLT Senior Reserves Manager for Bedfordshire and Northamptonshire. She will give an illustrated talk about the management of Flitwick Moor.

This lovely and varied site is an SSSI and one of Bedfordshire's most important reserves.

### **VOLUNTEERS NEEDED**

Can you spare some time on Saturday 12th and Sunday 13th January to help take down and put away the Christmas Lights? Please contact Zoe Putain on 01525 631900 or email [zoeputain@flitwick.gov.uk](mailto:zoeputain@flitwick.gov.uk)



# What do they do?

citizens  
advice

Mid Bedfordshire

## Citizens Advice Mid Beds

A thirst for knowledge; a desire to help? Join the Citizens Advice Team.

For more than 30 years Citizens Advice volunteers have been helping people in the towns and parishes of Mid Bedfordshire. With a growing population and increased demand for its services, Citizens Advice is now looking for new volunteers to join the team.

Citizens Advice is a registered charity that provides free, independent, confidential and impartial advice to everyone. Based at Ampthill and with an office in Biggleswade and drop in centres in Sandy and Stotfold, Citizens Advice Mid Beds currently has a team of 44 people delivering advice and information.

Volunteers help people with issues including debt, benefits, housing, employment and family matters. In the last three years the service has helped nearly 6,000 people and managed more than 11,000 cases. As well as advice-giving, the service has volunteering roles in support of social policy, fundraising and recruitment.

Typically team members volunteer for one or two of the five-hour sessions per week. The biggest attraction to the work is being able to help other people resolve often complex and varied problems, with the satisfaction of helping them to move forward.

## Learn New Skills

All sorts of people volunteer for Citizens Advice. For some it is a role after retirement that offers an opportunity to learn new skills and to keep on learning. For others it is a route back into work or a change of career.

A thirst for knowledge and a willingness to undertake training on an ongoing basis is important. Volunteers are trained to use the information system provided by the national Citizens Advice organisation. Advisers and assessors receive free formal accredited training with all expenses paid.

If you are interested in volunteering or would like more information please contact [recruitment@midbedscab.cabnet.org.uk](mailto:recruitment@midbedscab.cabnet.org.uk) or call us on 01525 404715. We will then send you more details about the various roles and how to apply.

Citizens Advice is a registered charity and depends upon local people and organisations for its funding. If you or your company or organisation would like to provide a donation to support the important work of Citizens Advice please contact 01525 404715.

*Citizens Advice based in Ampthill*



# Do You Know A Community Champion?

Help us celebrate people who contribute to the  
community life of Flitwick

**Nominations are now  
OPEN!**

Make your nominations by Friday 15th February 2019

**VOLUNTEER**

**LOCAL HERO**

**COMMUNITY FACILITATOR**

**BUSINESS**

**LIFETIME ACHIEVEMENT**

**CARER**

**YOUNG PERSON**

**LOCAL GROUP**

To request a nomination form please contact:  
[zoeputwain@flitwick.gov.uk](mailto:zoeputwain@flitwick.gov.uk) or call 01525 631900



Organised by Flitwick Town Council



@EventsFTC



FlitwickTC

## Treading The Boards with Flit Valley

The Flit Valley volunteers were busy at the end of November installing a new boardwalk on the Flit Valley Walk - where it goes through the Greenfield part of Flitwick Moor.

The Flitwick P3 Group put all the screws in the decking boards and finished tidying around it, including sawing off the rod ends.

If you are looking for a great place to walk off the excesses of Christmas make sure you head down to Flitwick Moor and admire their handiwork. It's a beautiful place to visit whatever the weather.

*Article sent in by David Sedgley.*



### Have you still not had your flu jab?

If you're 65 or over or you have an existing health problem, flu can be dangerous.  
That's why you're eligible for a free flu jab.  
Don't put it off. Get your flu jab straight away.

nhs.uk/staywell

Cheryl Sowell, Nurse

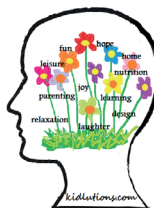
## Your Community Needs You!



Do you enjoy Gardening and have any Spare Time?

Flitwick Surgery are looking for volunteers to help transform their back garden into a beautiful relaxing, calm space for patients to come and use.

### Benefits of Gardening



Helps Reduce Falls

Combats Loneliness

Promotes Healthy Eating

Exercise

Reduction of Stress, Depression and Anxiety

For More Information Call

*"Your mind is a garden, Your thoughts are the seeds,  
You can grow flowers or you can grow weeds"*

**Mae Eaton**  
**07534 788368**



Rebecca L Faret  
Solicitors

## UNHAPPY RELATIONSHIP?

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

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

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



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

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

A Venue for

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



## CARE VISITS AT HOME

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

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[www.stuart-brown.co.uk](http://www.stuart-brown.co.uk)

New Road, Maulden, Bedfordshire, MK45 2BG UK

## Guttering Problems?

- Gutters cleaned
- Leaking gutters repaired
- New guttering fitted

All by a friendly, local established company

Call Rob on  
**01525 552066**  
or  
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*Flitwick Ukuleles*  
A musical group for people who play or want to learn to play the ukulele

## Monday Nights

7.30pm

Instruments available to try on the night

(Donations of ukuleles gratefully received)

The **Rufus** Centre  
at  Meet, Work, Celebrate

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*For more details contact Beverley on 01525 631900 or email [beverleyjones@flitwick.gov.uk](mailto:beverleyjones@flitwick.gov.uk)*

# What's On

For more details on anything advertised here please call 01525 631900



All events on this page are held at **The Rufus Centre** unless stated otherwise  
[www.flitwick.gov.uk](http://www.flitwick.gov.uk)

**Look inside for details on the Quiz Night and Flitwick Community Awards 2019**



## **Forget Me Not Group**

**Monday 14th January**  
**1.30pm - 3.30pm**

**Alzheimers Society on the Herbert Protocol**

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

Come along for a cup of tea and a chat.

We welcome newcomers.



## **Tea Dance with Bob Watts** **Thursday 10th January**

**2pm - 4.15pm**

**Entry £3** (including refreshments)

**Strictly Dancing**  
**with Sandra & Richard**  
**Saturday 19th January**  
**7.30pm - 11pm**

Dances incorporate a mixture of Ballroom, Latin & Sequence steps on an excellent dancefloor. No need to book - just turn up!

## **Men's Club**

**Over 65s**

**Monday afternoons**

**1.30pm - 3.30pm**

**Flitwick Club, High Street**

**£2 per week - first week free!**

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

Free tea, coffee and biscuits.

Bi-monthly trips to places of interest.

Everyone welcome.

## **Bingo Afternoons**

**Last Friday of each month at 2pm**

**Flitwick Village Hall - £1 per card**

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

**Friday 11th January at 12.30pm**

**£7.50 per person (Flitwick residents)**

**£8.50 per person (Non-residents)**

**Must pre-book!**

### **Main Course**

Sausage Casserole, mash potato & seasonal vegetables

### **Dessert**

Syrup Sponge & Custard