

Flitwick papers

February/March 2021



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



View across to Flitwick from Pulloxhill

 **01525 631900**

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 **info@flitwick.gov.uk**

 **www.flitwick.gov.uk**

 **/FlitwickTC**

 **@NewsFTC**



What's Inside:

Precept 2021/22

Community Grants

Scarecrow Festival

Bedford Hospital Charity Appeal

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Your Local Representatives

Flitwick Town Councillors

Ward	Name	Contact
E	Keith Badham	630868
W	Ian Blazeby	634585
W	Jeremy Dann	713751
W	Paul Dodds	07841 908862
W	Patricia Earles	07929 638404
E	James Gleave	07958 350159
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	07784 867921
W	Andy Snape	07590 572440
W	Dan Toinko	01525 649992
W	Clare Thompson	07734 866479
W	Maureen Williams	714714



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

Central Bedfordshire Councillors

Neil Bunyan	0300 300 8512
Charles Gomm	0300 300 8522
Gareth Mackey	712537

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

Telephone 0300 300 8000

There will be no increase in the precept for the residents of Flitwick this year.

At the Town Council meeting held on 19th January 2021, Councillors unanimously agreed a budget that saw no increase in the Flitwick Town Council precept for this financial year.

The precept is the proportion of Council Tax per household that supports the work that FTC carries out in the Town.

Town Mayor, Councillor Jeremy Dann said: "Members recognise that the current Covid-19 crisis has brought financial concerns to many of our residents. In these uncertain times, we felt that it was inappropriate to increase our element of the council tax burden upon the people of Flitwick."



Town Mayor, Cllr Jeremy Dann

Covid Vaccinations Update

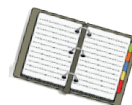
Flitwick has been fortunate to have a Vaccine Hub operating at The Rufus Centre since 21st January with a fantastic team of staff and volunteers working together to serve the community.

The latest government advice is that anyone aged 70 and over or individuals who are extremely clinically vulnerable should go ahead and book an appointment even if they have not received a letter from the NHS.

If you are in either of these categories and have not received a letter please ring 119 or visit www.nhs.co.uk/covid-vaccination to book your appointment.



Town Council Diary



Meetings continue to take place online via Zoom. Please email Deputy Town Clerk stephaniestanley@flitwick.gov.uk for joining instructions.

February

2nd	Community Services	7.30pm
11th	Business Services	7.30pm
16th	Town Council	7.30pm
18th	Planning	7.30pm
23rd	Corporate Services	7.30pm

March

2nd	Community Services	7.30pm
9th	Planning	7.30pm
11th	Business Services	7.30pm
16th	Town Council	7.30pm
23rd	Corporate Services	7.30pm
25th	Personnel	7.30pm

View the full meeting calendar on our website www.flitwick.gov.uk Members of the public are welcome to attend any of the Council meetings.

Flitwick Carnival Cancelled

Due to the Covid-19 pandemic FTC has made the difficult decision to cancel Flitwick Carnival which was scheduled to take place in June.

The Fun Dog Show in May is also cancelled for this year.

Planning for these events takes place months before they happen and with large gatherings currently not permitted by the government, and no indication when these restrictions may be lifted, we have no choice but to cancel this year's events.

As always, our number one priority is the safety of the community and, although disappointing news, we are sure that this announcement will not come as a surprise.

Next year will do everything we can to make Flitwick Carnival 2022 an even bigger and better celebration for the whole community.

We also hope we can welcome back all the four legged friends and their owners to the Fun Dog Show which normally takes place on The Rufus Centre field. This is always a great event for all the family.

Our Community Services Team are planning to organise some smaller community events in the coming months (restrictions permitting) including The Scarecrow Festival in July. Follow us on Facebook for all the latest information on what's happening in the Town.



Flitwick's First Scarecrow Festival

Plans are well underway for Flitwick's first Scarecrow Festival this July. We hope the community will really get behind the event and create a Scarecrow to display over the the course of a week from **Saturday 3rd to Saturday 10th July**.

There's no theme and no set size for the scarecrows so you can really let your imagination go wild!

We plan to produce an interactive map of all the scarecrow displays so you can enjoy the Scarecrow Festival at your leisure.

For more information please email susaneldred@flitwick.gov.uk or call 01525 631900.



Community Grants Applications Now Open

If you are a local community group, club or organisation that needs financial support for a project in the town don't miss out on the opportunity to apply for funding from the Town Council.

Our Community Grants scheme is now open for applications. Local community groups and organisations can apply for a grant for an activity or project that will benefit the Flitwick community.

Full details on how to apply for a grant, the application criteria, and the types of funding available, can be found on our website www.flitwick.gov.uk. You can also download an application from the website. Alternatively, email susaneldred@flitwick.gov.uk or call us on 01525 631900 and we'll send a form to you.

Deadlines for submitting applications for the April scheme is **19th March 2021**.

Community grants are available twice a year. The second round of applications is scheduled for October 2021.

There is also an opportunity for late grant applications to be submitted. Please contact our Community Services Manager, Susan Eldred, on the contact details above if you need more information.

Flitwick Festive Fun Winners

The Flitwick community really put on a fantastic show of Christmas lights and decorations this Christmas. We were delighted that many took the time to enter a photograph of their displays for the Flitwick Festive Fun competition.

The top three from each category went through to the public vote and we had over 130 votes. The winners each received a trophy (which sadly we still have as we have not been able to arrange a presentation due to Covid-19) and £100 to donate to their favourite charity.

Congratulations to:

The Barrett Family - Best Outdoor Display

Matthew Wilding - Best Window Display

Lowe-Go's - Best Shop Front, School or Community Building

The Need Project, Bowel Cancer UK and the British Heart Foundation are the fantastic charities chosen individually by the winners to each receive a £100 donation.

Thank you to everyone who entered and to those who took the time to vote for their favourite displays. You can still view all the entries on our website www.flitwick.gov.uk. Look out for more Festive Fun this Christmas.



Flitwick Dolphins Celebrate 30th Anniversary

Flitwick Dolphins Swimming Club celebrates 30 years of swimming this year. In 1991 Flitwick Dolphins made their home at Flitwick Leisure Centre and so began 30 years of swimming. Since then, Dolphins have remained an important part of the community, both in Flitwick and the surrounding villages and towns, as well as more widely in Bedfordshire.

Generations of swimmers over the past 30 years have enjoyed training and competing as part of the club; swimming members range from eight years up to 64 years as the club has a thriving Masters' group as well as offering the chance to do Open Water swimming in the summer months.

The club promotes the 'Dolphin Way' and never has that been more pertinent than during these past months and throughout the global pandemic.

Determination: Right from the offset club members moved swiftly into action, determined to keep our swimmers training and connected with each other, whether that was via Zoom, land training in the park, or through all the careful arrangements that took place to get swimmers back into the water.

Overcoming challenges and adversity: Coronavirus has proven to be an immense challenge for the whole country and Dolphins' swimmers faced up to those challenges and showed immense resilience in the face of adversity.

Leading by example: All the swimmers and members pulled together and each individual led by example, helping others and setting the right example for their peer group or younger swimmers.

Punctuality and attendance: Even though we couldn't get in the water, swimmers were still punctual and regularly attended the virtual or outside sessions organised by the club; when able to get into the pool, the importance of punctuality and attendance to the correct sessions was highlighted to ensure the Covid protocols were being followed.

High standards of behaviour: This was demonstrated at every level, even when swimmers had to queue outside in the cold waiting to get into the pool, and in following all the protocols asked of them, their behaviour is exemplary and sets a shining example to others.

Improves performance over time: Despite the challenges and being in and out of the pool before and after lockdowns, swimmers still managed to improve their performance and are keeping up their fitness and at the Swim England Level X Competitions, achieved an array of new personal best times.

Never gives up trying: Perhaps this could be considered one of the most important tenets of the 'Dolphin Way'. Swimmers, members, volunteers, parents and coaches overcame all the obstacles before them due to the coronavirus and continue to do so almost a year after it all began by pulling together, working as a team and demonstrating boundless energy and enthusiasm, professionalism and teamwork, no matter what came next.

DOLPHINS will continue to overcome all the challenges before them and look forward to the next 30 years of swimming, being part of the community and opening up opportunities for swimmers of all ages to reach their full potential.

(Article sent in by Flitwick Dolphins)





FLITWICK'S FIRST

SCARECROW FESTIVAL



coming
soon!

Scarecrows can be BIG or SMALL,
just get creative!

DISPLAY
YOUR SCARECROW
FROM
SATURDAY 3rd JULY
TO
SATURDAY 10th JULY



Organised by Flitwick Town Council

For more information: 01525 631900 or susannedred@flitwick.gov.uk



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www.flitwick.gov.uk

Share Your Stories Of Greensand Country

Celebrating Greensand Country - Stories of the Landscape

Call out for Local Voices

Do you live or work in Greensand Country?

Have you ever lived or worked in Greensand Country?

Do you visit Greensand Country and feel passionate about the area?

Does your village or town have unique traditions and a legendary story to share?

Would you like to help preserve your community's stories for future generations?

If you can answer yes to any of these questions, then we'd love to hear from you!

What are we looking for?

Greensand Country Landscape Partnership is looking for locals to share their memories of Greensand Country as part of our Oral History Project.

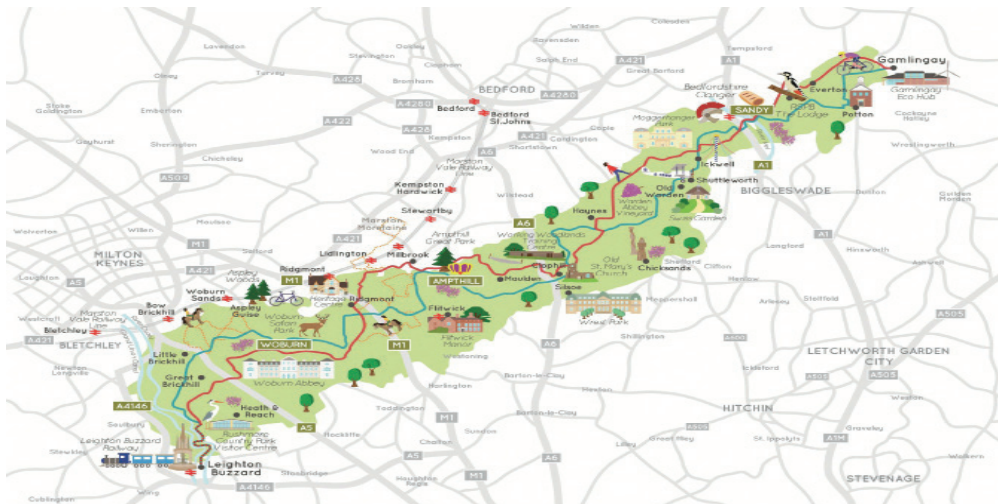
How will it work?

Trained Volunteers will interview you and help capture your stories. The interviews will all be conducted remotely and take place from February – May 2021.

The stories you share will provide inspiration for our commissioned artists, whose work will be presented in May 2021 and form part of the Greensand Country Oral History Suite.

To find out more about the project please email Community Arts Officer, Sally Christopher on sallyc@greensandcountry.com.

(Article sent in by Greensand Country Landscape Partnership)



Select and Collect

- Choose a genre via **Select and Collect** and you'll receive a book bundle selected by our staff, **or**
- Reserve individual titles via **Arena the library catalogue**
- Receive an email when they are ready to collect
- Return the library books you have at home

You can alternatively phone the library to order your books or check whether your order is awaiting collection.

Home Library Service

- You get a delivery of books every three weeks that is tailored to what you like to read.
- The Home Library Service is available to anyone within Central Bedfordshire who is housebound or who wishes not to visit a public space or building due to COVID-19.
- Either collect an application form from the library, email us to request a form, or phone us and we can complete it via the phone.

Contact Us:

flitwick.library@centralbedfordshire.gov.uk
0300 300 8057



www.centralbedfordshire.gov.uk/libraries



CBClibraries



@cbc_libraries



@centralbedslibraries

The Rufus Centre

We have had a small number of 'essential' meetings take place at The Rufus Centre but it has remained much quieter than normal because of the government restrictions on meetings, conferences and events.

However, this all changed when the Rufus Vaccine Hub (a pharmacy led collaborative project with Hilton, and H is for Health Primary Care Networks) opened in January. A lot of work and planning had to go on behind the scenes before the Rufus Vaccine Hub was ready to welcome the first person for their vaccination on 21st January.

The Lockyer Suite (normally the venue for holding conferences, exhibitions, weddings and celebrations) has been transformed into the vaccination area with separate entry and exit points for people attending their appointments.



We have been delighted to welcome organisers of the Rufus Vaccine Hub Alex Hill, C&H Barton Pharmacy and Nishil Shah, Cheeseman Pharmacy, Ampthill (pictured above l to r), and all the amazing staff and volunteers who have been assisting people every step of the way through the vaccination process.

Rendezvous Café & Bar

The Rendezvous Café remains open for takeaways only from Monday to Friday, 8am to 4pm. It has been good to see many of our regular customers who have popped in during this second lockdown.

Our Afternoon Teas have proved really popular, especially for birthday celebrations and other special occasions. You can view menus on our website www.therufuscentre.co.uk and pre-order online via <https://goodeats.io/RENDEZVOUS>.



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

VIRTUAL OFFICE SPACE - COME AND JOIN US

We are all working to a new normal and with many businesses based from home we are now offering the opportunity to use The Rufus Centre as a business address. A physical office is not always needed but the credibility of using a well-established business address with many additional features can only enhance your business opportunities. Have a Virtual Office at The Rufus Centre and you will benefit from:



- Business address at one of the county's leading meeting, conference and events venue.
- Holding post until collection.
- 10% discount on meeting room hire - choice of seven rooms suitable for 2 to 200.
- Rendezvous Café & Bar on site - friendly environment to meet clients.
- Promotion of your business on The Rufus Centre's website and on Flitwick Town Council website's Flitwick Business Directory - if you want us to!
- Friendly, professional staff.
- Ample free car parking.
- Covid-19 secure setting.



Virtual Office Space at The Rufus Centre Just £40 per month plus VAT

We're ready for when you're ready!

Tel: **01525 631905**
Email: bookings@therufuscentre.co.uk

www.therufuscentre.co.uk



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[/RendezvousCafe&Bar](https://www.facebook.com/RendezvousCafe&Bar)

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

What Do They Do?

Flitwick resident Mike Ashton has set up a support group on Facebook for stroke survivors and their partners and carers. Here he tells his story:



My name is Mike Ashton.

After having a stroke in 2018 following a cancer removal operation, I lay in a hospital ICU bed for 12 days before I became aware that my right side was paralysed.

I was afraid that this was how it was always going to be! That was the moment I would've needed someone like me to come walking in saying "It will be okay! with hard work and determination you can do what I've done and be where I am today."

There is no-one better to talk about the impact of a stroke than those that have experienced it. So I've set up a private Facebook group which is called 'Stroke Survivors, Partners & Carers'.

It's a safe place to talk about your feelings, fears, disabilities and any medical problems, and to share great progress stories.

Partners and carers of stroke survivors also have their own stories to tell; what they've had to go through in order to give that care and support. Our Facebook group provides a platform for them to share their experiences and feelings with other partners and carers.

We are also planning online events with a range of specialists, the first of which is a session on Zoom with an expert specialising in seated Pilates for all abilities.

This group has been created to share experiences and swap tips and information to aid recovery. Most of all, to show people that they're not alone on their journey.

I started this group at the end of January this year and it's now grown to 19 lovely people who are battling a new normal. Sometimes it can take years to progress but with support from members you know you have someone with you every step of the way.



(Above: Mike Ashton)

If you would like to know more about the Stroke Survivors, Partners & Carers Group please visit our Facebook page:

<https://www.facebook.com/groups/3586031588162421/>

Bedford Hospital Launch New Appeal

Bedford Hospital Charity & Friends have launched an appeal to raise £1million for a new and dedicated A&E for children and a new state of the art CT scanner within the A&E department.

Last summer the government announced that Bedford Hospital would receive Covid-19 funding of £3.1m to update and extend the A&E department for the hospital. The charity have been invited to enhance this provision by creating a brand new dedicated Paediatric A&E department and providing a CT scanner to be situated in the A&E department for shared use by both emergency and general hospital patients. We have jumped at this opportunity as it has long been a wish and dream of the charity to have a special A&E provision in the hospital for children.



A separate, dedicated paediatric A&E has long been an aim of the Charity and now it is within reach. The installation of a Computerised Tomography (CT) X-ray machine within the A&E Department will significantly improve the service. Currently about 10 patients attending the department per day require an immediate CT scan. The nearest scanner is in the main X-ray Dept and patients have to be wheeled along long corridors, accompanied by a doctor, nurse and porter, to wait for a scan squeezed between routine patients booked for scans. Having a CT scanner in the department will:

- Improve immediate management e.g. of Stroke and Head Injury patients
- Release A&E staff to care for other patients
- Provide additional CT capacity for inpatients from the wards
- Reduce delays for booked patients in the main CT unit

We really need everyone to join us in raising funds for this wonderful new facility. There are many ways in which you can help such as:

- Organise an event
- Run a marathon or set a personal challenge
- Hold a coffee morning (virtual or real when permitted!)
- Have a collection
- Send a memorial donation

We can supply you with leaflets and information to help you help us all!

Please do get in touch with us at admin@bedhospcharity.org to let us know how we can support you.

(Article sent in by Bedford Hospital Charity & Friends)

Valentine's Day Afternoon Tea



♥ A special treat for the one you love! ♥
£30 for two people

Choose gift wrapped in cellophane or picnic box

A choice of three open finger sandwiches:

Free Range Egg Mayo & Cress

Mature Cheddar Cheese & Tomato

Ham & Dijon Mustard

Smoked Salmon & Cream Cheese

Brie & Bacon

or

Bruschetta Selection:

Goats Cheese, Slow Roasted Tomato with a Balsamic Drizzle

Mediterranean Tomato & Basil

Smoked Salmon with Cream Cheese & Chives

Parma Ham, Harissa Pesto & Rocket



Fruit or Plain Scones with individual pots of
Rodda's Clotted Cream & Strawberry Jam



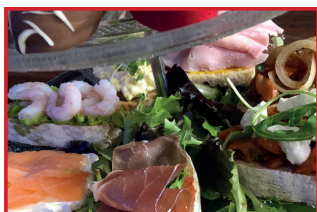
A Selection of Bitesize Cakes & Treats to share




Chocolate Dipped Strawberries



Served with Tea, Coffee, Earl Grey, Herbal Tea, Fruit Tea or
Hot Chocolate with Marshmallows



Order by 3pm for next day
availability online at <https://goodeats.io/RENDEZVOUS>, email
catering@therufuscentre.co.uk
or via our Facebook page

 /Rendezvous Café & Bar
www.therufuscentre.co.uk

RENDEZVOUS

Café & Bar



Bedfordshire Cambridgeshire Northamptonshire

Wednesday 24th February at 7.30pm

The Flitvale WLT Local Group Zoom Series of Lectures

'Future Wildlife'

A talk by Brian Eversham, CEO of the Wildlife Trust, BCN

Delivered via Zoom to your home!

What might our wildlife be like in 50 years' time, if the Trust succeeds in its aims (or not)? A thought-provoking discussion of future habitats and the species which may live in them, especially in response to the warming climate.

Don't miss out on these fascinating talks!

Please contact Ann on flitvale.info@gmail.com if you wish to participate in this talks. She will then send instructions on how to log on nearer the time. You can also contact Ann if you would like to receive monthly copies of our newsletter by email.

Flitwick Youth Hub

Did you know Flitwick Youth Hub is still operating during lockdown with many different services and activities run via Zoom and other remote methods?

4YP are the providers of youth services in Flitwick and offer a range of services for young people aged from 9 to 19.

Recent events include virtual art sessions making flip squares and tin foil art!

You can find out what events and sessions are planned by visiting their Facebook page [@FlitwickYouthHub](https://www.facebook.com/FlitwickYouthHub) or you can email wendymillgate@4ypuk.com.



Get In Touch

You can call us on
01525 631900 or
email:
info@flitwick.gov.uk



Look inside for details of the
first Flitwick Scarescrow Festival
in July.

RENDEZVOUS *Café & Bar*

NEW TAKEAWAY SERVICE - COLLECTION ONLY

Monday to Friday 8am - 4pm

We are delighted to be offering a takeaway service for collection only.
You can pop in, order online or by phone. We hope to see you soon.
Stay safe everyone.

Full Food & Drink Menu Available To Pre-Order

Cooked breakfasts will be available all day!

ORDER ONLINE

Visit:

<https://goodeats.io/RENDEZVOUS>

Payment online only

ORDER BY PHONE

Call 07923 414237

Payment can be made when
ordering or on collection

Pre-order up to 7 days in advance

Order by 3pm for same day collection by 4pm



The Rufus Centre, Steppingley Road, Flitwick, Bedfordshire, MK45 1AH
Tel: 01525 631905 www.therufuscentre.co.uk catering@therufuscentre.co.uk



/RendezvousCafe&Bar



@RufusCentreFTC