

Flitwick Papers

Autumn 2021



Flit Valley Walk

What's Inside...

- Green Spaces Engagement
- The Hub Refurbishment
- Community Action Day
- Timebank

What's On...

- Family Fun Day:
Saturday 25th Sept
- Friday Nights@Rendezvous:
24th Sept, 29th Oct, 26th Nov
- Castle Comedy Night:
13th Nov



Flitwick Town Council

The Rufus Centre
Steppingley Road
Flitwick
Bedfordshire
MK45 1AH

Follow Us:



t: 01525 631900
e: info@flitwick.gov.uk
w: flitwick.gov.uk

Contents

Green Spaces Engagement	page 5
Youth Skate Competition	page 6
Hub Refurbishment	page 7
Front Garden Competition Winners	page 9
Family Fun Day	page 11
Flitwick Surgery Update	page 12
Stitchers Christmas Project	page 14
Festival for Older People.	page 15
Timebank	page 16
Poppy Appeal	page 18
Friday Nights@Rendezvous.	page 25
Business Awards Success	page 26

Your Town Councillors

Contact your Town Councillors via email: firstnamesurname@flitwick.gov.uk or call using the numbers below.

Ward	Name	Contact
E	Keith Badham	630868
W	Ian Blazeby	634585
E	Ashwin Chacko	07515 739026
W	Jeremy Dann	713751
W	Paul Dodds	07841 908862
W	Patricia Earles	07929 638404
E	James Gleave	07958 350159
E	Howard Hodges	717778
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	649992
W	Clare Thompson	07734 866479
W	Maureen Williams	714714

Flitwick Town Council deal with: Allotments, Burial Ground, Community Grants, Environmental Improvements, Events and Activities, Play Areas, Parks and Open Spaces, Manor Park, Youth Hub, Hub Car Park and The Rufus Centre.

Telephone 01525 631900

Central Bedfordshire Councillors

Neil Bunyan	0300 300 8512
Charles Gomm	0300 300 8522
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

Mayor's Welcome

A warm welcome to the autumn edition of Flitwick Papers! It has been a busy three months for us at the Town Council, and it's been amazing to meet so many of you at our community events over the summer. The highlights for me have been watching some very impressive skateboard and scooter skills at the Youth Skate Comp, visiting the Youth Club, walking the Flit Valley Walk, and judging the inaugural Front Garden Competition.



I also have the pleasure of representing our town at Civic Events, and these have returned with gusto. I have attended the Investiture of the Mayor of Luton, the Town Mayor of Houghton Regis' Garden Party and the Town Mayor of Dunstable's Civic Reception. Looking ahead, I also have the privilege of hosting a Civic Reception to thank the many people in our community who contributed to the pandemic response, going above and beyond and helped others in many ways.



We know that many of you have concerns about current and future healthcare provision in our town. Councillors recently met with representatives from the NHS Bedfordshire, Luton and Milton Keynes Clinical Commissioning Group (CCG) and Flitwick Surgery to discuss service development plans and pass on residents' feedback. We will be continuing to work with NHS representatives in the future, and you'll find an update from Flitwick Surgery on page 12.

Finally, we have a fantastic free Family Fun Day planned for Saturday 25th September. As well as enjoying the free traditional funfair and free outdoor cinema, I hope that you will come and throw wet sponges at your favourite councillors to raise money for the Town Mayor's charities at 1pm at Millennium Park!

Cllr Andy Snape
Town Mayor

Meetings Calendar

October

5th	Community Services
7th	Planning
14th	Business Services
19th	Town Council
26th	Corporate Services
28th	Planning

November

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

Meetings start at 7.30pm

View the full Meetings Calendar

www.flitwick.gov.uk

Members of the public are welcome to attend all meetings

Joining instructions can be found on the meeting agenda or contact: stephaniestanley@flitwick.gov.uk

Town Mayor's Charity Fundraising

This year we are supporting Respite at Home Volunteers West Mid Beds and Ivel Valley and Mind BLMK, as chosen by Town Mayor, Cllr Andy Snape.

Mind BLMK works to support positive mental health and wellbeing. They offer a number of activities from wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes. Their aim is to make sure that no-one has to face a mental health problem alone.

Respite at Home Volunteers West Mid Beds and Ivel Valley are a group who, in their free time, help and support people with life limiting illnesses and give their families and carers some respite and time off from caring for their loved ones.

We have a number of fundraising activities taking place over the coming months to support both charities.

Photo Calendar

Thank you to everyone who entered the Flitwick 2022 Calendar competition. We had some fantastic photographs sent in. The Town Mayor now has the difficult task of deciding on the winners that will grace each month on the calendar, including the coveted front cover! You will be able to support the charities by purchasing this special calendar when it goes on sale at the end of November.

Murder Mystery Afternoon Tea

Looking ahead to next year, in support of these charities we will be organising a special Town Mayor's Murder Mystery Afternoon Tea on **Saturday 19th March 2022** at The Rufus Centre. It promises to be a very entertaining afternoon. Full details of this event will be given in the next edition of Flitwick Papers, but please make a note in your diary!

Mind BLMK Crisis Cafe

The Mind BLMK Crisis Cafe at The Rufus Centre is open on a Tuesday and Thursday evening.

If you find yourself in crisis or need support with your mental health you can drop in to speak with a mental health trained member of their staff, ready to listen and help you in your time of need. Mind BLMK also operate a support line every evening 5pm-11pm on 01525 722 225. Visit www.mind-blmk.org.uk or email crisiscafe@mind-blmk.org.uk

Are you struggling to cope?

Our Crisis Cafes are here for you.



The Rufus Centre
Flitwick
Open 5.00pm -11.00pm
Tuesday & Thursday



Flitwick Green Spaces Engagement

We're inviting residents to find out more about the green spaces Flitwick Town Council is responsible for and share their views on what they would like to see.

Come along to one of the workshops (pre-booking is required) and/or walkabouts where you can find out more and give your feedback.



WORKSHOPS

(To book call 01525 631900 or email info@flitwick.gov.uk)

Saturday 18th September: 10am-12 noon The Hub

Wednesday 22nd September: 12 noon-2pm Hetley House, Roman Way

Thursday 30th September: 7-9pm The Chapter House, Flitwick Church, Church Road

WALKABOUTS

(No booking required - just turn up!)

Tuesday 21st September: 4.30-5.30pm Millennium Park

Tuesday 28th September: 9.30-10.30am Manor Park

To take part in our online survey please visit www.flitwick.gov.uk by 11th October



Organised by Flitwick Town Council

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



/FlitwickTC



@NewsFTC



/flitwicktowncouncil

www.flitwick.gov.uk

Youth Skate Competition

A big thank you to everyone who took part in the Youth Skate Competition on 22nd August at Millennium Park, organised by the Town Council and 4YP.

Despite the challenges of the weather we managed to stage nearly all of the competitions before rain did finally stop play!

The event would not have been possible without the help and support of many people who made the day such a great success, kindly providing their services free of charge – the musicians, graffiti artists, judges, sponsors and all those who donated prizes.

Special thanks to Joe Smethan and Tierney Joel who helped organise the competition, working tirelessly behind the scenes leading up to the event and on the day itself.

It was great to see so many young people demonstrating their talents on the skateboards and scooters. Congratulations to all of the winners; who knows, we may have some future Olympians on our doorstep!



Flitwick Youth Panel


Calling young people aged 13-18 years! If you're interested in being the voice for young people in Flitwick, representing the changes they want to see within the town and supporting the community's development, why not join the Flitwick Youth Panel?

You'll have the chance to be involved in Flitwick Town Council's events for young people, organise fundraising activities and attend regular Youth Council meetings. The first meeting will be taking place on **Tuesday 19th October** at 6pm at The Hub, Coniston Road, if you'd like to join the panel. We look forward to seeing you there.

FLITWICK
YOUTH
PANEL

**YOUTH
DECIDE**

CALLING ALL FLITWICK YOUNG PEOPLE
AGE 13-18 YEARS



HAVE YOUR SAY!

Flitwick Youth Panel are launching soon & are looking for members.

If you are interested in becoming a YOUTH Councillor, please contact susanaldred@flitwick.gov.uk

Organised by Flitwick Town Council
For more information: 01525 481800 or susanaldred@flitwick.gov.uk
@flitwickYC | FlitwickYC | www.flitwick.gov.uk

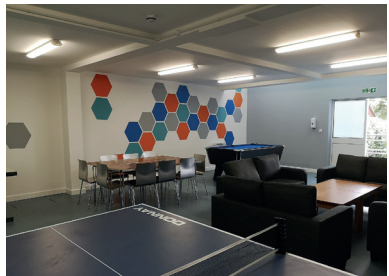
The Hub has undergone an amazing transformation over the summer.

The building has had a full re-decoration complete with some new equipment and furniture, and new doors. We think the space looks fantastic with its bright, colourful wall designs.

Flitwick Youth Hub is run by 4YP who are commissioned by the Town Council to run the youth services provision in Flitwick.

Located on Coniston Road, by Millennium Park, the Youth Hub has a range of activities and workshops taking place throughout the week for different age groups. It's a fantastic space for young people to get together and use the facilities and is somewhere they can get advice, support and sign posting.

Everyone is welcome so if you know a young person who has not been before take a look at their Facebook page or contact Wendy Millgate on 07780 448599 or email wendymillgate@4ypuk.com



We will be officially opening The Hub at the Family Fun Day on Saturday 25th September so please come and pop in to view the new facilities

Hedgehog Campaign

The campaign to make Flitwick a 'Hedgehog Friendly Town' has gone from strength to strength with a new Facebook page, which you can join to keep up to date with what is happening and get some great advice on helping our hedgehog population.

Hedgehogs will be hibernating soon so it is important to keep putting out meaty cat or dog food, kibble and fresh water. They could also be producing their second litter around this time so please watch out for them in compost heaps.

As part of the campaign, the team have a survey on Flitwick's hedgehog population running until the end of October which you complete by visiting <https://tinyurl.com/flitwickhogsurvey>

We'll have further updates on the campaign in the Winter edition of Flitwick Papers.



Thank you to Suzie Naylor for providing this fantastic photograph!

Over 60's Lunch Club

We're delighted to see the return of our monthly Over 60's Lunch Club to the Lockyer Suite at The Rufus Centre, as part of our regular activities.

Lunch Club starts at 12.30pm and consists of a delicious 2 course meal and game of bingo costing £6.50 for Flitwick residents and £7.50 for non-Flitwick residents.

Transport is available if you live in Flitwick and must be booked when confirming your place. All places must be pre-booked by midday the Thursday before. Don't forget to let us know of any food allergies/dietary requirements when booking.

The next get together will be on **12th October** with a delicious meal of liver, bacon and onion followed by jam roly poly. On the menu for the **9th November** is chicken, bacon and leek pie with pineapple upside down cake for dessert. Vegetarian options are also available.

Save the Date

Our special Christmas meal with all the trimmings and entertainment will be on **Tuesday 14th December**.

For further information and to book please contact Zoe Putwain on 01525 631900 or email zoeputwain@flitwick.co.uk

Front Garden Competition Winners

Well done and a big thank you to all entrants who helped to make Flitwick's first Front Garden Competition a great success! The judges were treated to some 'blooming' lovely displays as they toured the town on Saturday 14th August to decide on the award winners in three categories.

Winner of the 'Best Hanging Basket Display' was 32 The Quantocks; 101 Station Road won the 'Best Pot Display' and 18 Woburn Close won the 'Best Front Garden Display'.

Town Mayor, Cllr Andy Snape, who judged the competition alongside Chair of Community Services Cllr Clare Thompson and representatives of the Flitwick Gardeners' Association (FGA) said:

"Congratulations to the winners and thank you everyone who participated in Flitwick's first Front Garden Competition. We were delighted with the response and the judging panel were thrilled to see such a colourful and varied range of spaces! The competition was a great way to lift community spirits and recognise everyone's efforts. Thank you also to the Flitwick Gardeners' Association for their kind support and for helping to make this possible."



Best Hanging Basket Display



Best Pot Display



Best Front Garden

Macmillan World's Biggest Coffee Morning

Make sure you join us at the Village Hall on **Friday 24th September** for the Macmillan World's Biggest Coffee Morning between 9am and 12pm.

We'll have a delicious selection of cakes and refreshments available for a donation.

If you're planning to visit Flitwick Market on that day make sure you pop in to say hello and help raise funds for this fantastic charity.

New Look For Village Hall

Have you noticed the Village Hall's fresh, new look?

The Village Hall has benefitted from two grant schemes over the summer with new windows and doors fitted, funded by Section 106 monies, and has been repainted thanks to community grant funding from Flitwick Town Council.

Flit Valley Launch

Last month we successfully launched The Flit Valley Walk!

On a sunny 13th August we were joined by many for the Guided Tour of Manor Park and Circular Guided Tour, on which we left the park to explore Flitwick and Flitton Moors towards Jack Crawley's Memorial Barn.

Thank you to our volunteer David Sedgley for leading the walks and being a fountain of knowledge on Manor Park and its history. A new Flit Valley Walk leaflet will be available soon with a full route description so you can explore at leisure. We hope everyone who came along found the day as interesting as we did, and enjoyed the tasty treats from Rendezvous Café & Bar!



Every penny we raise means Macmillan can be right there for more people living with cancer.

Friday 24th September 2021

9am — 12pm

Flitwick Village Hall, Flitwick, MK45 1HP



Cakes, cuppas and cash at the ready!



WORLD'S BIGGEST
**COFFEE
MORNING**

**MACMILLAN
CANCER SUPPORT**

Macmillan Cancer Support is registered charity in England and Wales (204471) and Scotland (SC044957) and a company limited by guarantee in England and Wales (02044957). Macmillan Cancer Support is a registered charity in England and Wales (204471) and Scotland (SC044957).

MAC2021



Come and join us on **Saturday 25th September** at Millennium Park for a day of fun at the Flitwick Family Fun Day!

We have a fantastic day planned with a free traditional funfair, free outdoor cinema, food court and stalls, plus the chance to throw wet sponges at the Town Mayor, FTC Councillors and the Town Clerk in the stocks!

The fun will begin at 12 noon with the last film ending at 10pm and promises to be a wonderful day for all the community.

The day is funded by Central Bedfordshire Council's allocation of the government's 'Welcome Back Fund' to support the local high street and to help bring people back to the town centre.



Funded by  European Union
Funded by  HM Government

Flitwick Town Council's
**FLITWICK
FAMILY FUN DAY**

SATURDAY 25TH SEPTEMBER 2021
MILLENNIUM PARK
12 NOON - 10PM

FREE Outdoor Cinema

SHOWING
2-4pm: Moana
5-7pm: Night at the Museum
8-10pm: Grease

With **FREE** Popcorn*
*Whilst stocks last

PLUS FREE Traditional Fun Fair

Supported by Central Bedfordshire Council
Organised by Flitwick Town Council
For more information: 01225 531880 or welcomeback@flitwick.gov.uk
[Facebook](https://www.facebook.com/FlitwickTC) /FlitwickTC [@NewsFTC](https://twitter.com/NewsFTC) [Instagram](https://www.instagram.com/flitwicktowncouncil) /flitwicktowncouncil
www.flitwick.gov.uk



FREE Outdoor Cinema

SHOWING
2-4pm: Moana
5-7pm: Night at the Museum
8-10pm: Grease



With **FREE** Popcorn*
*Whilst stocks last

PLUS FREE Traditional Fun Fair

Flitwick Surgery Update

We would like to thank our patients for their consideration during the challenging pandemic period, during which the surgery remained open with our clinical and admin staff all working to maintain services and deal with additional workload as a result of the global health crisis.

With the transition to telephone triage we now have more patient contacts every day whilst retaining face-to-face appointments for those who need to be seen in person. Other services, including immunisations, cytology screening and phlebotomy, are also back to pre-pandemic levels.

We are re-modelling the waiting room which we intend to re-open in the next couple of weeks. For the safety of patients and staff, we still need visitors to wear a face mask at all times and our staff will do the same. We will continue to ensure distancing within the premises and are allowing a limited number of people in at a time (primarily those waiting for their appointment, enquiries or collecting paperwork/ prescriptions).

Winter Flu Clinics

The clinics started on 14th September and this year will run from 9am to 8pm to make it easier for people to attend appointments. Last year we vaccinated over 4,000 people in the area.

To help with bookings, appointments can be booked directly through the NHS or Airmid apps or SystmOnline account. Alternatively, you can book via the Flitwick Surgery website or give us a call.

Once we receive the rest of our flu stock dates for October will be available and for those aged under 18 years. Details will be posted on our website and we will send reminders to our patients.

Going forward, we will be reviewing if we can expand our online booking platform for other types of appointments.

Blood Bottle Shortage

We would like to thank all our patients for their patience regarding the national shortage of blood sample bottles.

In July we took in the region of 700 patient blood samples and worked hard to bring our service back to pre-pandemic levels. Due to the current national shortage we have had to scale back our routine blood testing. Once the shortage is over we will commence this service. We value our patients' consideration as this national shortage has created a problem across the NHS.

Contacting the Surgery

As well as contacting us by telephone you can submit an enquiry via our website at www.flitwicksurgery.co.uk or send us a message via your SystmOnline Account.

Flitwick Surgery

Flitwick Dolphin's swimmer Harry Rowson had an amazing time with Olympic champion Adam Peaty as well as other swimming Olympians at Adam Peaty's 'AP Race Clinic Tour 2021' held at Repton School, Derbyshire.

The day was separated into three parts for the swimmers with a separate session just for parents.

The first session for the swimmers was land training with work in the gym led by Rob Norman, who is Adam Peaty's gym coach. This focused on numerous bodyweight exercises and improving swimming specific pathways.

The second session was called 'Racing Edge' and was based around the mental side of racing and how elite swimmers get the winning edge through focus and mental fortitude.

The third session, probably the most exciting one for Harry, was in the swimming pool. 45 minutes with Ed Baxter who is Adam's swim partner, focusing on the push off and turns with, not surprisingly, Adam focusing on breaststroke.



Adam then went through arm exercises, firstly doing mini breaststroke then showing them how he did 'speed arms' and gauging how many pulls they could do in 15m. A pull buoy was then used for a breaststroke kick set and to see how many kicks they could do as a minimum with strong propulsion over 15m. Harry learned that he is able to cover 15m with three breaststroke kicks.

Out of the pool, to finalise the day's events, there was a great presentation made by Adam with a Q & A session.

All in all Harry had an absolutely amazing time with Adam and other Olympians. He now proudly wears his Adam Peaty swim cap at training and has come away with wonderful memories.



(from L to R above)

Harry with Michael Gunning (dual Jamaican British record holder for 200 fly, 200 free, 400 free); Ed Baxter (Youth Commonwealth Games champion & Adam's swim partner); Harriet West (Commonwealth Bronze medallist) and Tom Bates, Racing Edge.



Article sent in by Flitwick Dolphins

Flitwick Fun Palace

Final plans are being made for the Flitwick Fun Palace which returns this year on **Saturday 2nd October**.

The Fun Palace is a national campaign for culture for both children and adults, with an annual event every October featuring a whole host of activities run by, and for, local communities.

It's all about sharing your talents and getting to know your neighbours. It also gives people of all ages the chance to get involved and try something new. Why not give it a go?



For more information on what is happening on the day please call 01525 631900 or email info@flitwick.gov.uk

Stitchers Christmas Project

This Christmas the Stitchers group are planning to decorate the town with knitted Christmas crackers! If you would like to take part in this community project you can create your own crackers to go on display.

Crackers can be any colour. If you need wool we do have a small supply at the Town Council offices. We would need your crackers by **10th November**. You can drop them off at The Rufus Centre during the week or come and see us at Flitwick Market on the first and third Friday of the month.

For more information on the project please contact Zoe, Community Services Officer on 01525 631900 or email zoeputwain@flitwick.gov.uk



Festival for Older People

Friday 1 October 2021 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:



0300 303 8554



info@healthwatch-centralbedfordshire.org.uk

Supported by:



Flitwick Town Council



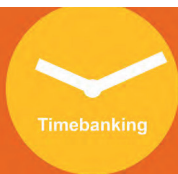
Integrated Care



Timebank

Have some spare time?

Want to help others and learn new skills?



Central Bedfordshire

Join the Timebank

Timebank is a free exchange of time



Timebanking UK



Central Bedfordshire Council

Could you give an hour of your time to help someone?

Timebanking is a free exchange of time and is a great way to share your skills, make friends and feel supported by your community.

Maybe walk the dog, do the shopping, bake a cake, mow the lawn or just have a chat?

For each hour that you give you also gain an hour of free help with anything that you need.

Call your local timebanking co-ordinator for an informal chat on 07392 722296 or email timebanking@bedsrcc.org.uk

Share Your News

If you have a story to share with us please get in touch with us via email:

beverleyjones@flitwick.gov.uk or call us on 01525 631900.

Flitwick Papers is published on a quarterly basis. The next issue will be published in December.

Publicise Your Event

If you are planning an event in Flitwick you can now upload the details to the Calendar of Events on our website to help publicise what you have planned. And, if you are looking to find something to do, it's a great place to start looking as you can view what's planned day by day.

Simply visit www.flitwick.gov.uk/whats-on/calendar-of-events

If you don't have online access just give us a call on 01525 631900 and we will add the details for you.

Regular Activities Return

The Community Services team are delighted to be back organising our regular activities again including Bingo, Forget Me Not Group, Men's Club, Painting Circle, Stitchers and Dance Fitness.

The Over 60s Lunch Club were able to meet together in The Lockyer Suite for the first time on 14th September with over 40 guests joining us for the afternoon - see page 8 for details of the next dates and menus.

Forget Me Not

A group to support carers and people with memory problems or Dementia run by volunteers

1:30pm—3:30pm

At The Rufus Centre

Steppingley Road, Flitwick, MK45 1AH

13th September – Beds Fire and Rescue service

11th October – Bedfordshire Wellbeing Service

8th November – Flower arranging with Flitwick Flower Club

13th December – Christmas Party

The sessions provide vital support because not only are loved ones looked after by devoted volunteers, but carers can spend time sharing their experiences and supporting one another whilst facing the intensely challenging process of caring for somebody with Dementia or memory problems. It is also possible for carers to come along without their loved one.

It can be quite daunting to turn up to a new group but one thing's for sure, if you want to speak to people in a similar situation to you, Flitwick Forget Me Not Group is a good place to start. Healthcare professionals do not run it but the carers who come along regularly say they get a lot of invaluable help from it.

For more information please contact Susan Eldred — 01525 631900



Organised by Flitwick Town Council

Come Along and Join Us

Men's Club



Monday Afternoons

1.30 - 3.30pm

**Flitwick Club
High Street, Flitwick**

£2 a week – First Week Free

A social club aimed at men over 55

Come along and enjoy a relaxed group while playing darts, dominoes and pool.

Free tea, coffee and biscuits.

Regular trips organised to local places of interest.



Organised by Flitwick Town Council

For more information: 01525 631900 or

2020p@flitwick.gov.uk



/FlitwickTC



@NewsFTC



/flitwicktowncouncil

www.flitwick.gov.uk

Back from

6th September



The last Friday of the month

Flitwick Village Hall

No need to book

From 2pm

**Free transport available for
Flitwick residents**

18 Over 18's only



Organised by Flitwick Town Council
For more information: 01525 631900 or

susaneldred@flitwick.gov.uk



/FlitwickTC



@NewsFTC



/flitwicktowncouncil

www.flitwick.gov.uk



Dance Fitness @ Flitwick

**If you're 60+ and want to keep active
give this class a try!**



Monday

(term time only)

8.20am — 9.20am

Flitwick Village Hall

*A fun and friendly exercise class with varying intensities,
ideal for those looking to improve flexibility, agility,
aerobic health, balance and strength.*

*The class will incorporate dance steps and routines with
aerobic fitness activities to bring you a class that is
guaranteed to keep you agile for longer.*

All abilities and experience welcome.

**Free trial session available
Booking required**



Organised by Flitwick Town Council
For more information: 01525 631900 or

2020p@flitwick.gov.uk



/FlitwickTC



@NewsFTC



/flitwicktowncouncil

www.flitwick.gov.uk



Poppy Appeal

The Flitwick branch of the Royal British Legion are looking for volunteers to help with the Poppy Appeal collection in the town this year.

The Poppy collection in Tesco, Flitwick is planned from **Thursday 28th October** and will be running until **Wednesday 10th November**.

Volunteers are needed to help every day between 8am to 8pm except on Sundays which will be from 10am to 4pm.

Any help will be greatly appreciated by everyone involved.

If you are interested in helping with this year's Poppy Appeal collection please contact Michael Eves on 07977 267515 or email michael.eves@aol.com for more information.

A Remembrance Service will take place on **Sunday 14th November**.



Keith Blumire

It is with great sadness we advise that former Town Councillor Keith Blumire died on 28th May 2020 aged 66 years. He served on Flitwick Town Council from 2005 - 2013 and sat on the Planning Committee.

During this time he was involved from the outset of Center Parcs Woburn Forest, Manor Park and Flitwick Central Hub development.

Keith moved to Flitwick in 1983 from Surrey and saw many changes in the town. He is survived by his wife and two sons.



Due to the non-publication of Flitwick Papers during Covid-19 we were delayed in including this obituary for Keith Blumire.



Central
Bedfordshire

great
communities

Flitwick Community Action Day

Friday 8 October 2021

**I wish
someone
would fix
that street
light**

**I just want
some advice**

**People
always park
in the bus
stop**

We will be carrying out home visits, providing crime and fire prevention advice, street cleansing, high visibility patrols, business visits, highway improvements and clearing rubbish

Come and see us on Millennium Park between 9am and 3pm

We want to hear your views, let us know of any issues in your local area and how we can help to resolve them.

**Call us on 0300 300 8301 or email
community.safety@centralbedfordshire.gov.uk**

**have
your
say...**

Community News & Events

Flitwick Golden Age Club

Come and join the Flitwick Golden Age Club. We meet every Thursday afternoon at the Village Hall from 2pm-4pm. Our aim is to connect people and have fun at the same time.

Since our return in May our members seem to enjoy just chatting and catching up with each other. We also play bingo and have cards, scrabble and dominoes. During the year we also go out for lunch or have fish and chips at the hall.

There really isn't an age range although we are mostly 60 upwards, our oldest member is 101!

We try and arrange transport if possible. If you need any other information please contact Sheila on 01525 713010 or Colin on 01525 714514. It would be lovely to see you.

Fancott Miniature Railway

The Fancott Miniature Railway has started a fundraising campaign to buy a wheelchair accessible carriage. The railway has set aside £1,000 towards the carriage which costs £6,400 and is holding several fundraising events this year to put further funds towards the carriage. A Just Giving page has also been created.

The 7 ¼" gauge railway runs for approximately 1 km in the gardens of The Fancott just outside Toddington and is entirely run by volunteers. The railway is always in need of more volunteers - would you be interested in driving a train, being a guard, working in the ticket office, signal box or just coming along to do some odd jobs? We are a friendly, social bunch.

All money raised is used for the upkeep and improvement of the railway and to offer free rides to community groups.

For more information on fundraising events and volunteering please visit the Facebook page or visit www.fancottrailway.co.uk



Mid Beds Flower Club

The first Mid Beds Flower Club demonstration since pre-COVID 19 is taking place at 7.45pm on **Thursday 14th October** at the Village Hall with Daphne Grant. Visitors are welcome, £6 per person.

Looking ahead Mid Beds Flower Club Christmas demonstration is on **Thursday 11th November**. For more information please contact Marion Tucker on 01525 795252.



Santa Experiences

Breakfast with Santa

Enjoy a delicious cooked breakfast experience with Father Christmas

A full English Breakfast or American Pancakes and a drink, letter writing to Father Christmas, Reindeer Food, meet & greet with Father Christmas and a gift!

£12.50 per child

A full English Breakfast and a hot drink

£8.50 per adult

Saturdays: 4th, 11th & 18th December 10am

Pre-booking essential: 01525 631905

These experiences will take place within COVID 19 Government Guidelines for the hospitality industry at the time of the event



The Rufus Centre, Steppingley Road, Flitwick, Bedfordshire, MK45 1AH

Tel: 01525 361905

events@therufuscentre.co.uk



/The Rufus Centre



/ The Rufus Centre

www.therufuscentre.co.uk

Education Grants

Are you starting your second year of university or apprenticeship this September?

Flitwick Combined Charities offer a one off support grant to students whose home is in Flitwick and have completed their first year at university, or in an apprenticeship and are about to enter their second year.

To apply for a second year education grant please visit www.flitwickcombinedcharities.org.uk and download the application form.

Forms must be returned by **30th September**.

If you need more information please contact the Flitwick Combined Charities' Treasurer Ann Lutley on 01525 712837.



Casual Vacancies

We are looking to recruit a number of Hospitality Assistants to work on a casual basis at The Rufus Centre.

If you are interested in working with us or would like more information please call 01525 631905 or email bookings@therufuscentre.co.uk



RENDEZVOUS

Café & Bar

We're Recruiting!

LOOKING FOR CASUAL WORK?

HOSPITALITY ASSISTANTS REQUIRED

Due to an increase in the number of events and a busy Café, the Town Council requires a team of casual Hospitality Assistants to support the current Rufus Centre Team in providing well managed events.



For further information or to apply for this post, please email bookings@therufuscentre.co.uk or call 01525 631905.

COMEDY NIGHT

TICKETS £12

13th
November
2021



Glenn Moore

Edinburgh Comedy Award
Nominee appearing on
Mock the Week and can be
heard daily as one quarter
of the Dave Berry
Breakfast Show!



Paul Revill

'Steals the show' ****
Three Weeks



Angela Barnes

"Brilliantly Funny" Sarah Millican

Appearing on Russell Howard's Good
News, Russell Kane's Whistle Stop Tour
and more...

**BRINGING COMEDY
ROYALTY TO:**

Flitwick

DOORS 7:30pm SHOW 8:15pm

THE RUFUS CENTRE, FLITWICK, MK45 1AH

Over 18s only - Bar available

BOX OFFICE: 01525 631900/EVENTBRITE (booking fee may apply)



Organised by Flitwick Town Council &



Castle Comedy



@EventsFTC



FlitwickTC



/flitwicktowncouncil

The Rufus Centre

It's been another busy few months at The Rufus Centre as we continue to see the return of meetings, events and exhibitions.

At the end of August we said a fond farewell to the fantastic team of staff and volunteers at the Vaccine Hub who had been based in the Lockyer Suite for several months as the national vaccination programme was rolled out. They have now moved to Chicksands

We have also been busy with several weddings and party celebrations. We recently had some great feedback from one of our guests who had a special joint 50th birthday party, complete with a DJ and photo booth and plenty of dancing on the night.

Our in house catering team provided a delicious finger buffet and the ceiling canopy created a great atmosphere in the room.

'It was a fabulous party, we want to thank all your staff especially Carl and Gemma. The bar staff were great under some strong pressure at times and we appreciate their hardwork. So many guests commented on the quality of the buffet and there was certainly enough.'



Rendezvous Café & Bar

Friday Nights@Rendezvous have made a welcome return with quiz and bingo nights, pizza and prosecco and live music. Each month there is a different event planned including a special Christmas Party Night to kick start the festive celebrations on **Friday 26th November**.

The Rendezvous Café & Bar is open Monday to Friday 8am to 4pm and Saturdays 8am to 2pm. A full takeaway service is also available.

Tel: **01525 631905**

Email: Bookings@therufuscentre.co.uk

 /TheRufusCentre
/WeddingsAtTheRufusCentre

 @RufusCentreFTC

 /therufuscentre

The Rufus Centre
 Meet, Work, Celebrate
www.therufuscentre.co.uk

RENDEZVOUS

Café & Bar

Friday Nights @Rendezvous

New event programme!

Doors open 6.30pm : Events start 7.30pm

**24th September Cheese & Wine Night
with Live Music from Emily Woodcraft**

**Tickets £10pp (includes a sharing platter with a selection of
cheeses, crackers, grapes, chutney & glass of wine/soft drink)**

**Pre-booked
tickets only
01525
631905**

29th October Karaoke & Live Music

26th November Christmas Party Night with Live Music

Tickets for each event: £5

Follow our socials to stay in the know of all upcoming events



@RufusCentreFTC



/Rendezvous-Café-Bar



/Rendezvous_cafe_bar



The Rufus Centre, Steppingley Road, Flitwick, Bedfordshire, MK45 1AH

01525 631905 www.therufuscentre.co.uk events@therufuscentre.co.uk

Business Awards Success

Flitwick based Teaching Talons enjoyed great success at the SME Luton & Bedfordshire Business Awards held at the end of June, walking away with two awards on the night.

The mobile zoo company won the Business Innovation category and Teaching Talons owner, Becky Meredith-Shaw won Business Woman of the Year.

Commenting on the awards Becky said: "Both awards were primarily based on my work through the lockdowns last year to provide free 'Facebook Live Lessons' for all the children home schooling. I went live every afternoon during the week, for the first five weeks of the pandemic, showing the children at home a different animal, or covering a different topic. We learned about habitats, different skeletons, adaptations, behaviour, classification and even dinosaurs!

"This helped us to fund raise for the animals care, when we were forced to close (as we were initially not eligible for any government support), and gave something back to the community. As a result, we ended up branching out into virtual 'ZOOM' sessions, saving the business and even going global - having 'visited' schools in Germany and Saudi Arabia! These were also popular for lockdown birthday parties so children could still see their friends and have a fun experience! We are still taking virtual bookings today and it has stayed really relative in these uncertain times."

As a result of winning their local categories, they also went forward to be finalists in the National SME Awards.

Teaching Talons are now back open for both COVID safe, in-person visits for schools, parties, groups and events, as well as continuing their virtual provision.



If you have a business success story to share in Flitwick Papers please get in touch by emailing beverleyjones@flitwick.gov.uk

Greeting Cards & Gifts
For Every Occasion!



BOX OF DELIGHTS
EST. 1990

www.boxofdelightsflitwick.com
2/3 Cowlgrove Parade, Flitwick, MK45 1AJ



**Zen Hardstyle and Sport
Kettlebells**

Contact – Peter Hayward
Certified StrongFirst and International
Kettlebell and Fitness Federation Coach
07725 348835
www.zenkettlebells.uk

CASH FLITWICK & AMPHILL
Fitnes
PILATES, DANCE, KETTLEBELLS & MORE..
**MOVE MORE
FEEL BETTER
HAVE FUN**
CLAIM YOUR FREE TRIAL WEEK
WWW.CASHFITNESS.CO.UK



**Flitwick
Pre-school**

Family orientated local pre-school
with large outdoor learning
environment. Ofsted rated "good".
Available for children aged 2-4. To
visit, or for more information call
07870 773867.



**TDT COURIERS &
LIGHT TRANSPORT**

**24 Hour Courier &
Transport services.
30 Years Experience .**

1. Courier service . 24 Hr SameDay Delivery Service .
Family Run Business and Trusted by our customers .
Accounts Welcome . Uniformed Smart Drivers . 30
Years experience in Transport and Courier Services
Reliable and good communication at all times . Call us
now for a Quote .

Call Tony on
Mobile - 07767457792
Office - 01525-752430.

Small Vans - Big Vans - Luton Box vans with Tailfits -
Curtainside Vans .
Contracts & One off Deliveries .
Commercial - Industrial - Domestic Jobs taken on .
Cards Payments Accepted

48 St Marks Close
Flitwick, Bedfordshire MK45 1HG. tdt.couriers@gmail.com
<https://tdt-couriers-lutonweb.com>



Danny's
Garden
Maintenance

Danny Wright

07702524676

dannywright88@outlook.com

**For weekly or fortnightly
garden maintenance call
07702524676**



Funded by



HM Government

Flitwick Town Council invites you to the

FLITWICK FAMILY FUN DAY

SATURDAY 25TH SEPTEMBER 2021

MILLENNIUM PARK

12 noon - 10pm



FREE Traditional Fun Fair
FREE Outdoor Cinema
Food Court
Stalls



Supported by Central Bedfordshire Council



Organised by Flitwick Town Council

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



/FlitwickTC



@NewsFTC



/flitwicktowncouncil

www.flitwick.gov.uk

