

Flitwick Papers

Spring 2022



*Bluebells & Wild Garlic in
Flitwick Wood in April*

What's Inside...

- Community Grants
- Easter Egg Trail
- Resident Driven Projects
- Manor Park Heritage Works

What's On...

- Lionel Richie Tribute Night:
Saturday 23rd April
- Platinum Jubilee Afternoon Tea:
Friday 3rd June
- Flitwick Family Fun Day:
Saturday 11th June



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

HOW TO GET IN TOUCH

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	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

Central Bedfordshire Councillors

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

Flitwick Papers

Flitwick Papers is published by Flitwick Town Council on a quarterly basis. The next edition will be Summer 2022 which will be distributed in June. To share your news and events in Flitwick Papers email beverleyjones@flitwick.gov.uk or call 01525 631900

Contact Flitwick Town Council:

- Allotments
- Burial Ground
- Community Grants
- Environmental Improvements
- Events and Activities
- Hub Car Park
- Manor Park
- Play Areas, Parks & Open Spaces
- Resident Driven Projects
- The Rufus Centre
- The Rendezvous Café & Bar
- The Hub
- Youth Hub

Call: 01525 631900

Email info@flitwick.gov.uk

Contact Central Bedfordshire Council:

- Archives
- Amenity Areas
- Education
- Environmental Services
- Grants
- Grass Cutting
- Highways
- Industrial Estates
- Libraries
- Litter Clearance
- Planning
- Recreation & Leisure
- Refuse Collections
- Recycling,
- Social Services
- Street Lighting
- Trading Standards,
- Traffic Management
- Youth Services

Call: 0300 300 8000

Welcome to another action-packed edition of Flitwick Papers! It has been fantastic to be out again in our community, meeting residents and seeing things return to some form of normality. Highlights for me have included meeting Flitwick Scout Group's 'Squirrels', the group's newest and youngest members, and meeting with members of the Redborne Environmental Group. I have also been proud to represent our town at several civic events across the county attending events in Stotfold, Sandy, Houghton Regis and Leighton Buzzard.



As spring beckons, staff are focusing on outdoor spaces with exciting projects planned for Manor Park, planting 500 specimen trees, saplings and hedgerows as part of the Queen's Green Canopy, and new playground equipment at Station Road and Beaumont Court.



We have exciting plans to celebrate the Queen's Platinum Jubilee, and the free Flitwick Family Fun Day will return on Saturday 11th June. Finally, I'll be hosting two Murder Mystery events on Saturday 19th March, raising money for Mind BLMK and Respite at Home Volunteers Mid Beds & Ivel Valley.

The Council continues to support local community groups by providing free meeting space at The Rufus Centre, leasing land to community groups, and through the Community Grants scheme, which is now open for applications. Please get in touch if we can help!

Your Councillors continue to seek feedback from the community through our annual survey, ensuring that the Council continues to deliver services and events that are valued by the community. We have lots of new ideas for the year ahead and we're very interested in your views and ideas.

Best Wishes.

Cllr Andy Snape

Town Mayor

You can find out more about Cllr Snape's work as Town Mayor at <https://www.facebook.com/councillorandysnape>

Residents' Survey - Share Your Views

We have launched a new Residents' Satisfaction Survey and want to hear your views on living in Flitwick; the work of the Town Council and your Councillors, and the services and facilities it provides.

In particular, we're keen to receive views on the Barclays Building and frontage purchase by the Town Council in November.

You can complete the survey online via the QR code below. Alternatively paper copies of the survey are available to collect from the Town Council offices at The Rufus Centre and from our Community Services stall at Flitwick Market on the **18th March** and **1st April**. If you would like a paper copy sent to you please give us a call 01525 631900.

We plan to run the survey on an annual basis and the results of this first survey will be used as a benchmark to measure the Town Council's performance and progress made in improving the local area.

Survey feedback will be presented at the public Annual Assembly Meeting on **26th April** (see page 6) and available on our website and social media.

The survey closes on **4th April** and should take around 5 minutes to complete.



Your town, your valued opinions!
Scan the QR code to complete
the Residents' Survey

Meetings Calendar

March

29th	Planning
April	
12th	Community Services
14th	Business Services
19th	Town Council
21st	Planning
26th	Annual Assembly
28th	Corporate Services

May

3rd	Community Services
10th	Planning
12th	Business Services
17th	Annual Statutory
26th	Personnel
31st	Planning

Meetings start at 7.45pm

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**

There are some exciting improvements taking place in Manor Park this year. In particular, we're delighted that planning consent was given in January for heritage works to repair and restore the South Gate (on the A5120 opposite Flitvale) and the ornamental bridge in the arboretum. The majority of the work will be funded by Central Bedfordshire Council's Green Infrastructure Planning Obligations Funding.

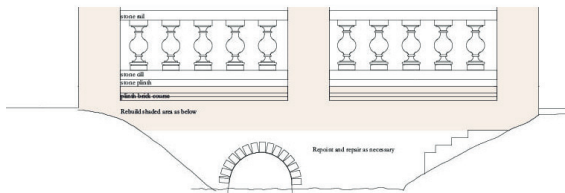
(See outline plans at the bottom of the page).

New Footpath

Regular visitors to Manor Park will have noticed work taking place to reinstate a footpath alongside the road from the South Gate to the main entrance. Two new bridges are being created and will provide more opportunities to explore the beautiful park with the circular walkways.



Bedfordshire Parish Paths Partnership (P3) volunteers have been working with our Public Realm Team on this project. We hope the new footpath will be completed by the summer.

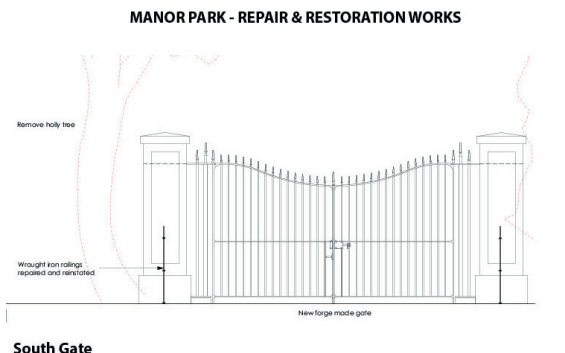


Ornamental Bridge

Parkland Management Plan

Planning further ahead we're delighted to have received funding from the Rural Payments Agency and Greensand Country to create a Parkland Management Plan.

Working with experts in this field we will be looking at several key elements to restore Manor Park to its former glory for everyone to enjoy.



South Gate

Community Grant Applications Open!

Are you a non-profit organisation or a registered charity in need of funds to help benefit the Flitwick community?

We're keen to support local clubs, groups, organisations and charities who provide support and opportunities for people living and working in the town.



Perhaps you're in need of some new equipment or would like to introduce a new service to the community.

Last year the Town Council awarded community grants to a wide range of groups and organisations including Flitwick Community First Responder Group for new equipment; Kingsmoor Lower School for shade sails; Flitwick Cricket Club for mobile cricket covers and Mid Bedfordshire NCT branch to continue to provide support and advice for new parents.

Visit our website to view the grants policy, check eligibility and download an application form. You can also see the full list of groups and organisations we supported with 2021-2022 grants.

If you have any questions regarding the application process or would like more information and an application form sent to you please email info@flitwick.gov.uk or call 01525 631900.

All grant applications will be considered by the Community Services Committee. Closing date for applications is **1st April 2022**.

Annual Assembly

Join us on **Tuesday 26th April** at the Annual Assembly meeting at The Rufus Centre to hear about the work of the Town Council and plans for the future.

We will also be presenting the results of the Annual Residents' Survey launched in March (see page 4).

The evening starts at 7.15pm with refreshments and the opportunity to meet your Town Councillors informally before the meeting starts at 7.45pm. For more information get in touch on 01525 631900 or email info@flitwick.gov.uk.

Limited Eggs
available, once
they are gone,
they are gone!



Free

EASTER EGG TRAIL

Thursday 14th April 10am

Flitwick Woods, Tennyson Road Entrance

No parking available - Please walk where possible.

Sponsored by

OSBORNE
INFRASTRUCTURE

Win An Egg
Every Time



Organised by Flitwick Town Council

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

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/flitwicktowncouncil www.flitwick.gov.uk

The Queen's Platinum Jubilee Celebrations

Planning for the Queen's Platinum Jubilee celebrations is in full swing. Flags and bunting have been erected around the town centre and at Brookes Road, and a special afternoon tea is being held at The Rufus Centre on **Friday 3rd June** (see page 9).

The Stitchers group and friends are busy working on a special project for the Queen's Platinum Jubilee, creating knitted and crochet flowers which will be used to decorate the town for the Jubilee celebrations.

We are planning to create a spectacular display around Flitwick for all the community to enjoy. Can you help us by getting involved in creating some flowers? We are looking for pastel colours or red, white or blue flowers of any size.

Flowers can be dropped off at the Town Council offices at The Rufus Centre or to our Community Services Team who are at Flitwick Market on the 1st and 3rd Friday of each month.

If you need patterns or wool please contact Zoe on 01525 631900 or email zoeputwain@flitwick.gov.uk The deadline is **6th May** to allow the flowers to be incorporated into the royal displays

Scarecrow Festival

The theme of this year's Scarecrow Festival will also be commemorating the Queen's Platinum Jubilee.

Celebrating 70 years - 1952 to 2022 we can't wait to see your scarecrow creations this July.

Our Community Services Team are also planning Jubilee themed craft and quiz packs for everyone to enjoy!

Keep up to date with the latest plans on social media, visit www.flitwick.gov.uk or contact our Community Services Team on 01525 631900.



FLITWICK'S SCARECROW FESTIVAL

FREE ENTRY

THEME:
Celebrating
70 years
1952 - 2022

DISPLAY YOUR SCARECROW FROM SATURDAY 2nd JULY TO SUNDAY 10th JULY

Scarecrows can be BIG or SMALL, just get creative!

Organised by Flitwick Town Council
For more information: 01525 631900 or zoeputwain@flitwick.gov.uk
www.flitwick.gov.uk
@NewstedTC #flitwickTC flitwicktowncouncil



To book
call 01525
631900

The Queen's Platinum Jubilee Afternoon Tea



Join us for a traditional
Afternoon Tea including a special
Jubilee Beacon Tart



Music from
May Blossom, Vintage Songbird



Friday 3rd June 1:30pm
The Rufus Centre, Flitwick
Tickets - £15



Organised by Flitwick Town Council

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



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www.flitwick.gov.uk

Hedgehog Campaign Update

Since the Flitwick Hedgehog Survey ended in November 2021, things have seemingly gone quiet on the campaign front. However, a flurry of writing and data analysis is going on behind the scenes for a report that will be sent to Central Bedfordshire Council to lobby them for hedgehog/wildlife signage in the town.

Our iconic urban hedgehogs have declined by a third since the millennium and need our help. The cause is complicated and research points to several reasons not least our dense road networks and large hedgehog roaming ranges. These little creatures can travel up to 2km in one night.

The preliminary survey results show that Flitwick has a significant hedgehog population with 616 sightings reported in over 100 roads from June to November 2021 and further analysis is underway such as where hedgehogs were seen the most.

Hedgehogs are one of the few mammals that are true hibernators; they drop their body temperature to match their surroundings and enter a state called torpor. This slows down all other bodily functions and allows them to save a lot of energy but makes normal activity impossible. Their fuel supply comes from the fat stores built up over the summer. Any disturbance during this period can be extremely dangerous as hedgehogs use their precious energy reserves to become active again, so make sure to be careful when gardening or clearing as there may be a sleeping hedgehog hidden somewhere.

Hedgehogs usually hibernate from October/November through to March/April. Now is the perfect time to start putting out some meaty cat or dog food and clean water for hungry hedgehogs coming out of hibernation. This will give them a good start for their year ahead.

Making your garden hedgehog friendly by putting 13cm x 13cm holes in your fence, walls and gates, and not using pesticides or slug pellets in preparation for the spring when hedgehogs are active again may encourage a little visitor. You can find more information on www.hedgehogstreet.org

If you are worried about the health or welfare of a hedgehog, please call the British Hedgehog Preservation Society for advice on 01584 89080.

For questions about the campaign to make 'Flitwick a Hedgehog Friendly Town' or about hedgehogs in general, please get in touch by emailing Helena at hogspot@outlook.com

Thank you to Lorraine McDonald for the great hedgehog photo!



Article sent in by Helena, Hog Spot

FLITWICK COMMUNITY GRANT APPLICATIONS NOW OPEN!

**Are you a
non-profit
organisation?**

**Are you a
registered
charity?**

**Will Flitwick
residents
benefit?**

**Apply for a
Flitwick
Community
Grant to
support your
project**



**Application
deadline:
Friday 1st
April**

**Visit www.flitwick.gov.uk to download an application
form or contact Susan Eldred for more information**



Flitwick Town Council

Contact Susan Eldred on 01525 631900 or email info@flitwick.gov.uk



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www.flitwick.gov.uk

SUPPORTED BY



Flitwick Town Council

MILLENNIUM
PARK
FLITWICK

FLITWICK Street FOOD HEROES

11AM
- 6PM

8TH MAY

21ST AUG

12TH
JUNE

18TH SEPT

17TH
JULY

AWESOME
DJ

MOBILE
BAR



COME & ENJOY A STREET FOOD PICNIC IN THE PARK
WITH FAMILY & FRIENDS
TASTY FOOD AND FUN! COME AND JOIN US!

Make a date in the diary for Flitwick Family Fun Day on **Saturday 11th June**.

Following on from the success of last year's event, Flitwick Family Fun Day is back bigger and better this summer.

This year we are planning a free traditional fun fair, free outdoor cinema, live music, food court, stalls and more at Millennium Park!

If you are a local business we have some great sponsorship packages available from as little as £25. A perfect opportunity to promote your business to the local community.

You can find more information on sponsorship options and stall bookings by visiting our website www.flitwick.gov.uk or contact Zoe by calling 01525 631900 or via email zoeputwain@flitwick.gov.uk



A Step Back In Time

If you have been to The Rufus Centre recently or visited the Rendezvous Café & Bar, you will have seen some amazing aerial photographs of Flitwick on display. Taken over the decades, the images clearly depict how the town has developed over the years and make fascinating viewing for anyone interested in the history of Flitwick.

If you have any old photographs of Flitwick we would love to see them and share them in future editions of Flitwick Papers, on our website and via our social media channels.

Please email info@flitwick.gov.uk or visit the Town Council offices at The Rufus Centre.



Central
Bedfordshire
Libraries

Flitwick
Library

Central
Bedfordshire

great
lifestyles



Every Tuesday at
Flitwick Library
9-1pm

Some clubs
are coming
back!

Are there any clubs **you**
would like to see or join at
Flitwick Library?

If there are then let us know!

You can either pop into the
Library or send us an email at

flitwick.library@centralbedfordshire.gov.uk



www.centralbedfordshire.gov.uk/libraries



**BRIDGE
CLUB**

Every Friday at 2pm!
Starting Friday 4th March
2022

We are open
as usual!



CBClibraries



@cbc_libraries



@centralbedslibraries

Ever thought of learning a new language, or dusting off one you used to know? After the times we've been through, maybe you're looking for a new interest, or even to travel abroad again!

Flitwick Library Language Café meets at 11am on the 2nd Saturday of every month. If you're nervous about languages, don't worry. We're not all experts; we're simply there to help each other. We pick different subjects each time, sometimes with games, and we learn by talking and asking questions. While these aren't lessons, or a language course, they really help to build confidence. Our languages at the moment are French and German, but, if two or more people are interested in another language, we can start that very easily. In the past, we've had Spanish, Italian and Bulgarian, and we have links with other language speakers as well.



So, what are we doing this year?

April 9th - Virtual Walk - What to see on a walk in the local area

May 14th - Favourite Books

June 11th - Flitwick Family Fun Day - Come and visit our stall and activities

July 9th - Greetings - and other helpful phrases

Aug 13th - French Wine and Chateaux - Live, by Zoom, from members in the Bordeaux region!

Sept 10th - Holidays - Where have you been? Where would like to go?

Oct 8th - Favourite Music

Nov 12th - Childhood Memories

Dec 10th - Favourite Films

Why not come for a taster session? It costs nothing and you'll be very welcome. We're online at the moment, so you can contact us for a Zoom code, then we hope to be back together at the Library as soon as it's possible.

Contact Flitwick Library: 0300 300 8057, or look out for us on Central Bedfordshire Libraries' social media

Article sent in by Richard Luscombe, Coordinating Volunteer

The Rufus Centre is a BDAP Safe Space...



Do you need a safe space to talk to someone about what's happening in your relationship?

National helplines:

[National 24h Domestic Abuse Helpline](#): 0808 2000 247 (offers live chat service)

[Men's Advice Line](#): 0808 801 0327 (web chat available)

[LGBTQ+ DV helpline](#): 0300 999 5428 (offers live chat service)

[Karma Nirvana - 'Honour'-Based Abuse Helpline](#): 0800 5999 247

[National Stalking Helpline](#): 0808 802 0300

[Revenge Porn Helpline](#): 0345 6000 459

[Respect Phone line](#): 0808 802 4040 (for those who are worried about or want to change their behaviour – web chat service available)

[Child line](#): 0800 1111 (provides night chat service)

[Victim Support 24hr Support Line](#): 0800 168 9111 (offers live chat service)

Police non-emergency: 101

Looking for local support?

[Bedfordshire Signpost Hub](#): 0800 028 2887

[Bedford Women's Centre](#): 01234 316801

[Luton All Women's Centre](#): 01582 416783

[Stepping Stones Luton](#): 01582 457114

[Women's Aid in Luton](#): 01582 391856



Or go to the [Bedfordshire Domestic Abuse Partnership](#) website for advice and guidance about all types of domestic abuse and the services and support available for anyone affected by domestic abuse and unhealthy control in Bedfordshire.

- If you are scared of your partner, ex-partner or a family member, it is not your fault and you are not alone.
- You can use the information in this Safe Space to find help and support.
- If you are in immediate danger please call 999.

Resident Driven Projects

Do you have an idea for a project in the town that will benefit the local community but don't have access to funding to make it happen? Maybe you would like to organise something creative such as an

arts festival, book club or photographic exhibition. Or you have an idea for a project that could enhance the local environment.

Resident Driven Projects give you the opportunity to put forward your ideas to the Town Council for consideration. One lucky project will be awarded up to £5,000. There's a set of criteria that must be met for your proposal to be considered and the scheme is only open to Flitwick residents. You will need to lead the project with the support of the Council and the project must be completed within 12 months.

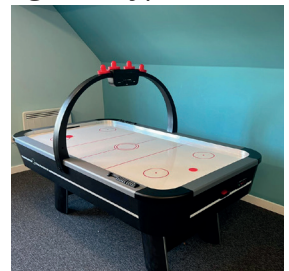
Visit www.flitwick.gov.uk for more information and to view the full criteria. You can complete an application online or call us on 01525 631900 and we'll send a form to you.

Deadline for receipt of applications is **29th April 2022**.



Flitwick Youth Hub

There's plenty going on for young people at The Hub each week in Coniston Road. Funded by the Town Council, you'll find a whole range of activities including Junior Youth Club, arts and crafts, wellbeing drop-in sessions plus the opportunity to chill out and play new games such as air hockey. Find out the full programme by visiting the Youth Hub Facebook page @FlitwickYHub, call Wendy Millgate on 07780 448599 or email wendymillgate@4ypuk.com.



Flitwick Gardeners' Association

For nearly 40 years the Flitwick Gardeners' Association (FGA) has been supporting gardeners and allotmenters in Flitwick and the surrounding villages and towns, through sales of gardening goods and provision of gardening advice to members, and running shows for members to show off their produce.

The FGA is entirely run by volunteers for the benefit of its members – it only costs £2 to join plus £2 per annum! We sell a wide range of gardening products from the 'Seed Box' located behind the old Leisure Centre on Steppingley Road, all at around cost-price. Stock range from seeds to growbags, fertilisers to tools, garden canes to bulbs – almost everything you need to 'grow your own' or brighten up your garden. Despite the fence around the site, we still trade on Saturday afternoons (2pm-4pm).

The other big area for the FGA is the three shows we organise annually in the Flitwick Village Hall, the next is the Spring Show from 3pm on **Saturday 2nd April**. Everyone is welcome at all the shows, with afternoon tea available whilst you admire the work of those exhibiting.

For more information on the FGA and the benefits of membership, see our website www.flitwickgardeners.co.uk, visit us at the Seedbox or come along to the Spring Show on Saturday 2nd April.



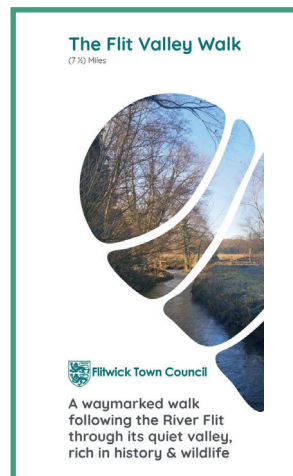
*Article sent in by
Flitwick Gardeners' Association*

Explore the Flit Valley Walk

Explore the wonders and gems of The Flit Valley Walk with a new leaflet now available to download from our website and pick up from The Rufus Centre.

The leaflet has easy to follow directions for the 7.5 mile walk that takes you through stunning Greensand Country between Westoning and Silsoe, following the River Flit.

You'll also find information on points of interest and wildlife you might spot along the way.



Queen's Green Canopy - Tree Grant Success

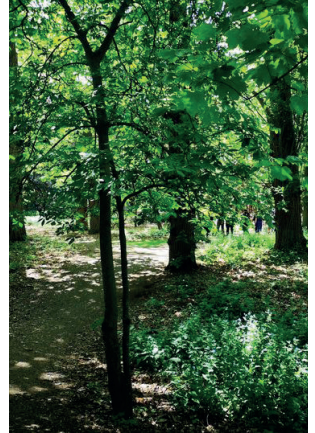
500 specimen trees, saplings and hedgerow will be planted across Flitwick for the Queen's Green Canopy this spring thanks to our successful application to Central Bedfordshire Council's Tree Planting Grant scheme.

In celebration of the Platinum Jubilee, the Queen's Green Canopy initiative will see new trees and hedgerow planted throughout the town to add to the existing tree cover and natural scrub, and create new habitat for wildlife to flourish.

Species include Rowan, Wild Cherry, Silver Birch, Lime and Beech trees as well as Hawthorn, Blackthorn and Hazel native hedgerow.

Flitwick Gardeners' Association, Bedfordshire Youth Rangers and the Parish Paths Partnership (P3) group have kindly volunteered to assist our Public Realm Team with the planting in Hinksley Recreation Ground, Station Road and Beaumont Court play areas, and on the grassed area at the bottom of Station Road.

All trees planted nationally for the Queen's Green Canopy initiative will be plotted on the website www.queensgreencanopy.org



The Great British Spring Clean

Get involved with this year's Great British Spring Clean, a nationwide initiative taking place between 25th March to 10th April.

We have teamed up once again with The Big Beds Clean Up for a special litter pick on **Sunday 3rd April**. We will be meeting at Flitwick Fisheries, Windmill Road at 12 noon to work together to help keep Flitwick tidy.

Come and join us. It is a great event for all the family to get involved with and all equipment will be provided.

Visit the Big Beds Clean Up Facebook page @BigBedsCleanUp for the latest news and dates of future Flitwick litter picks.



Community News & Events

Mid Beds Flower Club

Everyone is welcome at the next meetings of the Mid Beds Flower Club:

Thursday 14th April Illustrated talk by Kathy Brown 'The cottage garden'.

Thursday 12th May demonstration by Rekha Naidoo 'Travel through floral eyes'.

All meetings start at 7.45 pm in Flitwick Village Hall, visitors welcome £7.00

For more details please visit: www.midbedsflowerclub

Wildlife Trust BCN - Flit Vale Local Group

Events - 'Wildlife Walks & Talks'

Monday 25th April, start at 7.30pm – On-line Zoom talk

Banking on Butterflies* with Dr Gwen Hitchcock

Gwen, BCN's Senior Monitoring and Research Officer, will introduce us to an exciting new scientific project at Totternhoe Quarry and Pegsdon reserves monitoring butterfly populations, building an understanding of how different aspects and degrees of shelter affect these populations. This new knowledge will help in mitigating the effects of climate change on our butterfly populations. (Site visit planned on **14th May**)

*free, but donations at another event always welcome

Links to the Zoom meetings will be provided to all registered attendees closer to the event.

This event is open to all. To reserve a place or for further information please email Ann at flitvale.info@gmail.com or ring or text on 07580 178889.

www.wildlifebcn.org Flit Vale Local Group: www.flitvale.org.uk

Milton Keynes National Trust Association

Are you a member of the National Trust? Even if you aren't, you can join our local association in Milton Keynes that arranges visits to National Trust properties and places of special interest, lectures, holidays, and social events. You can apply for membership to our Membership Secretary Sue Dee by emailing sue-davedee@talktalk.net or call 01908 374881 or by subscribing at one of our meetings.

We meet once a month on the first Thursday of each month from 2pm to 4pm at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes MK5 7GZ. £2 for members of the MKNTA and £4 for non-members.

Squirrels Are Growing In Flitwick

Over 40 Squirrels (boys and girls aged 4 and 5) were invested as members of Flitwick Scout Group in February. Two investitures took place, one attended by Flitwick Town Council Mayor, Councillor Andy Snape and the other by Vice Lord Lieutenant Chris Sharwood Smith and Councillor Clare Thompson, Flitwick Town Council.

Darren Reeve, Lead Volunteer for Flitwick Scout Group said, "We've been blown away by the number of children who've wanted to join Squirrels. We started both Dreys in early November and within a matter of days we had nearly 40 children joining them. It's been great that some of the parents of the children have stepped forward to be volunteers with the Group."

Oscar Kitteridge said, "I love coming to Squirrels, we do fun activities, play games, have a story and sing a song. It's a great way to start my day." Oscar's father Matt said, "Squirrels has been really good for Oscar. He has gained in confidence being around children he didn't previously know."

The Group are the only one in the County that have Squirrels and they are getting enquiries to join from across the County and from neighbouring Counties.



Visit www.flitwickscoutgroup.org.uk for more information.

Article sent in by Flitwick Scout Group

Flitwick 10k Is Back!

The Flitwick 10k road running race is back for 2022 on **Sunday 10th April**. Entries are now open for the race which follows a fast, undulating course around the streets of Flitwick and surrounding areas. There is also a free junior fun run after the main race.

Follow the Facebook page @Flitwick10k to keep up to date with the latest information.

***If you have community news and events to share please get in touch:
beverleyjones@flitwick.gov.uk or call us on 01525 631900.***

***You can also upload details of events to the Calendar of Events on our website.
If you don't have online access give us a call and we'll add the details for you.***

New Youth Shelter

There's a new place to take cover in Millennium Park thanks to the installation of a Youth Shelter near the skatepark.

The distinctive blue shelter provides a great place to take cover from the rain or, as we approach the summer, a welcome spot of shade from the sun!

Funded by Section 106 funds and Bedfordshire Police's Violence and Exploitation Reduction Unit (VERU), the new Youth Shelter is the final part of the project that also included the installation of four new benches in the park in January. The two picnic benches inside the play area have been particularly popular.

By the skatepark, two new benches and a waste bin were also installed in January, thanks to funds raised at the Youth Skate Competition held last summer.

We hope everyone will take the opportunity to enjoy all the new seating now in place in Millennium Park



Time to Spare?

Would you like to meet and help people in your local community? Then Timebanking could be the group for you!

Timebanking is a free exchange of time and skills. People give an hour of their time to help someone, and earn a 'time-credit' that can be exchanged for an hour of help for themselves.

If you would like to know more and find out where your nearest group is please call on 07392 722296 or email timebanking@bedsrcc.org.uk

Could you spare the time to walk the dog, do the shopping, bake a cake, mow the lawn or just have a chat?



Central Bedfordshire

Join the Timebank!

Call 07392 722296 / Email timebanking@bedsrcc.org.uk





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The Rufus Centre

Office Space & Meeting Rooms

If you are looking for office space we currently have rooms available for new tenants. Please get in touch if you would like to come and view what we have on offer.

The Rufus Centre also provides flexible meetings rooms that can accommodate up to 200 so whether you need a small room for interviews or a large space for training we have it all! We also offer short term hire and twilight rates. Call 01525 631905 or email bookings@therufuscentre.co.uk.

It's Party Time!

We've hosted a number of party celebrations already this year for guests of all ages. The team were delighted to receive amazing feedback from a recent children's birthday party held in the Lockyer Suite:

"Great venue for a birthday party. Organising and planning was straight forward, with the local team super keen to help and support. We used one of the function rooms, for 30 4-5 year olds, two bouncy castles, set-up for food, and also space in the middle for Didicars and a balloon guy. The party went really well, and the staff on the day were excellent."

If you're planning a party in the coming months, don't forget Flitwick residents get 10% discount on room hire for evening party bookings.

Rendezvous Café & Bar

If you've not visited us before you'll find a very warm welcome awaits you at the Rendezvous Café & Bar. Our full menu is available Monday to Saturday 8am to 2pm with delicious daily specials. Between 2pm to 4pm, Monday to Friday, you'll find a selection of homemade cakes, freshly ground coffee and refreshments.

With spring finally here you can also take a seat in our outdoor seating area. Four legged friends are welcome to join you!

We're also busy with our plans to launch a new Sunday Brunch service in the coming months!



Tel: **01525 631905**

Email: bookings@therufuscentre.co.uk



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The Rufus Centre



Meet, Work, Celebrate

www.therufuscentre.co.uk

Special Wedding Package

Celebrate in Style!

A complete package for 50 day guests and up to 100 evening guests*



Exclusive use of the Lockyer Suite

~~~

Room Decorations including ceiling canopy, sparkling curtain, chair covers & bows, table centres and lighting to suit your theme

~~~

Welcome Drink

~~~

Choice of Three Course Meal & Glass of Wine

~~~

Glass of Prosecco to Toast

~~~

Silver Cake Knife & Table

~~~

Wedding Garden - perfect for photographs

~~~

Finger Buffet for your evening guests

~~~

DJ & Disco for your evening reception

£6,395 inclusive

*Additional daytime guests £75pp, evening guests £20pp.

A ceremony room may be added to the package for an additional charge.

Call our Wedding Team to discuss availability on 01525 631905 or
email events@therufuscentre.co.uk

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

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Set for Lunch!

The menus are set for the next two dates of the Over 60s Lunch Club held in the Lockyer Suite at The Rufus Centre. If you've not been before why not come along and give it a try.

Good food, great company, free raffle and the option to stay longer for a game or two of bingo!

To book your place call 01525 631900.



Over 60s Lunch Club Menu

The Rufus Centre

Starts at 12:30pm
Flitwick residents £6.50 / Non residents £7.50
Transport available for Flitwick residents

12th April

Chicken Tikka Masala or Vegetable Masala
Served with Rice & Naan Bread

~

Pineapple Upside-Down Cake & Ice Cream

10th May

Baked Salmon Fillet with a crunch topping or
Blue Cheese & Roasted Vegetable Parcel
Served with New Potatoes & Seasonal Vegetables

~

Mini Pavlova with Seasonal Berries

Call Flitwick Town Council on 01525 631900 to book.

Please note: All places must be pre-booked 3 working days in advance.
Lunch booking closes on the **Thursday** before the date, at 12 noon.
Please inform us of any allergies & dietary requirements when booking.



RENDEZVOUS

Café & Bar

Friday Nights @Rendezvous

Join us for a Special Food & Drink night:

Friday 25th March

Doors open at 6.30pm Food & Drink from 7pm*

Pre-booking
essential
01525 631905

Bottomless Pizza & Prosecco
(or beer or soft drinks!)

Tickets £15

*Pizza, prosecco, beer or soft drinks

Licensed Bar & Dessert Menu available



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

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[/Rendezvous-Café-Bar](https://www.facebook.com/Rendezvous-Café-Bar)



[/Rendezvous_cafe_bar](https://www.instagram.com/Rendezvous_cafe_bar)

Friday Nights Are Back

Join us for a Friday night with a difference at our Friday Nights@Rendezvous Pizza and Prosecco evening on **25th March**.

Tickets cost £15 and must be pre-booked in advance.

We're busy planning the schedule for the monthly events held in the Rendezvous Café & Bar at The Rufus Centre. The popular Quiz Night will definitely be returning!

You can keep up-to-date with the latest events on our social media and Rufus Centre website or give us a call on 01525 631905.

LIONEL RICHIE TRIBUTE NIGHT



Saturday 23rd April 8pm

Doors open 7pm

To book -
01525 631900
or
book via
Eventbrite*

**The Rufus Centre, Flitwick,
MK45 1AH**

**Tickets - £12 including a free
drink on arrival**

Licensed bar and food available until 8:30pm

***Booking fee applies**



Organised by Flitwick Town Council

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



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FLITWICK FAMILY FUN DAY

SATURDAY 11th June 2022

MILLENNIUM PARK

12 noon - 10pm

FREE Traditional Fun Fair (12 noon-8pm)

FREE Outdoor Cinema



FREE Popcorn

Food Court

Live Music

Stalls



Thank you to our sponsors :



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



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