

Flitwick Papers

Summer 2022



Wildflowers coming into bloom by the Station Road Play Area

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- Flitwick Scarecrow Festival Returns

What's On...

- Flitwick Family Fun Day:
Saturday 11th June
- Flitwick Car Show:
Sunday 21st August
- 90's Tribute Night:
Saturday 17th September



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	Joe Daly	07983 212807
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	Becky Meredith-Shaw	07718 923708
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 Autumn 2022 which will be distributed in September. 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
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- Libraries
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- Planning
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- Trading Standards
- Traffic Management
- Youth Services

Call: 0300 300 8000

Mayor's Welcome



Welcome to the Summer 2022 edition of Flitwick Papers!

Firstly, I'd like to formally thank the Council for electing me to serve as Town Mayor for a second year. The Council has exciting plans for the year ahead, and we will continue to serve the community to the best of our abilities with the support of our very capable team of staff.

The end of the civic year has continued to be busy, and I've been pleased to represent Flitwick at events in Luton, Woburn, Leighton Buzzard, Dunstable, Houghton Regis, Sandy and Stotfold. Closer to home, it was terrific to welcome Reverend Claire Harald, our new Vicar at St Peter & St Paul's Church, at her Licensing Service. I was also pleased to support 'The Barber', a local business that's been on Flitwick High Street for 27 years, celebrating their move to a new shop at number 10!

My two 'Murder in the Chamber' Murder Mystery events were attended by 180 people and raised a fantastic amount for charity bringing the fundraising for the last civic year to a close. Many of you will know that an important part of the Town Mayor's role is to raise money for charity. Our society faces the most significant and sustained attack on living conditions in forty years. This year, I have chosen to support two organisations that provide crucial support to Flitwick residents behind the scenes. The Town Mayor's Charities for 2022/2023 will be the **Flitwick Food Extra Project** run by Flitwick Parish Church and **Citizens Advice Mid-Bedfordshire**.

Looking ahead, the Flitwick Family Fun Day returns on Saturday 11th June, and I'm grateful to the sponsors who have made this fabulous free event possible. In its third year, the Council is pleased to continue supporting the Flitwick Car Show, which returns on 21st August! Finally, I hope you enjoyed the Jubilee celebrations, including the Laser Light Show. I'd especially like to thank the Stitchers Group for their hard work decorating the town centre. I wish you all a great Summer!

Cllr Andy Snape
Town Mayor

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



Town Mayor Re-elected

Councillor Andy Snape was re-elected to serve as Town Mayor for the 2022/2023 civic year, at the Annual Statutory Meeting in May. Councillor Snape will be supported during the civic year by Councillor Clare Thompson who was elected Deputy Town Mayor.

Commenting on his appointment, Councillor Snape said: "I am honoured to be elected by my fellow Councillors to serve as Town Mayor for a second term. I am privileged to lead a fantastic group of motivated Town Councillors and we will continue working with the Town Clerk and his team to focus on delivering our strategic priorities and responding to the needs of our community."



Congratulations to both Councillor Snape and Councillor Thompson; we wish you every success in the coming year.

Committee Structure 2022/23

The Committee Chairmen and Vice Chairmen were also elected at the meeting:

Community Services: Cllr Keith Badham;

Corporate Services: Cllr Ian Blazeby;

Business Improvement & Development Board:

Cllr John Roberts; Cllr James Gleave,

Personnel: Cllr Andy Snape; Cllr James Gleave,

Appeals: Cllr Clare Thompson;

Cllr Jeremy Dann, and **Planning Improvement Working Group:** Cllr James Gleave.



Meetings Calendar

June

7th Community Services
21st Town Council
28th Corporate Services

July

5th Community Services
12th Business
19th Town Council
26th Corporate Services

You are welcome to join us. Find the link on the meeting agenda or email stephanie.stanley@flitwick.gov.uk

Note: Dates subject to confirmation at the June Town Council meeting

August

2nd Community Services
9th Business
16th Personnel
30th Corporate Services

September

6th Community Services
13th Business
20th Town Council
27th Corporate Services

Meetings start at 7.45pm

View the full Meetings Calendar

www.flitwick.gov.uk

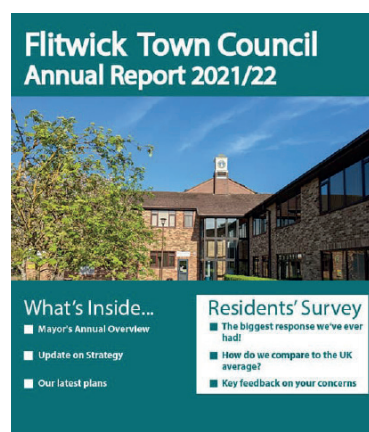
Residents' Survey Results

Hundreds of residents took their time to complete the first Annual Residents' Survey, where individuals were encouraged to share their views on living in Flitwick; the work of the Town Council and the Councillors, and the services and facilities it provides.

The results, along with the 2021/22 Annual Report, were presented to members of the public at the Annual Town Assembly in April. Guest Speakers from Amptill Community Policing Team and Central Bedfordshire Council's Safer Central Team were also in attendance.

Feedback highlighted that 65% of respondents trust Flitwick Town Council either a great deal or a fair amount and 64% felt that the Town Council acts on the concerns of residents.

The full results along with the Annual Report can be viewed or downloaded from the Town Council website by scanning the QR code. Thank you to everyone who completed the survey.



Racing for Charity!

Our Town Mayor and Deputy Town Mayor have joined forces with their counterparts at Amptill Town Council to enter this year's Flitton Potato Race in aid of Town Mayor's charities.

A very popular event, the Flitton Potato Race takes place on **Sunday 12th June**. There are race categories for all ages over the mile course. Children have their own spud and spoon race!

Find out more by visiting:

www.flittonpotatorace.co.uk



Meet Your New Town Councillors

Flitwick Town Council is delighted to welcome two new Councillors for West Ward. Joe Daly and Becky Meredith-Shaw were both co-opted to serve as Councillors at the Town Council meeting in March.

Commenting on his co-option Councillor Daly, who works as a buyer for a specialist construction company said: "I have lived in Flitwick for many years and am a homeowner in the town. My aim is to work on continuing the trend for improving local services for the community, ideally expanding support for mental health services. I hope that with my experience I will also assist the Town Council on business matters."

Councillor Meredith-Shaw moved back to Flitwick seven years ago to set up an animal encounters company. "I live in Flitwick and have a keen interest in the local community, as well as being very active within it both professionally and personally. I have met and worked with many Flitwick residents, groups, schools and clubs because of my work. I also have a passion for the environment, protecting natural habitats and encouraging wildlife. I feel that my interests and experiences will be an asset in my role as a Town Councillor."

With the co-option of Councillor Joe Daly and Councillor Becky Meredith-Shaw, the Town Council is now back to a full 17 Councillors.



Cattle Return to Manor Park

You may have spotted some new residents at Manor Park, as we have welcomed back the Limousin-cross cattle again for the summer! They will be grazing in one of the back paddocks, leaving a paddock free for residents to continue to walk around, as well as being in the field behind the lake.

We hope you enjoy seeing the cattle over the coming months! If you manage to take a snap, why not send it to us for possible inclusion in the Flitwick 2023 Calendar which we are producing to raise funds for the Town Mayor's charities this year. For more details contact zoeputwain@flitwick.gov.uk



Shape The Future of Flitwick's Developments

The Town Council has established a new Planning Improvement Working Group for Flitwick. If you are a resident who wants to influence the future development of the town, then signing up for this group may be just for you. The Town Council's role in the planning process is to represent the wider community and comment on applications as a consultee. For sites that have already been allocated for development in the CBC Local Plan, it is likely that development will proceed and in these cases it is essential to ensure that the best possible outcomes can be negotiated for the town. The Planning Improvement Working Group has been formed with the aim of engaging with Central Bedfordshire Council, residents, and developers to try to influence plans before they reach an advanced stage. The hope is to reduce any impact and to ensure that the community gets the maximum benefit from planned developments. We want to work closely with the community on planning matters in the future, and we would love for you to be part of this. Being part of the group will involve some time commitment on your part, but you will be working with a group committed to making a difference. You will work alongside like-minded people and Town Councillors to influence development in the town. You can register your interest simply by emailing the Town Council at info@flitwick.gov.uk, or calling on 01525 631900. We will then be in contact with you by the end of June to follow up.

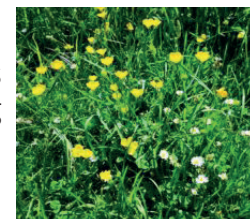
No Mow May Initiative

In May, the Council supported 'No Mow May', a nationwide initiative to help our bees, butterflies and wildlife flourish.

Our reduced mowing schedule will continue throughout the summer at Station Road, The Mount and Beaumont Road.

The amenity use of these areas will be preserved so that residents can continue to enjoy the green spaces benefitting from wildlife friendly mowing. In addition, we will not be mowing any of the wildflower areas we created last year in Millennium Park, Station Road and Hinksley Road Recreation Ground.

We will be cutting the grass in Flitwick Cemetery as normal this year as it is not part of our reduced mowing plans for this summer.

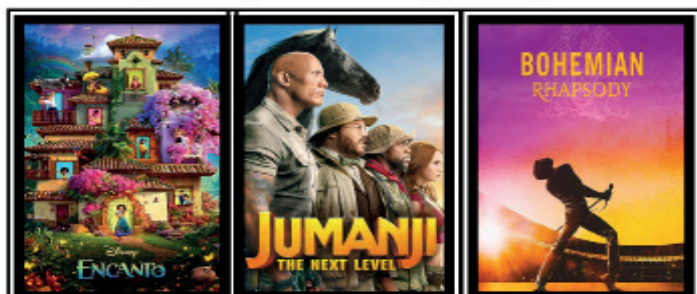


Flitwick Family Fun Day

The countdown is on! Flitwick Family Fun Day is just around the corner on **Saturday 11th June**, and we can't wait to welcome you all to a fantastic, free event for the whole family to enjoy.

Residents are in for a real treat, with a free Traditional Fun Fair, free Outdoor Cinema, free Popcorn, a Food Court, Live Music, Stalls and more.

We would like to take this opportunity to thank our event sponsors for supporting Flitwick Family Fun Day: **Flitwick & Ampthill Bathrooms, Home Instead, Merry Poppets, Octavius Infrastructure, Rebecca L Faret Solicitors, One O One, Flitwick Leisure Centre, Teaching Talons, Silsoe Leisure Centre and Red Key I.T.**



Back to the 90's - Join the Party!

Dust off those blazers and get ready for our 90's Tribute Night at The Rufus Centre on **Saturday 17th September** at 7pm.

The new school term has started, and our DJ will be taking you 'back to school' with all of the 90's classic hits! Live music will also be brought to you by Duelle Duo, paying tribute to the much-loved decade.

Tickets are £10 and can be purchased by calling us on 01525 631900 or in person at the Town Council Offices reception at The Rufus Centre. You can also book via Eventbrite (booking fee applies).



FEATURING

FREE Traditional Fun Fair (12 noon—8pm)

FREE Outdoor Cinema:

Encanto 1:45—3:45pm

Jumanji The Next Level 4:45—6:45pm

Bohemian Rhapsody 7:45—10pm

Live Music: Leanora Soul & Flywheel

Plus Stalls, Food Court & more!

**Thank you to our
sponsors :**



Organised by Flitwick Town Council

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



/flitwicktowncouncil



/flitwickTC



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Platinum Jubilee Activities

As we went to press with this edition of Flitwick Papers, preparations for the Queen's Platinum Jubilee celebrations were well underway.

You will have seen the town come to life with bursts of red, white and blue, thanks to the Stitchers, Big Knit and friends for their special display of knitted and crocheted flowers. A massive thank you to everyone who helped create the magnificent displays.

Events over the special long Bank Holiday included the Platinum Jubilee Laser Light Show and the Queen's Platinum Jubilee Afternoon Tea at The Rufus Centre.

We hope that you will have enjoyed celebrations across the town to mark this momentous occasion!

Check out our social media and website for pictures of all the celebrations.



Community Safety Plan

Together with Central Bedfordshire Council, we have developed an ongoing Community Safety Plan to look at how we can collectively tackle community safety issues in Flitwick. The evolving plan sets out prevalent and seasonal community safety issues within the town which are regularly reported by residents and will use a tailored approach to tackle the specific issues with key priorities. Going forward we will be working closely with partner agencies to improve on these factors and there will be frequent meetings to update on progress.

A big thank you to Bedfordshire Police, Bedfordshire Fire and Rescue Service, 4YPUK, Bedfordshire Victim Care Services, the Bobby Scheme and the Community Watch Groups for the collaborative approach in addressing the community safety issues in Flitwick.

Use the QR Code to view the Community Safety Plan Summary or get in touch if you would like a copy sent to you.



Give Us your Best shot!

Town Mayor Charity Fundraiser

How do you see Flitwick?

If you would like to see your photo displayed in a Town Mayor's fundraiser calendar for 2023 Get creative!



Submit your images by 26th August 2022 to:
susaneldred@flitwick.gov.uk

*Full Terms & Conditions on the website

Organised by Flitwick Town Council
 For more information: 01525 631900 or susaneldred@flitwick.gov.uk

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See your Favourite Flitwick Photo in Print

Following the success of the Flitwick Calendar fundraiser for the Town Mayor's charities, we will be producing a calendar for 2023 and need your favourite photos of Flitwick to bring the calendar to life.

With so many events going on over the summer months there will be plenty of opportunities to take some great shots starting off with the Platinum Jubilee celebrations - are you having a street party?

Proceeds from the sale of the calendar will be shared between this year's Town Mayor's charities - Flitwick Food Extra Project run by Flitwick Parish Church and Citizens Advice Mid-Bedfordshire.

Send us your images for consideration by the judging panel to susaneldred@flitwick.gov.uk by **26th August**. Good luck!

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Flitwick Views 2022

Front cover of this year's calendar

Warm Welcome to New Vicar

The new Vicar of St Peter and St Paul Church, Claire Harald, has said: "Come and say, hello." Whether you see her in the Post Office, Tesco or in the Village Hall, she invites you to go and chat to her. Claire and husband Toby, with their three daughters moved to Flitwick from Letchworth in early May. Claire shared that she has received a wonderful welcome from the people of Flitwick, and also remarked how lovely it was to live and minister in a town that has both an urban and rural feel.

Claire, who previously worked as a Children and Families Worker and who discovered her faith when she was in her 30s, said she was drawn to Flitwick Church because it was a church that embraced variety and creativity and alongside that, is an inclusive church for all people. She added that she was looking forward to the Church continuing to build its relationship with the community as we move on in recovering from the pandemic.

Flitwick Church is currently getting its groups and activities back off the ground, by reinstating the choir for children, young people, and adults; Little Fishes toddler and baby group; and continuing with the wonderful work of Flitwick Food Extra, which has provided ingredients, recipes, and activity booklets to families in the town. They are also planning to look at new ways of serving the needs of the community in the months ahead, specifically to include activities/groups for all ages.

Church on a Sunday offers a variety of services for all - young, slightly older(!), new to faith or having been to church all their lives. These services include a 9.00am Sunday Celebration on the lawn outside the Church, (bring a chair, picnic rug and maybe your dog too!) with refreshments after the service. This is followed by the 10.30am service inside the Church... again with refreshments after! Additional services, including a 'Baby Loss' and 'Blue Christmas' service occur during the year, as well as a variety of celebrations. Open daily from 9.00am to 4.00pm, St Peter & St Paul is a wonderful place to sit quietly and give yourself space and peace - all are welcome.

Lastly, if you like a chocolate tombola (who doesn't?), come and find the church stall at the Flitwick Family Fun Day on **11th June**. The stall will be running a number of traditional school fair games for children to enjoy.

For further information about St Peter and St Paul, please visit: <https://www.flitwickchurch.org/>

Thank you to St Peter and St Paul Church for sending this article.





Take a look at all the amazing clubs at Flitwick Library!

All of these clubs are now **BACK** at Flitwick Library.

All our clubs are free and anyone is welcome!

If you would like some more information or have any clubs you'd like to suggest creating, then please see a member of staff!

We look forward to seeing you!



Platinum Jubilee Themed Flitwick Scarecrow Festival

Following the huge success of our first Scarecrow Festival last year, we're delighted to announce that the Festival will make a return from **2nd to 10th July**.

The theme for this year is 'Celebrating 70 years, 1952 - 2022' to mark the Queen's Platinum Jubilee. Scarecrow displays could represent momentous occasions from the Queen's 70 year reign, they could carry a 'Queen' theme, or perhaps a tribute to the Queen's beloved Corgis, the possibilities are endless! The Festival is free to enter but you need to complete an entry form to take part. Download a copy from our website www.flitwick.gov.uk, email zoeputwain@flitwick.gov.uk or call 01525 631900. Alternatively pick up an entry form from the Town Council offices at The Rufus Centre or on our stall at Flitwick Market when we are there on the first and third Friday of the month. We hope that everyone will join in with this fantastic community event. Last year's entries were amazing!

A special map featuring all the entries will be available to download from our website so you can explore all the scarecrow locations at your leisure!



Photos from the 2021 Scarecrow Festival - theme: Heroes!

Flitwick – 'A Hedgehog Friendly Town'

The Campaign Team is delighted to announce that the 'Signage to Save Lives' report to lobby for wildlife-slow signage is now out and was sent to Central Bedfordshire Council, Flitwick Town Council and its partners in May.

A total of 616 sightings were reported between June and November 2021 town-wide. The report findings are perhaps unsurprising but this robust evidence gathered and analysed using scientific methods shows a thriving hedgehog population in and around Flitwick.

Hedgehogs have clearly made Flitwick their home and need protection. Flitwick is an urban town with a dense road network surrounded by fields. Fields with hedgerows and woodland are a natural habitat for hedgehogs who can roam up to 2km per night. Research shows that roadkill is a strong contributor to the sharp decline of hedgehog numbers over the last 40 years.

The report also shows that 96% of survey respondents support the town's hedgehog population by providing hedgehog-friendly measures in their gardens. An ongoing study by the Zoological Society London (ZSL) shows that hedgehogs also thrive in wildlife-friendly gardens and allotments.

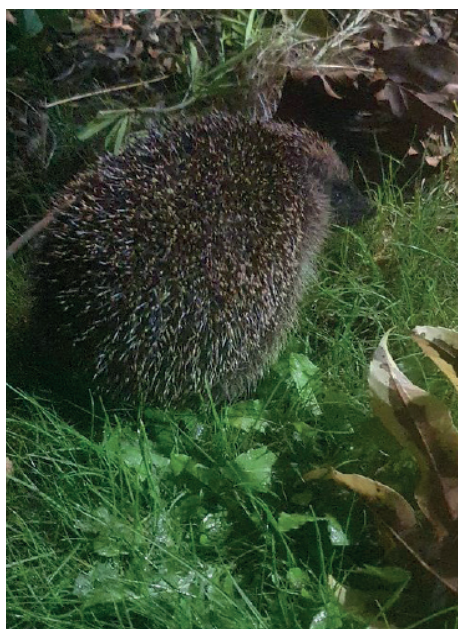
Our findings also show how installing wildlife-slow signage would be a prudent investment that aligns with Council strategy and policy and our report makes recommendations on the most effective locations to install them.

What is more, wildlife-slow signage creates a unique identity for Flitwick as a town that values its wildlife.

If you would like a copy of the 'Signage to Save Lives' report, please email Helena at hogspot@outlook.com.

If you find a hedgehog staggering around, lying still (not in a nest) with flies around it or spread out in the sun, or otherwise obviously sick or injured, use gardening gloves or a towel to gently pick it up, put it inside in a newspaper lined box, cover with a towel or fleece and offer some meaty cat or dog food and water. Once the hedgehog is settled, call the BHPS on 01584 890 801 or a vet for further advice.

Thank you to Sanjam Mann for this wonderful picture and to Helena from Hog Spot for sending in this story.



Community Grants Award

Another range of local groups and organisations were successfully awarded April's round of the Town Council's Community Grants Awards for 2022 - 2023, all of which will provide support and opportunities for people living and working in the town.

The awarded groups and organisations include: **Food Extra; Golden Age; Share: Flitwick and Ampthill; Stepping Stones and Templefield Association.**

If you are a registered charity or a nonprofit organisation and would like some funding to help support your project, the next round of grants will be available to apply for in September.

Follow us on social media for updates!

If you'd like to find out more about the awarding groups and organisations visit www.flitwick.gov.uk/about-your-council/grants-and-awards





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Over 55's Men's Club

Fancy a game of darts, dominoes or pool? Men's Club is a relaxed weekly social group, aimed at men over 55. Come along and join the friendly group for a chat over a cup of tea and a game or two, every Monday afternoon from 1.30pm to 3.30pm.

The cost is £2 per week, with the first week free! Free tea, coffee and biscuits are provided.

We would like to thank Flitwick Club for supporting the weekly event.

For more information contact zoe.putwain@flitwick.gov.uk.

A social club aimed at men over 55

MEN'S CLUB

Every Monday Afternoon
1.30pm - 3.30pm
Flitwick Club
High Street, Flitwick

£2 a week - First week free!

Free Tea, Coffee & Biscuits

Come along and enjoy a relaxed group for a chat and play darts, dominoes and pool! Regular trips organised to local places of interest.

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Flitwick Golden Age

If you are 60 plus and would like some company on a Thursday afternoon, why not join the Flitwick Golden Age. The friendly group meet between 2pm-4pm at the Village Hall for chat, fun and games, and tea and biscuits. There's plenty going on including bingo, cards and dominoes plus a raffle.

Transport can be arranged. For more information on the Flitwick Golden Age Club please call Shelia on 01525 713010 or just pop along on a Thursday afternoon.

Community Voluntary Service

Community Voluntary Service (CVS) is a voluntary and community sector support organisation, offering a range of services that enable local organisations and communities to make a difference across Bedfordshire and Luton.

If you are looking for volunteering opportunities you can search their Simply Connect Volunteer Recruitment database to see what's available in your area.

Visit www.cvsbeds.org.uk to find out more or follow 'CVSBeds' on social media.

Flitwick Dolphins Swimathon

Two teams of five swimmers in each team, in two separate lanes, were originally entered for a combined relay effort of 5000 metres (5k) per team. As they reached that point quite easily, unbeknown to the swimmers, we decided not to mention that they had reached their team 5k targets and got them to carry on swimming! So many wonderful people had made donations to the Just Giving page; having raised more than £1270 (£670 above target), it was felt that it deserved a much longer swim by the Dolphins. Just another 20 minutes on and they managed to complete yet another 5k swim, meaning that each team of five swam a relay covering 10k.

The two teams actually swam a total of 20,000 metres to raise funds for Macmillan and Cancer Research.

Well done to all the swimmers who took part at the Swimathon!

You can find out more about the club at www.flitwickdolphins.org.uk



Call for Volunteers for Uniformed Organisations

Uniformed organisations across Bedfordshire are looking for volunteers to help run their Groups and Units. At a recent meeting of Bedfordshire Youth United, Karen Keeling, lead volunteer for Bedfordshire Girlguiding detailed they had approximately one thousand girls on their waiting list.

Many of the uniformed organisations will be attending town carnivals and festivals over the next few months to try and recruit some more volunteers.

Nigel Taylor, Chairman of Bedfordshire Youth United said: "During the pandemic, all our organisations lost some members. However, with the lifting of restrictions, we have seen the numbers of children and young people wanting to join rise and we are looking for volunteers to give these young people opportunities to grow and develop." Nigel added: "There are great opportunities to work with young children from age four and upwards or to work with teenagers.

What we can guarantee is that you will have a great deal of fun as a volunteer and you will be proud seeing those young people develop new skills."

The ten uniformed organisations are Air Cadets, Army Cadets, Boys Brigade, Fire and Rescue Cadets, Girlguiding, Girls Brigade, Police Cadets, Scouts, Sea Cadets and St John Ambulance.

If you are interested in becoming an adult volunteer with any of the uniformed organisations please visit: https://forms.centralbedfordshire.gov.uk/officeforms/Volunteer_form_for_bedfordshire_organisations.ofml

Article sent in by Bedfordshire Youth United

Flittabus - Mid Beds Community Transport

Anybody can travel with Flittabus and if you have a bus pass they are accepted on all routes. The routes are designed to provide services to shops and town centres from village locations not well served by commercial bus companies.

Throughout the year Flittabus also run excursions to different places of interest including the Black Country Living Museum and Southend on Sea. For more information on routes and timetables visit www.flittabus.co.uk

You can upload details of your event 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.



Zöe Swims the Channel

Hi everyone, I'm Zöe, and I'm attempting a solo swim across the English Channel in August this year, in aid of Alzheimer's Research UK.

Having swum competitively as a child/teenager for Flitwick Dolphins way back in the 90s/early 2000s, and successfully completing a channel relay swim in 2019 raising over £10,000 for Autism Bedfordshire, I'm now having a go at a solo crossing!

I've decided to swim for Alzheimer's Research UK, as I've experienced first-hand what this truly awful disease does to people - it steals them away from you, leaving a confused, upset and sometimes angry person who no longer knows who you or anyone else is. Having lost my nanna to this, and with another family member diagnosed, it's something very close to my heart, and many other families across the UK.



I'll be swimming approximately 21 miles across the busiest shipping lane in the world, non-stop from Dover to France, in just a swimming costume, hat and goggles, aided by a support boat and crew, of which I cannot touch until I have successfully crossed the Channel. This could take me anywhere around 12-20 hours.

If you would like to donate to ARUK, please visit my Just Giving page. Any contribution will be so greatly appreciated. If you would like to be a corporate sponsor and help fund my swim in any way, please feel free to drop me a message on my social media channels. With your kind generosity, we can help Alzheimer's Research UK get that bit closer to achieving their mission of creating life-changing dementia treatment by 2025.

To keep updated on my fundraising, training and the date of my swim, please follow me @zoeswimsthechannel on Instagram and Facebook, where I'll also provide a link enabling you to live-track my swim on the day/night of the event! Thank you again for taking the time to read about my challenge and for all your continued support" Zöe Green.

Scan here to donate to
Zöe's Just Giving Page



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01525 712112 | rlfaret.co.uk

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

The Rufus Centre

We're well into the party (and wedding!) season at The Rufus Centre, having hosted a range of celebrations including a number of birthday parties for both children and adults. The team were thrilled to receive amazing feedback from a recent 40th birthday party held in the Lockyer Suite:

"The venue looked absolutely beautiful and we had so many compliments from our guests. We just want to say thank you so much and express our appreciation and gratitude for the wonderful service that you have provided. It has been lovely working with you and you made everything so easy and stress free. You truly delivered. Thank you to everyone involved and for making my 40th party a night to remember! I'm positive you'll be hearing from us again in the near future!"



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. We also offer children's birthday parties from just £65!

Rendezvous Café & Bar

The long awaited summer is here, and you'll find a very warm welcome awaits you at the Rendezvous Café. You'll find a great selection of homemade cakes and savouries which can be enjoyed in our outdoor seating area. Iced coffees, smoothies and milkshakes are on the menu to keep you cool throughout the warmer days! We're open Monday to Friday 8am to 4pm and on Saturdays from 8am to 2pm.

Look out for news of our special Children's Menu and plans for Sunday Brunch coming soon!



Tel: 01525 631905

Email: bookings@therufuscentre.co.uk

[f](#) /TheRufusCentre
/WeddingsAtTheRufusCentre

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The Rufus Centre
Meet, Work, Celebrate

www.therufuscentre.co.uk

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

BRINGING COMEDY ROYALTY TO:
FLITWICK
EDINBURGH PREVIEWS
29TH JULY

STARRING:

Seann Walsh
Star of Live At The Apollo, Rob Beckett's Undeniable, 8 Out of 10 Cats, Alan Carr: Chatty Man, The Russell Howard Hour and The Jonathan Ross Show.
"The best observational comedian of his generation" - The Guardian

ALSO FEATURING:

Jake Lambert
As seen on Comedy Central's Live From The Comedy Store and ITV2's Stand Up Sketch Show.
"Brilliant one-liners" - Chortle

Paul Reville
Bedford favourite hosts the show

TICKETS £12

DOORS 7.30PM SHOW 8.15PM
THE RUFUS CENTRE, STEPPINGLEY RD, FLITWICK, BEDFORD MK45 1AH
TICKETS: WWW.CASTLECOMEDY.CO.UK 07736 060 541

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12TH
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AWESOME
DJ

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

Lunch is up!

Can we tempt you along for an afternoon out at our Over 60's Lunch Club? Come and enjoy a freshly cooked delicious two course meal, held in the Lockyer Suite at The Rufus Centre.

If you fancy trying your luck, why not stay after lunch for a game of bingo, or two!

The cost is £6.50 for Flitwick residents and £7.50 for non Flitwick residents, which includes a meal and a free raffle.

Transport is also available for Flitwick residents.

The next Lunch Club takes place on **Tuesday 21st June**. 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
21st June Chicken Chasseur or Quorn Chasseur Served with New Potatoes & Seasonal Vegetables ~ Coconut Jam Sponge and Custard
19th July Salmon En Croute Served with New Potatoes & Seasonal Vegetables ~ Mini Pavlova with Seasonal Berries
18th August Quiche Lorraine or Vegetable Quiche Served with Salad & New Potatoes ~ Fresh Cream Gateaux
Call Flitwick Town Council on 01525 631900 to book. <small>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.</small>

Street Food Success

Delicious aromas filled the air of Millennium Park at the first Flitwick Street Food Heroes event of the year in May. Foodies enjoyed a choice of 10 street food and drink vendors, and were kept entertained by the sounds of Street Food Heroes' resident DJ Ross Millson. The event received some great responses: "Yummy Cheese Burger", "Delicious Paella", "Definitely need to have something like this more often, loved it!"

Don't worry if you missed it, there are plenty of dates scheduled for the rest of the summer! Make a date in your diary: **12th June, 17th July, 21st August and 18th September**. Follow us on social media where we will share the list of confirmed vendors prior to each event.





FLITWICK'S

SCARECROW FESTIVAL



**FREE
ENTRY**

THEME:



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**DISPLAY
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FROM
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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