

Flitwick Papers

Winter 2022



*View opposite Frogall estate by Michelle Laver -
featured in the 'Flitwick Views' 2023 charity calendar*

What's Inside...

- Flitwick Festive Celebrations
- Remembrance Parade & Service
- Cost of Living Crisis Support
- New Wildflower Areas

What's On...

- Free Community Movie Days:
21st December, 15th February
- 90's Tribute Night:
Saturday 4th February
- Comedy Night:
Saturday 18th March



Flitwick Town Council
The Rufus Centre
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Bedfordshire
MK45 1AH

Follow Us:



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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 Spring 2023 which will be distributed in March.

To share your news and events in Flitwick Papers call 01525 631900 or email beverleyjones@flitwick.gov.uk

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
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- Refuse Collections
- Recycling
- Social Services
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- Trading Standards
- Traffic Management
- Youth Services

Call: 0300 300 8000

Welcome to the winter edition of Flitwick Papers!

Despite having reached the amazing age of 96, the death of Her Late Majesty Queen Elizabeth II came as a surprise to many of us. Our town marked the passing of the late monarch with a very special candlelit service at St Peter & St Paul's Church, and I was honoured to proclaim the new King at Flitwick Town Square, watched by hundreds of residents and supported by the Deputy Lord Lieutenant and many of our cadets.



Autumn is traditionally a very busy season for civic events, and I attended events in Biggleswade, Houghton Regis and Leighton Buzzard. I also attended the High Sheriff's annual Justice Service and spoke about our community in Flitwick at a special service to welcome Susan Lousada as the new HM Lord-Lieutenant of Bedfordshire and to celebrate the work of the former Lord-Lieutenant, Helen Nellis. The Caritas Singers ladies choir sang at the annual Flitwick Civic Service, and I was pleased to host the Flitwick Civic Reception to celebrate 90 residents who regularly volunteer and help make Flitwick such a great place to live. Thanks to everyone who came to watch the Christmas Lights Switch On. We went through 120 bottles of mulled wine on our charity stall and raised a fantastic £588 for the two Town Mayor's charities, Citizen's Advice Mid Bedfordshire and Flitwick Food Extra.



Looking ahead, there are many exciting events, projects and initiatives – you'll find lots of information in this edition. I'm pleased to say that the Council will shortly be installing some smart furniture at the Town Square and I'm also pleased to hear that the Transport Interchange is due to be completed in January earlier than expected. Keep an eye out in January for more information about Proud Amptill & Flitwick, our joint project with Amptill Town Council to celebrate our LGBTQ community, and events to mark LGBTQ History Month in February.

Finally, don't forget to support our local businesses in Flitwick and shop locally where you can for those all-important Christmas gifts!

On behalf of the Councillors and Staff at Flitwick Town Council, I wish you all a very Merry Christmas and best wishes for the year ahead.

Cllr Andy Snape
Town Mayor

New Wildflower Areas

We need your help in identifying new spaces in the town for reduced mowing to create additional wildflower areas next year!

Back in 2021 we committed to a reduced mowing strategy on Flitwick Town Council owned land to increase biodiversity across the town and help wildlife flourish. We also planted wildflower areas in Millennium Park, Hinksley Road Recreation Ground and Station Road open space to provide an important source of pollen and nectar for pollinating insects, as well as habitat and food, directly and indirectly, for many other species.



We now plan to take this one step further by reducing mowing on open spaces and verges owned and maintained by Central Bedfordshire Council. Our Environmental Services Team will be working with CBC to develop these green routes across Flitwick and we want to hear from residents for suggestions of suitable spaces.

Highways infrastructure spaces such as paved roads, footpaths and junctions would not be considered but we know there will be other green spaces and verges where reduced mowing will provide important environment for wildlife to thrive.

If you have any suggestions for new locations for wilding in Flitwick please email stacielockey@flitwick.gov.uk or call 01525 631900.

Meetings Calendar

13th December

Town Council - 7.45pm at The Rufus Centre

2023

Meeting dates for 2023 are currently being finalised. To check the meetings calendar please visit www.flitwick.gov.uk or call 01525 631900.

Agendas for all meetings are displayed on the noticeboards across the town. You can also view agendas and supporting papers on our website.

Residents are welcome to attend any council meetings in person or remotely. There is always an opportunity for residents to speak under the Public Open Forum at each meeting.

Smiles and festive cheer filled Flitwick Town Square at the Flitwick Christmas Lights Switch On. The event welcomed the return of the Community Christmas Tree, complete with special star messages from the 'Message Upon a Christmas Star' initiative.

Competition winner, 6 year old Connie Thomas from Templefield Lower School lit up the town brilliantly at the press of a button. Carols led by Ampthill Town Band and accompanied by local singers followed round the Christmas Tree and it was a joy to see everyone singing along to some well known Christmas songs. Flitwick Parish Church and participants also staged a special Advent Nativity performance in the afternoon.

We were treated to visits from three special guests; Father Christmas, The Naughty Elf and the festive Stilt Walkers, who were all very entertaining and added to the Christmas spirit.

Thank you to our Town Councillors, local traders, Ampthill Town Band, the singers, Flitwick Parish Church, Bedfordshire Police and Cadets, the Co-op Flitwick for donating mince pies and sweets, and everyone working behind the scenes to make it happen! *(Thank you to Ben Jemmett for the great aerial photo!)*



Cost of Living Crisis Support

The Town Council realises the impact the cost of living crisis is having on our community and we have been working on some great initiatives with community partners to signpost and offer as much support we can to residents and businesses during these difficult times.

Free Community Events

In October we launched our first free Community Movie Day inviting the local community to The Rufus Centre to enjoy a choice of three movies on the big screen, using our energy! We are pleased to be holding two more free Community Movie Days on **Wednesday 21st December** and **Wednesday 15th February 2023**. (See pages 11&17)

Warm Clothing and Blankets

We have a range of blankets, hats, scarves, gloves, and hand warmers available, all made with love by our Stitchers group and friends. If you would like a selection to help keep you warm this winter, please get in touch by calling us on 01525 631900 or email info@flitwick.gov.uk.

Community Fridge

A 'Community Fridge' initiative will soon be available at The Rufus Centre for anyone who needs support with the rising cost of food bills; surplus fresh food will be redistributed via the fridge to those who need it. As soon as the Community Fridge is up and running, we will be promoting on social media, our website and noticeboards across the town.

Warm Spaces

Many organisations are providing warm spaces for people to visit during the winter months, including Flitwick Library, Flitwick Leisure Centre and Flitwick Methodist Church. Check our website for additional new warm spaces.

Visit our dedicated cost of living website page for further information, including how to access support from Flitwick Food Extra and The Need Project. There is also a link to access Central Bedfordshire Council's comprehensive guide and benefits calculator.



Scan the QR code to access the cost of living page on our website for all the latest information



Remembrance Parade & Service

It was fantastic to see so many people support the Remembrance Parade and Service on Sunday 13th November as we all came together to pay our respects and remember those who made the ultimate sacrifice for us all.

Many local groups and uniformed organisations took part including The Royal British Legion, Flitwick and Ampthill Sea Cadets and 1985 Flitwick Squadron Air Training Corps.

The parade followed Ampthill Town Band to the War Memorial where the service was conducted by Reverend Claire Harald from St Peter and St Paul's Church and Reverend Tim Diaper from King's Church.

Those who were not able to attend in person were able to join online via a social media live stream.

Thank you to everyone who took part and made the Remembrance Parade and Service such a success. The War Memorial looked stunning decorated with the beautiful knitted and crocheted poppies created by the Stitchers group and members of the local community.



New Town Centre Seating

You asked and we listened! Following feedback received from the local community through our annual Residents' Survey and Chat to a Councillor sessions, Councillors have approved new street furniture for the centre of town. In the new year we will be installing new benches, bins and a noticeboard in Flitwick Town Square.

We hope the area will provide a welcoming space for people to sit and relax in the centre of town, especially when the weather is nice.

Our Community Services Team are busy working on plans for events for next year at Flitwick Town Square so watch this space for news of what is happening in 2023.

LGBT Walk in Manor Park



Cllr Andy Snape, Flitwick Town Mayor joined the LGBT Bedfordshire Walking Club on their walk in Manor Park on 27th November.

The next walk takes place on **Sunday 11th December** from 2.30pm - 3.30pm at Rushmere Country Park. Visit www.lgbtbeds.org.

Over 60's Lunch Club

Plan ahead for 2023 and save the dates in your diary for the Over 60's Lunch Club! Join us for a delicious two course lunch and bingo, held in the Lockyer Suite at The Rufus Centre. The cost is £6.50 for Flitwick residents and £7.50 for non Flitwick residents. Places must be booked in advance by calling 01525 631900. Booking closes on the Thursday before the date.

2023 Dates:

17th January

21st February

21st March

Check out the Spring 2023 edition of Flitwick Papers for lunch dates for the rest of the year!



Celebrating the Community

In October we celebrated the Flitwick community at two special events; the Civic Service and Civic Reception. Held at Flitwick Parish Church, the Civic Service was conducted by Reverend Claire Harald and Reverend Tim Diaper, King's Church. Guests attended the service from across the county, including the HM Lord-Lieutenant of Bedfordshire, Susan Lousada. Entertainment included a performance from the Caritas Singers and a special poem read by Scarlett Stubbs, a student at Woodlands Middle School, chosen from a selection written specifically for the service entitled 'Our Community'.



A guard of honour was formed by members of The Flitwick Branch of the Royal British Legion and 1985 Flitwick Squadron Air Training Corps.

The Civic Reception celebrated all the wonderful volunteers who make a difference to our community and make Flitwick a fantastic place to live. Guests represented local organisations from across the town and enjoyed a drinks reception, dinner and live music from Gary Wood Swing Band. Simon Sadler DL representing the Lord-Lieutenant and Lady Jane Clifford, High Sheriff of Bedfordshire joined the celebrations.

OUR AMAZING TOWN

In the flitwick community,
It's abig, rush busy and happy,
There's always some traffic,
Most people are kind and caring

We always have something fun to do,
There's car shows, circuses and family fun days,
The fairs are always fun with thrilling rides and games,
Plus skate park competitions and a food festival,
There's a carnival too!

We celebrate Remembrance with a parade,
and VE day ~~meeting~~ Even during struggles,
We help our neighbours and each other
without a thought of our bother,
People litter pick and take care of the place,

Even though we're a small town
We're an amazing community,
Kind and caring,

'Our Amazing Town' by Scarlett Stubbs.
Original copy on display at The Rufus Centre.

Flitwick Library events and clubs!



Knit & Natter
Every Wednesday
2pm onwards

Bridge Club
Every Friday
2pm onwards



Lego Club
Every Saturday
10am-3pm

**Board Games
Club**

Every Wednesday
10:30am



Crafty Tots
Every Tuesday
9am-1pm
(Term time only)

Dungeons and Dragons Club
One Saturday a month
Pop into Flitwick library to
find out more!

**Starting
in 2023**

Good Afternoon at Flitwick Library

The last Wednesday of every month at 2:30pm

Visit the Library to grab a leaflet with more information!

If you are interested in joining us please call the Library on 0300 300 8057 or
email Flitwick.Library@centralbedfordshire.gov.uk

Preparations are well underway for this year's Over 60's Christmas Lunch which is sold out! We are looking forward to welcoming 140 guests to the Lockyer Suite at The Rufus Centre for a festive three course meal and entertainment from May Blossom, the Vintage Songbird.

A big thank you to Rebecca L Faret Solicitors for sponsoring the event and to Flitvale Garden Centre for generously donating all of the fresh vegetables for the lunch.

We have been busy with different festive events in the run up to Christmas. There are still a few tickets left for the Family Christmas Party on **Saturday 10th December** at The Rufus Centre. This promises to be a great evening for all the family with a buffet, quiz, disco and, of course, a visit from Santa! The evening starts at 6.30pm. Tickets cost £10 for adults and £8 for under 13's. To book call 01525 631900.

You can also join us at the free Community Christmas Movie Day on **Wednesday 21st December** at The Rufus Centre. Choose from Frozen II at 10am, Dr Seuss How The Grinch Stole Christmas at 2pm, and Elf at 7pm. Tickets must be pre-booked via Eventbrite or call 01525 631900.



CHRISTMAS AT ST PETER & ST PAUL FLITWICK PARISH CHURCH

Sunday 11th December – Messy Christmas
for families (Booking essential) at 3.30pm

Sunday 18th December – ‘O Come All Ye Faithful – Carols at Christmas’

Our Carol Services at 5.30pm & 7.30pm

Saturday 24th December – Christingle Services
for all ages at 4pm & 6pm

Saturday 24th December – Midnight Mass
traditional service at 11.30pm

Sunday 25th December – Christmas Day Service
All Together Service at 10.30am

For more details visit
www.flitwickchurch.org/christmas

Flitwick Interchange Update

Work is nearing completion on the new transport interchange hub in Flitwick. We have worked with Network Rail and Govia Thameslink Railways (GTR) to develop proposals that will radically improve how the station functions.

The new transport interchange will connect bus and rail services for the community and will feature a number of improvements, including:

- New station forecourt with pedestrian, cycle and vehicle access
- New passenger drop-off and dedicated taxi areas
- Public transport interchange with three bus stops, passenger waiting areas, including real-time departure information
- Improvements to Steppingley Road, including vehicle access to both the station and Tesco opposite
- Dedicated facilities for Center Parcs Woburn, collection and drop-off

We would like to thank residents and businesses for their patience and understanding during the construction.

We expect to open the interchange in early 2023. You can find out more by visiting: <https://bit.ly/3ENYMct>.



Update provided by Central Bedfordshire Council



Garden Waste Collections

**12-week
suspension of
garden waste
collections**

5 Dec 2022 - 24 Feb 2023



Once again there will be a winter break for all kerbside collections of household garden waste across Central Bedfordshire. Collections will be suspended for 12 weeks from **Monday 5th December 2022** until **Friday 24th February 2023** inclusive.

During the break, garden waste can still be recycled at CBC's Household Waste Recycling Centres. These are open seven days a week from 9am to 5pm. Opening times may change over the Christmas period, so please check before you visit.

Do You Want to Help Make History?

A new 'Flitwick – A Living History' website, funded by Flitwick Town Council, is ready for testing and finalisation. We are now looking for volunteers to get involved, alongside three Town Councillors, to launch the website in spring 2023.



Residents are needed to help as moderators, creators, and editors, to collectively manage the publication of 'memories' submitted by Flitwick residents and businesses. The aim is to capture information about the people, places and events that have happened in the town from the dawn of time to the present day. Shared 'memories' can be images, documents, videos or audio files, each of which will be pinned onto a virtual and searchable map of Flitwick.

If you are interested in getting involved please email ianblazeby@flitwick.gov.uk for more details. A launch website 'information' session was held at Flitwick Library, in late November, to celebrate their 40th anniversary. More events are planned in 2023.

Meet at the Hub!

Grand Union Housing and Dan Gaze Support Services, have been busy offering some fantastic sessions for young people in the town following their appointment by the Town Council to deliver the youth provision on an interim basis.

Young people enjoyed the last of the light afternoons at free pop up football sessions in Millennium Park, and the team continue to offer free open access after school drop in sessions.

All 11 to 16 year olds are welcome along to The Hub on a Tuesday evening (during term time) from 4pm

to 6.30pm, where a host of activities are on offer including air hockey, table tennis, gaming, arts and crafts, music, pool and the opportunity to chat to Dan and team. There is also an Employment Skills Training session on Tuesday afternoons from 11am to 2pm. For more information follow The Hub Facebook page or email susaneldred@flitwick.gov.uk.



Raising Funds for Town Mayor's Charities

This season has seen many fundraising events in support of this year's Town Mayor's chosen charities; Flitwick Food Extra and Citizens Advice Mid Beds. In November, Town Mayor, Cllr Andy Snape held a Christmas Wine Tasting event at the Rendezvous Café & Bar, led by The Wine Cellar of Woburn. 62 guests enjoyed an evening of sampling a selection of wines to complement traditional Christmas fayre, complete with a cheeseboard and nibbles.

An amazing total of £1,110.30 was raised which will be split between the two charities. A big thank you to everyone who came along to support!



Charity calendar in aid of



There is still an opportunity to support the charities by purchasing a 2023 'Flitwick Views' calendar, featuring a selection of photographs taken by local residents. Each photo represents wonderful views, scenery and wildlife of Flitwick. Calendars cost £6 and are available to purchase from the Town Council offices at The Rufus Centre.

Don't forget to take photos throughout the year for entry into 2024's 'Flitwick Views' calendar'!

Latest Planning and Developments in Flitwick

If you are interested in finding out about planning and development in Flitwick and the surrounding areas, our dedicated website page is a great information resource about the planning process and the Town Council's role as a consultee. You can also find out about the work of our Planning Improvement Working Group, comprising of Town Councillors and residents working together to ensure the best possible outcomes for the town.

There is a wide range of other planning information on the website including the latest planning applications in Flitwick updated weekly; Flitwick Town Council Planning Guide; a guide to commenting on planning applications effectively; reports on Flitwick Town Council's response to major developments and a link to Central Bedfordshire Council's planning portal. View the page by using the QR code or visit www.flitwick.gov.uk.



Grant Success for Local Organisations

The Town Council supports various groups and organisations financially through Community Grants awarded twice a year. The second round of Community Grants for 2022 were awarded in October to three organisations who run initiatives and projects across the town:

Bedfordshire Police - After a rise in bike theft, locks will be given to young people within Flitwick and personal alarms will be given to vulnerable adults known to be walking late at night, in the dark.



Chums - Offering multiple mental health services for children and young people who have been bereaved, traumatised or suffer with other mental health difficulties.



The Need Project - A group of volunteers delivering food parcels to families/people suffering food poverty.



This year, with the cost of living crisis, Flitwick Town Council has provided additional financial support to local groups and organisations with an existing hardship fund that provide support for Flitwick residents. Those awarded a hardship grant include Flitwick Combined Charities; Flitwick Dolphins Swimming Club; Café Connect; Ampthill, Woburn & Flitwick Scout Group and Pulloxhill Gymnastic Centre.

Information about applications for the Community Grants to be awarded in April and October 2023 will be available from the Flitwick Town Council website in the spring.

Flitwick Sunday Market

Enjoy leisurely shopping on your doorstep at the Flitwick Sunday Market which takes place on the last Sunday of every month.

We're joined by a range of local stallholders each month at Flitwick Town Square who sell a variety of items from fresh produce to clothing!



The last date for 2022 falls outside of the usual 'last Sunday of every month' pattern due to other exciting Christmas events being held at the same time. Pop the winter dates in your diary: **18th December, 29th January, 26th February and 26th March 2023.**

You'll also find a great range of stalls at the weekly Friday Market inside and outside the Village Hall from 8.30am to 2pm together with the Community Café run by different local groups and organisations until 12 noon.

Bedfordshire Day

To celebrate Bedfordshire Day on 28th November, the special Bedfordshire flag was proudly on display at The Rufus Centre. The flag, which was officially recognised by The Flag Institute in September 2014, represents three key elements:

- * Three escallops on a black vertical stripe, taken from the coat of arms of the Duke of Bedford
- * Red and gold quadrants taken from the coat of arms of the Beauchamp family who were prominent in the county after the Norman Conquest. They constructed Bedford Castle and were granted a barony at Bedford
- * Blue and white wavy lines representing the River Great Ouse which flows through the county

If you are interested in finding out more about Bedfordshire Day visit www.friendsofbedfordshire.org.uk.



Get Creative at Painting Circle

Come and join us on Thursday afternoons
2pm—4pm (term time only)

Painting Circle
A self help group for
budding artists!

£2.50 per session

If you enjoy being creative, why not pick up a brush and join the weekly Painting Circle group at The Rufus Centre. The friendly self help group welcomes budding artists on Thursday afternoons (during term time) from 2pm to 4pm. The cost is £2.50 per

session - plus a free taster session! For more information or to book a free taster session, contact us on 01525 631900.

Comedy Night - Save The Date!

Save the date for our next Comedy Night on **Saturday 18th March 2023!**

Join us for a great evening as Bedford's Castle Comedy presents another night of comedy royalty at The Rufus Centre. Our Comedy Nights are always enjoyed by all with a fantastic line-up of comedians, a fun atmosphere and a fully licensed bar. Tickets are £13 (booking fee may apply) and will be on sale soon - follow us on social media for updates and the full line up announcement!



Flitwick Town Council

Free
Community

MOVIE DAY

Wednesday 15th February

The Rufus Centre, Flitwick

FREE EVENT!

Film Showings:

Minions: The Rise of Gru
(PG) - 11am

Pinocchio (PG) - 2pm

Top Gun: Maverick
(12) - 7pm

Tickets must be
pre-booked via
Eventbrite or call 01525
631900



Organised by Flitwick Town Council

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



@NewsFTC



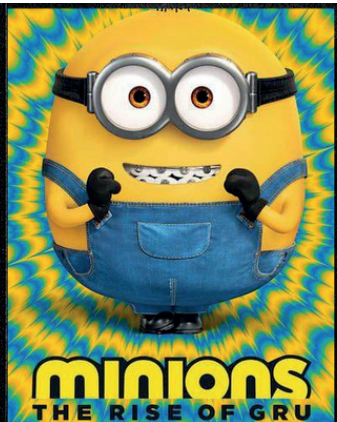
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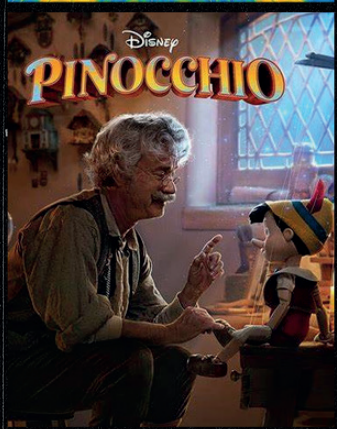
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CANVA STORIES 2260



CINIFILLM



CANVA STORIES 2260



18

Community News & Events

The 'Old School' Flitwick Call for New Trustees

Flitwick and District Youth and Community Association (known as The Old School), built in 1870 (FDYCA registered charity number 281801) was founded in 2003, to bring the Old School building on Dunstable Road, Flitwick back into use for the benefit of the local community and local groups. This beautiful building is an integral part of our heritage and a reminder of what life was like when the Old School was the only school serving all of Flitwick.

As one of our trustees, you'll be playing an integral part in the way the Old School is run, ensuring we remain sustainable and financially viable. We are a small, friendly group of Trustees who meet once every 2-3 months (evening meetings), to make decisions on the maintenance of the building, the charity finances and the hire of the building to the public.

If you're interested in finding out more about this role, please contact Ann Lutley on 01525 712837 or email ann@rlutley.myzen.co.uk.

Help to Spread the Joy of Reading

Bedford-based children's literacy charity Schoolreaders is looking for more volunteers who can help spread the joy of reading to children in schools – especially in the Flitwick area.

A recent survey of young people by the National Literacy Trust (NLT) revealed that reading enjoyment had reached a 15 year low, rallying slightly in the pandemic before declining again by 2022, especially amongst those from disadvantaged backgrounds and amongst boys.

Schoolreaders is looking for volunteers of all ages who can listen to children read in a local school, especially at those schools where children require support the most.

Schoolreaders volunteers are asked to listen to children read once a week and to commit to an academic year. By applying now, new volunteers will be matched as quickly as possible to a partner school and be ready to start once they have completed a mandatory DBS check and virtual safeguarding training.

To find out more or to apply to be a Schoolreaders volunteer visit [Schoolreaders.org](https://www.schoolreaders.org).



Bingo Bonanza

Come and join us on the last Friday of every month for Bingo at the Village Hall. Eyes down at 2pm! No need to book just come along. For more information contact Ann Lutley on 01525 712837.

Join the Timebank

Could you give an hour of your time to help someone? Maybe walk the dog, do the shopping, bake a cake, mow the lawn or just have a chat? Timebanking is a great way to share your skills, make friends and feel supported by your community.

For each hour that you give you also gain an hour of free help with anything that you need. Contact your local timebanking coordinator for an informal chat, call 07392 722296 or email timebanking@bedsrcc.org.uk.



Have some spare time?
Want to help others and learn new skills?

Join the Timebank

Timebank is a free exchange of time

Timebanking
Central Bedfordshire

The poster features a yellow clock icon with the word 'Timebanking' inside, and three Polaroid-style photos showing people interacting in various settings.

U3A Group - "Learn, Laugh and Live"

If you are (mostly) retired and would like to join a group which focuses on social and creative interests in a friendly and informal environment, consider joining the U3A group! Flitwick and District U3A is a charity, and the subjects which are currently on offer are wide-ranging including art, astronomy, singing, languages, walking, ukelele and much more.



Monthly meetings take place on the second Thursday of each month with a guest speaker. Meetings start at 10.30am at The Rufus Centre. Doors open at 9.30am.

Membership currently costs £10 per year. There is a small fee for the group meetings which varies per group. If you'd like to find out more and sign up, call 01462 713897.

CVS Volunteering Opportunities

Ready to Volunteer? If you are interested in volunteering locally, there are several things you can do:

- Use our Simply Connect Opportunity Search to browse the 350+ available vacancies across Bedfordshire and Luton.
- Register as a volunteer on Simply Connect to indicate your interest in any available positions. You can also allow organisations to contact you if they think they have opportunities that you are suitable for.

Visit <https://www.cvsbeds.org.uk/volunteer>, call 01234 354366 or email info@cvsbeds.org.uk to find out more.



Zoe Swims The Channel - Fundraising Update

Hi everyone! Back in the summer I wrote an article to tell you about my solo English Channel swim attempt... Well, on Sunday 7th August, I successfully swam to France, in 17 hours 1 minute!

At approximately 4:30am, from the shores of Abbots Cliff in Dover, I entered the water to begin my long swim. A couple of hours in, I was lucky enough to swim into a beautiful sunrise, which set us up for superb weather and water conditions for the day ahead.



I had a feed on every hour, thrown to me in a 1-pint milk carton on a line, whilst I was treading water. A mixture of Maltodextrin and squash, and a few jelly babies here and there, consumed as quickly as possible in order to not get swept back with the currents.

Along the way, I encountered some stingy jelly fish and floating masses of seaweed, not to mention the massive tanker ships that would cross my path now and again. The currents got a bit stronger as I entered French waters, which meant for some intense, hard swimming to get across.

With the sun setting, and another hard push, I managed to swim across yet more strong in-shore currents. With the support boat unable to get in any further, and darkness descending, I swam into shore with a sense of serenity under the light of the now rising moon, in calmer waters and feeling a little emotional that I had actually done it. I successfully landed my swim at Point Du Riden, just south of Cap Gris Ney in France.

All of my training, fundraising and solo swim has been in aid of Alzheimer's Research UK. Having seen this affect my nanna and uncle, my goal is to help with their mission to develop effective dementia treatment by 2025, so no one else has to suffer from this awful disease. To date, I have raised £6889. I'd like to thank everyone that has helped my cause. With your kind generosity, we are all aiding Alzheimer's Research UK with their amazing work in fighting dementia.

Zöe Green - @zoeswimsthechannel

**Scan below to donate to
Zöe's Just Giving Page**



Flitwick Scout Group Make a Difference to Protect Wildlife

October half-term saw Flitwick Scouts and Flitwick Town Council joining forces to help local wildlife. Over several weeks, and with lots of hard work and dedication, Flitwick Scouts managed to build over 40 bird boxes for distribution around Flitwick, with Flitwick Town Council agreeing to install some of these in Manor Park as part of its Parkland Management Plan. Darren Bushby and Vincent Vass from the Public Realm Team met up with some of our Scouts and leaders to talk about their work within the park and to receive their bird boxes. Darren said: "Incorporating the boxes into the park will increase the possibilities of further enhancing the nesting qualities of the park, as well as encouraging wildlife to flourish."

Group Scout Leader, Darren Reeve thanked FTC's Public Realm Team for getting behind the Scouts efforts and showing them that their hard work will make a difference to local wildlife.



Scout volunteer Sophie commented "It is wonderful to see the Scouts hard work being supported by the Council and to see the Scouts engaging with environmental issues in such a positive and practical way."

Week by week, our volunteers inspire thousands of young people to learn new skills, make new friends and stand on their own two feet. They are our everyday heroes. They shape young people's lives for the better and find out a whole lot about themselves in the process, too. If you're interested in volunteering, please email volunteer@flitwickscoutgroup.org.uk or <https://www.flitwickscoutgroup.org.uk/Adults/>.

Wellbeing Walks

BedsRCC co-ordinates the Wellbeing Walks programme throughout Central Bedfordshire. Led by trained leaders, walks are free, fun and friendly – perfect to help you get active and meet new people. There are two weekly walks in Flitwick you can join in with. Tuesday - Flitwick Beginners 10am. Meet at the car park behind the Village Hall. Wednesday - 10.15am. Start points vary. For more details contact Mike Fayers, Wellbeing Walks Manager on 01234 832619 or email mikef@bedsrcc.org.uk.

Upload details of your 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.



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Your local Library of Things is up and running!

www.shareflitwickandampthill.org

email: info@shareflitwickandampthill.org

Our website is active for you to

- see what we have to loan
- sign up for membership – free with our Early Bird offer!
- book items to borrow – collect them from Flitwick Village Hall on Saturday mornings
- sign up for our newsletter, arrange donations and get in touch



Our shopfront and share space is open

10am to 12 noon, Saturdays 10th and 17th December, then weekly from January 7th, 2023, in **Flitwick Village Hall, MK45 1HP** – we're based in the Conference Room at the back of the hall.

Pop in and meet the team over a tea or coffee!

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01525 712112 | rlfaret.co.uk

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

The Rufus Centre

It has been a busy time at The Rufus Centre with an increase in the number of conferences and meetings and a whole range of events from exhibitions to concerts and puppet shows! We have also been busy with weddings and parties as well as Christmas events.



Planning ahead to 2023, if you are celebrating something special in the new year and looking for a party venue please give us a call. Flitwick residents get 10% discount on room hire for evening party bookings. We also offer children's birthday parties from just £65 with the Lockyer Suite providing ample space for bouncy castles and play equipment to ensure a fun time is had by all.

Looking for Office Space in Flitwick?

If you are looking for new office space or have outgrown where you are currently, we have offices available at The Rufus Centre. We offer a great location, fully serviced offices, ample free parking and the Rendezvous Café & Bar on site. Tenants also get a discount on meeting room hire. If you would like to look around the offices and facilities and for more details of what space is available please call 01525 631900.

Rendezvous Café & Bar

As the winter evenings draw in, you'll always find a friendly welcome awaits you at the Rendezvous Café & Bar. Warm up with a cup of freshly ground Piazza Doro Espresso Coffee or tea, and treat yourself to a delicious slice of homemade cake!

We're open 8am to 4pm during the week with breakfast served until 11am and lunch served until 2pm. Between 2pm to 4pm we have cakes, snacks and drinks available. On Saturdays we're open from 8am to 2pm for light refreshments only.



Tel: **01525 631905**

Email: bookings@therufuscentre.co.uk



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The Rufus Centre
Meet, Work, Celebrate

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

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Choice of Three Course Meal & Glass of Wine

~~~

Glass of Prosecco to Toast

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Silver Cake Knife & Table

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Wedding Garden - perfect for photographs

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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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A Quality Antiques Fair for Beds, Bucks & Herts

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THE RUFUS CENTRE
Flitwick
Bedfordshire
MK45 1AH

SATURDAY 11th MARCH 2023

10.00am to 4.30pm

SUNDAY 12th MARCH 2023

10.00am to 4.00pm

Up to 35 quality dealers offering a wide range of furniture, silver, glass, paintings, porcelain, pottery, jewellery, plus other vintage and quality items.



INFORMATION CASTLEWOOD ANTIQUE FAIRS

Marylyn, Ray & Rob - 01933 353517
email: info@castlewood-antique-fairs.co.uk
www.castlewood-antique-fairs.co.uk

RESTAURANT & FREE PARKING - ADMISSION £3.00

NEXT EVENT : 9TH FAIR 9th & 10th September 2023

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](#): 0808 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.

TICKETS ON SALE!

BACK TO THE

90's

TRIBUTE NIGHT

SATURDAY 4TH

FEBRUARY 2023

THE RUFUS CENTRE, STEPPINGLEY ROAD, FLITWICK

7PM - LATE

**Tickets: £10 book via eventbrite*
or call 01525 631900**

**DJ & LIVE MUSIC WITH
DUELLE DUO**

LICENSED BAR



***Booking fee applies**



Organised by Flitwick Town Council

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

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