

Flitwick Papers

Spring 2023



*Spring is here! Snowdrops in Manor Park
by Darren Bushby*

What's Inside...

- Become A Town Councillor
- Flitwick Community Fridge
- New Hub Activities
- Proud Ampthill & Flitwick

What's On...

- Easter Egg Trail:
Thursday 6th April
- Coronation Afternoon Tea:
Saturday 6th May
- Flitwick Street Food Heroes:
12th March, 9th April, 14th May



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 Summer 2023 which will be distributed in June.

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:

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- Education
- Environmental Services
- Grants
- Grass Cutting
- Highways
- Industrial Estates
- Libraries
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- Refuse Collections
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- Street Lighting
- Trading Standards
- Traffic Management
- Youth Services

Call: 0300 300 8000

After four years as a Councillor, this is my last 'Mayor's Welcome' before the local and parish elections on 4th May. I know I speak on behalf of all Councillors when I say it has been an honour to serve and represent our community. I've been pleased to represent Flitwick at many Bedfordshire events, including Ampthill, Dunstable, Houghton Regis, Leighton Buzzard, Sandy and Stotfold. I've also met with the Police & Crime Commissioner, Festus Akinbusoye, and I particularly enjoyed meeting Year 2 students at Flitwick Lower School to talk about the Council and the role of the Mayor.



We celebrated LGBTQ+ History Month for the first time, working with Ampthill Town Council and LGBT Bedfordshire under our Proud AF initiative to celebrate the contributions of LGBTQ+ residents to our community at our LGBTQ+ History Month Reception. It was also fantastic to meet so many of you at our Tree Giveaway, at various Coffee Mornings at the Village Hall and to get your direct feedback via our Annual Resident Survey. The Annual Town Mayor's Quiz was won by the 'Dead Ducks', raising £853.54 for the Town Mayor's Charities.

A major focus for the Council has been to support residents with the rising cost of living, understanding the need in our community and implementing ideas that offer help at a local level. I've been very proud of our work setting up and running Flitwick Community Fridge, and I'm very grateful for the support of local businesses and our very committed volunteers. It's not glamorous work collecting surplus food late at night, but it's been hugely rewarding.



We've also been working to advocate for solutions to fill the gap left by the recent Post Office closure and the upcoming closure of the Barclays Flitwick Branch. By securing an 'Access to Cash' Review with LINK, we've been able to lobby for a Banking Hub and ensure that decision-makers understand the needs of residents and local businesses.

Our upcoming events include something for everyone, including an Easter Egg Hunt, an Afternoon Tea to celebrate the King's Coronation, the return of the free Flitwick Family Fun Day and an Evening of Drag Entertainment! We're also in the middle of delivering some exciting projects, including lighting and CCTV at the Skate Park and heritage works at Manor Park.

Finally, I want to personally thank Cllr Ann Lutley, who is stepping down as a Councillor after thirty years of loyal service to our community. Always the first to volunteer and the last to leave, Ann's contribution to our Council, local charities, Flitwick Village Hall and our wider community is inspirational.

Cllr Andy Snape, Town Mayor

Stepping Back After 30 Years As A Councillor

I would like to thank all of those people who have elected me to serve as a Councillor in Flitwick. I have decided not to stand for re-election in May. Having been a Councillor in Flitwick for about thirty years I have seen many changes and developments in the Town. I have enjoyed seeing and being part of the decisions that has seen Flitwick being a progressive and thriving community.

I would like to thank all those Councillors and staff that have made being a Flitwick Town Councillor an honour and a pleasure. I wish Flitwick Town Councillors the very best in their endeavours to make Flitwick a place to live and work the best it can be. I will be cheering from the side-lines.

Good luck in the future to those Councillors taking up the badge of office, you will gain a great deal of knowledge, understanding and pleasure from the duties of Town Councillor.

Best wishes

Cllr Ann R Lutley



The Town Council would like to thank Cllr Lutley for all her support, dedication, and magnificent contribution to the Town over the years. We will really miss Cllr Lutley and everything she has done for the Town Council and for Flitwick residents.

Meetings Calendar

March

14th	Business Services
21st	Town Council
28th	Corporate Services

April

4th	Community Services
18th	Town Council
25th	Corporate Services

Members of the public are welcome to attend all meetings online or in person at The Rufus Centre

May

16th	Annual Statutory
23rd	Annual Assembly
30th	Corporate Services

Meetings start at 7.45pm
View the full Meetings Calendar
www.flitwick.gov.uk

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

IF YOU CARE ABOUT OUR TOWN MAKE A DIFFERENCE AS A TOWN COUNCILLOR



Flitwick Town Council NEEDS YOU!

TO FIND OUT MORE, CONTACT:

Stacie Lockey, Acting Town Clerk on 01525 631900 or email
stacielockey@flitwick.gov.uk

Exploring Feasibility Of A Banking Hub

Flitwick Town Councillors have been working to understand the needs of the community, including residents and local businesses, and the possibilities for filling the gaps left by the closure of the Post Office and the forthcoming closure of Barclays in Flitwick.

A Banking Hub is a dedicated and appropriate banking space where the public and businesses have daily access to face-to-face counter service, with the same transactional banking facilities that the high street banks offer.

Access to banking services is monitored and assessed by LINK on behalf of the banking industry, with LINK being able to order the delivery of services to address gaps in provision, including providing services like free-to-use ATMs and Banking Hubs.

Flitwick Town Council and Ampthill Town Council are working together to lobby LINK to open a Banking Hub in our area. Delivering a Banking Hub is not within either Council's control, but Councillors recognise the important role they have to play in ensuring the needs of local communities are communicated.



Councillors across both Councils agree that securing a Banking Hub in either Flitwick or Ampthill town centres would be a significant win for our area.

A meeting was held in February to brief representatives from the Parish Councils representing the communities surrounding Flitwick and Ampthill about Banking Hubs and to ask for support lobbying LINK.

Councillors from Flitwick Town Council, Ampthill Town Council, Maulden Parish Council, Clophill Parish Council, Flitton & Greenfield Parish Council, Pulloxhill Parish Council, Steppingley Parish Council, Tingrith Parish Meeting, Millbrook Parish Meeting, and CBC Ward Councillors Mike Blair and Neil Bunyan all agreed support.

We have also met with representatives from LINK as part of its process to assess the needs of the community. Councillors discussed the information LINK collected through desk surveys, asked questions about the process, and clearly explained the gaps that not having access to banking will create.

It is now down to LINK to make a final decision on need and viability. Whatever the outcome, we will keep you updated as this process progresses.

Cost Of Living Crisis Support

The Town Council has been working to support residents with the cost of living crisis in many different ways including a weekly warm space at The Hub, Dunstable Road, every Monday from 9.30am to 4.30pm. Visitors can stay all day or pop in for a few hours.

Flitwick Community Fridge

The Community Fridge is now up and running at The Rufus Centre. Open 8am to 8pm during the week and 2pm on Saturdays, stock varies day to day. The Community Fridge has its own Facebook page so you can check on stock availability.

Free Community Events

Our fourth Free Community Movie Day takes place in the Easter holidays on **Tuesday 4th April**. We're busy choosing the films but we guarantee there'll be something for everyone! You'll be able to book free tickets via Eventbrite. Follow our social media for news on what's showing.

We're grateful to all the volunteers and local businesses for their support with the cost of living initiative including Jason Burgoyne, Pyrolec (*pictured*), Flitwick Club, Brookes Barbers, The Co-op and Costa Coffee.

If you want to get involved get in touch with our Community Services Team by emailing communityservices@flitwick.gov.uk.

If you need help with the cost of living crisis please do speak to our team at The Rufus Centre; we can offer you assistance and support in many different ways.



Scan the QR code to access the cost of living page on our website for all the latest information and link to the Flitwick Community Fridge Facebook page.



We Need You! - Become A Town Councillor

Are you passionate about your local community? On **4th May** local elections take place and we're holding two informal drop-in sessions with Town Councillors where you can find out about the role of a Town Councillor and ask any questions you may have. It will be great to see you.

Wednesday 15th March 6.30pm–8pm – The Hub, Dunstable Road.

Monday 20th March 6.30pm–8pm – Rendezvous Café, The Rufus Centre.

For more information please contact Stacie Lockey on 01525 631900 or email stacielockey@flitwick.gov.uk.

New Walk & Heritage Work At Manor Park

For over 12 months the Flitwick Parish Paths Partnership (P3) volunteers have been working with our Public Realm team to re-instate a circular pathway at Manor Park which has not been accessible for over 100 years!

The team have done a fantastic job, clearing a path through the wooded area adjacent to the roadway and building a new bridge and boardwalk to open up the circular pathway. It really gives a whole new perspective of Manor Park.



Work has also started at Manor Park to repair and restore the South Gate and Piers (on the A5120 opposite Flitvale). One of the key elements of the Manor Park Heritage Project, the work will see the gates restored to their former glory.

The work is being funded by Central Bedfordshire Council Green Infrastructure Planning Obligations Funding.

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Sunday Market Returns

After a break for winter, Flitwick Sunday Market returns on **Sunday 30th April** at Flitwick Town Square, Station Road.

Held on the last Sunday of the month, you'll find a range of local stallholders selling a variety of items from fresh produce and flowers to clothing. Don't forget you can also visit the weekly Friday Market at the Village Hall.



**Join us for
Afternoon Tea to celebrate**
The Coronation of King Charles III
Saturday 6th May at 1pm



**Traditional Afternoon Tea
with
Music from May Blossom,
Vintage Songbird**



£15 per person

**Book via Eventbrite* or call
01525 631900** *booking fee applies



The Rufus Centre, Flitwick, MK45 1AH



Organised by Flitwick Town Council

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

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Just A Cuppa

Every Thursday, 10am-5pm

Want to get out of the house, or just fancy a hot drink? Take a break from the hustle and bustle and pop into the library for a free hot drink!

Multiply: Introductory Maths Workshops

Wednesday 1st March, 10:30am-12:30pm
Wednesday 8th March, 10:30am-12:30pm
Wednesday 15th March, 10:30am-12:30pm
Wednesday 22nd March, 10:30am-12:30pm

Come along to build your confidence with the essential maths skills.

Fresh Flower Arrangement Workshop

Saturday 18th March, 11am-1pm.
£20 per person.

Join us for a fun adult workshop making your very own flower arrangement in a watering can!

All materials and flowers are provided, and a full demonstration is given so it's perfect for both experts and novices.

Papercraft Club

Monthly on Saturdays, 10:30-11:30am

Fun Sessions involving designing, colouring, folding and cutting to make your own paper creations to take home.

Saturday 4th March, Saturday 15th April,
Saturday 13th May

Ages 8-12 recommended.

Good Afternoon

Monthly talks on various subjects. £2 per person, refreshments provided.

Wednesday 29 th March	Wednesday 26 th April	Wednesday 31 st May
Wildlife Gardening	D-Day Deception	Marston Vale Forest

Home Library Service

Do you know someone who struggles to visit a library? Let them know about the HLS.

Receive a delivery every three weeks of items tailored to your interests.

This can be up to 10 items which can be any combination of regular print books, large print books and spoken word CDs.



@cbc_libraries



CBClibraries



@centralbedslibraries



www.centralbedfordshire.gov.uk/libraries



0300 300 8057

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

£3.50*

EASTER EGG TRAIL

Thursday 6th April 10am-2pm

Flitwick Woods, Tennyson Road Entrance

Win an
Egg
Every
Time!

**Pay on arrival, cash or card
payments accepted.
Limited stock, event may finish earlier if
stock runs out. No parking available -
please walk where possible.*



Organised by Flitwick Town Council

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



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HRH King Charles III Coronation

To celebrate the Coronation of HRH King Charles III we are holding a special Afternoon Tea with entertainment at The Rufus Centre on Coronation Day, **Saturday 6th May**. Tickets cost £15. (See page 9).



If you want to hold your own street party to celebrate the Coronation Big Lunch on **Sunday 7th May** you need to apply for a road closure before Monday 20th March. Email streetworks@centralbedfordshire.gov.uk or call 0300 300 5695 for more information on how to apply.

On **Monday 8th May** everyone is invited to take part in 'The Big Help Out', which is encouraging people to try volunteering for themselves and support their local area. We will be holding a special Litter Pick on that day at Station Road open space between 10am to 12 noon. All equipment provided!

Flitwick Family Fun Day 2023

Flitwick Fun Day returns for the third time on **Saturday 10th June** at Millennium Park with free traditional fun fair, open air cinema, stalls, food court and more!

This event is not to be missed and is definitely a highlight of the Flitwick community calendar.

We are offering sponsorship packages for local businesses from as little as £25, a brilliant way of promoting your business to the local community. If you would like to know please contact Zoe Putwain, Community Services Officer on 01525 631900 or email zoeputwain@flitwick.gov.uk.



Lights, Camera, Action!

Work has started on the installation of lights at the Skate Park at Millennium Park with a new feeder pillar now in place! We know the skating community will be excited for this project to be completed.

New CCTV has also been installed at the Skate Park and at Flitwick Town Square. Delivery of additional CCTV coverage in the Town has been high on the agenda of the Town Council to improve community safety.

FLITWICK SKATE 'JAM'



Competition

In partnership with
Rollback World



**SUNDAY
30TH APRIL
2023**

**MILLENNIUM PARK
FLITWICK
MEET: 12NOON
START: 1PM - 4PM**

Categories for all levels

FREE ENTRY

Music by: DJ Tukka



Organised by Flitwick Town Council

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

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Do You Want To Help Make History?

With the new 'Flitwick – A Living History' website almost completed, it's time to bring together a group of volunteers that



are interested in taking this Flitwick Town Council funded project through to its proposed summer launch.

If you are interested in helping create or source content (images, text, videos, audio), write copy or act as part of a small team of moderators who will authorise 'memories' for upload to the website, please get in touch with Cllr Ian Blazeby by emailing ianblazeby@flitwick.gov.uk.

He's setting up introductory online or face-to-face meetings in late March/early April. The meetings will show those who are interested the current website and will allow discussion on how you can get involved – as much or as little as you want. Don't delay – send an email today to register your interest! All are welcome.

Help Keep Flitwick Tidy

Flitwick Litter Pick

Join the local community in helping to make Flitwick a cleaner Town!

Sunday 12th March
10am - 12 noon
Millennium Park

Meet at the
play area.
All
equipment
provided!



Everyone welcome to come along!



Help keep Flitwick tidy and join us at our litter picks we have planned this spring.

The first takes place at Millennium Park on **Sunday 12th March**.

On **Wednesday 5th April** we will be at Hinksley Road Recreation Ground and finally on **Monday 8th May** we will be at Station Road open space. This is part of the 'Big Help Out' being held nationwide on Bank Holiday Monday as part of the celebrations for the Coronation of King Charles III.

Everyone welcome from 10am until 12 noon, including well behaved dogs on leads. All equipment provided. The times are the same for all litter picks.

From April new activities at The Hub, Dunstable Road, will be in full swing.

In partnership with the Town Council, Dan Gaze Support Service is providing fantastic free weekly sessions for young people in Flitwick.

The Youth Club for years 5 & 6 will be offering a great range of activities, spaces are limited so pre-booking is essential.

Open Access Drop-In for 11-16 year olds continues on Tuesdays between 4pm and 6.30pm. We also have pop up basketball on Mondays - why not come along and shoot some hoops!

Follow The Hub's Facebook page for all the latest news.



What's On at THE HUB

The Hub is open too!







FREE POP-UP BASKETBALL

MILLENNIUM PARK FLITWICK

MONDAY 3RD APRIL

YEARS 5 & 6: 10AM TO 12PM
YEARS 7 - 11: 12:30PM TO 2:30PM

ALL WELCOME!



What's On at THE HUB

FREE YOUTH CLUB

THE HUB

Dunstable Road, Flitwick

Every Monday
(Term Time Only)

4pm - 6:30pm

Years 5 & 6

Free Entry - Free Snacks - Free Pool
Free Table Tennis - Free Air Hockey & More

Limited Spaces Available - Must pre book
Email: dgssltd@outlook.com



What's On at THE HUB

FREE Open Access Youth Drop-In

THE HUB

Dunstable Road, Flitwick

Every Tuesday
(Term Time)

4pm - 6:30pm
11 - 16 years

Free Entry ● Free Snacks ● Free Games ●
Free Table Tennis ● Free Air Hockey ● Free Pool
Free Music Workshop ● and Much More!

Proud Ampthill & Flitwick

Proud Ampthill & Flitwick (Proud AF) is our new grant-funded joint initiative with Ampthill Town Council, which offers a range of new services and events for the LGBTQ+ community and allies.

Working together with LGBT Bedfordshire, Proud AF officially launched on Thursday 9th February at a LGBTQ+ History Month Reception at The Rufus Centre.

It was great to see many people attend the event which was a fantastic opportunity to bring our local LGBTQ+ community together. It is something that has never been done before and we are delighted to be able to serve another group of residents in our community. The reception was the perfect opportunity to meet new people, talk about our community's past, present and future, and hear from different speakers on their experiences.

The next big date in the diary for Proud Ampthill & Flitwick is a Pride Picnic in Ampthill Park on **Sunday 4th June**.

We will be posting news of events and services on social media and our dedicated Proud Ampthill & Flitwick page on the Town Council website.



LGBT Bedfordshire are running a Drop-In Support service at The Rufus Centre every Tuesday between 10am to 3pm as a pilot service until the end of May. Contact sabrina@lgbtbeds.org to find out more or just drop in!

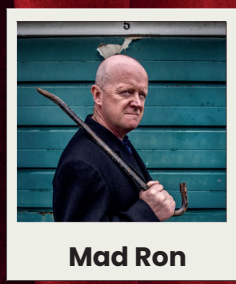


FLITWICK COMEDY NIGHT

WITH CASTLE COMEDY



Anthony Ayton



Mad Ron



Pete Firman



Paul Revill

SATURDAY 18th MARCH

DOORS 7pm SHOW 8:15pm

STRICTLY OVER 18s ONLY

LICENSED BAR AVAILABLE

**TICKETS
£13**



WITH:



BOX OFFICE: 01525 631900/ EVENTBRITE*

***(BOOKING FEE APPLIES)**

THE RUFUS CENTRE, FLITWICK, MK45 1AH



Organised by Flitwick Town Council

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

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Community News & Events

Celebrate the joy of flowers, life and Flitwick 'Past and Present'

St Peters and St Pauls Church Flitwick, want to bring the community of Flitwick together with a flower festival and fete on Whitsun bank holiday weekend.

During the Whitsun bank holiday weekend, **27th and 28th May**, the Church will be adorned with beautiful displays, many created or sponsored by organisations and businesses across Flitwick, celebrating the historical life of Flitwick 'Past and Present'.

The flower festival will be open to the public from 10am – 5pm on Saturday and 12pm – 5pm on Sunday. Entry is £4, £3 concessions and children are free.

Our fete on Saturday is open between 12pm – 4pm and is free to enter, with games and stalls, a BBQ, Pimms tent and the Church's famous cream teas, as well as a free bouncy castle for children. In fact, there is something for everyone from the age of 2 to 102!

It will be an opportunity for everyone in Flitwick to spend time together enjoying the beauty of flowers, celebrating our town's history and eating a cake... or two... or three!

We are looking for local businesses, community groups or individuals to be a part of this event by providing or sponsoring a flower arrangement in Church. It's a great way to showcase your organisation and you will be helping narrate the amazing history of our town.

To sponsor an arrangement please email thompsoncar5@hotmail.com



Visit www.FlitwickChurch.org for more information.

Flitwick Gardeners' Association Spring Show

Come and view the beautiful flowers at the FGA Spring Show on **Saturday 25th March** at Flitwick Village Hall from 3pm to 4pm. Lots of daffodils, tulips and other spring flowers. Tea, coffee and homemade cakes available and raffle!

Earthquake Charity Concert

A special concert in aid of the Turkey & Syria earthquake appeal is taking place on **Saturday 1st April** at The Cross Keys, Pulloxhill.

The Flitwick Singers, CK Jazz and the Turkish Troubadours will be performing during the evening. Tickets cost £22.50 and include a Turkish meal.

The organisers are looking for support with raffle prizes from local businesses. If you can help please contact tony.duke@btinternet.com.



The Jigsaw Club

The Jigsaw Club is a club for people with physical disabilities and we meet once a fortnight on a Thursday evening at Flitwick Village Hall from 7:30 to 9:30pm. We welcome people from the Ampthill/Flitwick area and surrounding villages. We don't do jigsaws!!!

Programme until 29th June:

March 9th High Sheriff - Lady Clifford
March 23rd Morris Dancing
April 6th Inner Wheel Visit and Easter Bonnets
April 20th Nepal Orphanage - Sarah Cook
May 4th Pub Night Out
May 18th Coronation Party
June 1st Ascot Race Night
June 15th Parkside Singers
June 29th Saxaphones - Alan Cardwell

For further information contact:

Olive 07597 761588 or Phil 01582 753202

Need Help With IT - Visit I-Tea!

On the first Monday of the month from 2pm until 4pm, bank holidays permitting, you can get free professional IT advice from Computerman or just a cuppa and a chat in the warmth at Flitton and Greenfield Village Hall. Everyone welcome. Next dates: **3rd April, 15th May, 5th June.**

Flitwick Bowls Club Centenary Year 1923-2023 A History of the Bowls Club

The birth of Flitwick Bowls Club in 1923 was the opening of a 3-rink green with a small wooden lean-to which was situated in what is now the car park, in which players either changed their shoes or put on over shoes with flat soles.



As you stand in the car park looking towards the facilities now, the original green is the base of where our Clubhouse was built and when first opened had flower beds at the farthest end from the car park and along the side wall of Billingtons garage next door. When players were bowling on Rink 3, and they needed to bowl on the ditch side, the Skip would offer the advice for the amount of green to take for the wood of "bowl underneath the Lupins".

The other side of the green was closed in by a wire netting fence which separated the Bowling Green from the area occupied by the Tennis Courts. These were moved down to Windmill Road and that area was then transferred into the Green as you see it today and officially opened for play in 1976.

The Clubhouse was built with much of the work being done by the Club members and has been extended several times. In 1980 the Pavilion was cleared for use and in 1984 the Tennis Hut was cleared for Ladies meetings, needing a window, and our first Open Gala Day was held. In 1998 the ladies got their own changing room, and in recent years the Club has been almost completely refurbished to the wonderful standard we now enjoy.

The Club has had the honour of providing County Presidents for both men and women over the years; 5 Men's in 1973, 1985, 1993, 2015 and 2022; Women's in 1983 and 2018. John Goodman was also Eastern Counties President in 1973 and Rodney Hilliard became President for London & Southern Counties in 1999.

County Honours for the men were first achieved with winning the Harmsworth Cup in 1986 against Sandy Town BC. From 1986 to 1989 the Club also won the County League three times in four years, first against County Conservative BC followed by 2 victories over Queens Works BC.

A second victory in the Harmsworth Cup in 1994 against Eaton Socon was followed by the Runners-up title in the Pell Shield in 1997 against Cutler Hammer BC, by one shot.

(Continued on page 21)

Flitwick Bowls Club *(continued)*

The Ladies Section was formed in 1977 and had their first season in 1978. Our records show that 4 years later (1982) 8 ladies qualified for county matches and the East Beds & District League was started. In 1986 Peggy Gibbs was EBL President, in 2001 Lindon Gibson was EBL President and in 2012 Sandra Carson was EBL President.

The Ladies began to achieve various individual and county honours in 1989 and continue to do so today, as can be seen from the Honours Board that was created in 1984.

We have always enjoyed wonderful facilities provided by an ever-changing hard-working band of people throughout the years, such as the management committee, green keepers, gardeners, cleaners and many, many general helpers/volunteers. We are very proud of our Club which we are sure will go on from strength to strength for many more years to come. We look forward to welcoming new members and sharing our love for the game of bowls with them.

On Sunday 16th July Flitwick Bowls Club will be holding an Open Day for all the family. Everyone welcome.

Busy Time For Flitwick Scout Group

Flitwick Scout Group have had a busy start to 2023 with all groups enjoying a great range of activities. A little over one year after opening the youngest section at the group, Squirrel Scouts started the year playing games and learning about Lunar New Year. For National Storytelling Week, they dressed up as a character from their favourite story and then made up their own story together.

Visiting the fire station was in store for Beaver Scouts where they learnt about how to stay safe. Some are looking forward to a sleepover later this term, the first overnight stay for many.

One young person at the group, Kaleb Baldwin, achieved all of the Cub activity badges shortly before moving up to Scouts; something quite rare with the range available to work towards. Kaleb said: "I was excited when I got the last badges. My favourite one was the chef badge."



For more information visit: <https://www.flitwickscoutgroup.org.uk/>

Street Food Heroes Is Back!

Flitwick Street Food Heroes make a welcome return to Millennium Park for 2023 starting on **Sunday 12th March**.

Enjoy a relaxed Sunday in the park with music and some of the best food around between 11am to 6pm.

Running throughout the spring and summer until September, we're hoping the weather will be good this year for this popular monthly event. There's always a great selection of street food to suit all tastes.

If you can't make the first one make a note in the diary for the coming months:

**9th April: 14th May: 11 June:
9th July: 20th August: 10th September**



Join Share: Flitwick and Ampthill for our first REPAIR CAFE

In Parkside Hall,

Woburn Street, Ampthill, MK45 2HX

11am to 2pm on Sunday 30th April

Bring along your items in need of fixing, your knitting in a tangle, your clock that's stopped ticking, your frozen laptop – we can advise, fix if possible, and there'll be coffee, tea, and cake.

Also : Children's craft activities with Ampthill Climate Change Group, Library of Things information and additional stalls

Have an item you'd like to have repaired?

Find out if we can help – Contact us using the QR code,
email: info@shareflitwickandampthill.org or DM our Facebook Page



Save Money Save Space Save the Planet



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1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

The Rufus Centre

A first for The Rufus Centre in February as the building was lit up in rainbow colours to celebrate LGBTQ+ History Month, and the launch of the new Proud Amptill & Flitwick initiative which you can read about on page 16.

In the coming months we will be welcoming back exhibitors from two popular events. On **11th and 12th March** the Three Counties Antiques & Fine Art Fair returns for the weekend with over 35 dealers. On **15th and 16th April** the Spring Mind, Body & Soul Craft Fair will be taking place from 10am to 4.30pm each day.

We're also heading into the busy season for weddings and celebration parties. Remember, Flitwick residents get 10% discount on room hire for evening party bookings. We also have a fantastic inclusive Wedding Package for 50 day guests and up to 100 evening guests including room hire, room decorations, three course, meal, DJ and evening buffet for £6,395.

Rendezvous Café & Bar

We're delighted to announce the return of a full food service on Saturdays in the Rendezvous Café. Over the winter months we have only been offering drinks and snacks on Saturdays but from **4th March** our menu will be available until we close at 2pm.

What better way to spend a Saturday morning than enjoying a leisurely breakfast cooked to order from 8am to 11am!



Tel: **01525 631905**

Email: bookings@therufuscentre.co.uk



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The Rufus Centre

Meet, Work, Celebrate

www.therufuscentre.co.uk



PRESENTS

AN EVENING OF

Drag ENTERTAINMENT

Not for the faint hearted!

PERFORMANCES FROM

PALMA VIOLET AND LUSHES LIPS

Plus Disco, Insult Comedy, Audience Participation, Bingo, Raffle and more!

**SATURDAY
15TH JULY**

**DOORS 7PM
TICKETS £13**

**Over 18's only. Licensed Bar & Bar Food available.
The Rufus Centre, Flitwick, MK45 1AH**

**Book online at Eventbrite
(booking fee applies)**



Working in partnership



Flitwick Town Council

*Working towards strengthening communities
that truly embrace LGBTQ+ people.
For more information call 01525 631900*

Forget Me Not


Everyone is welcome at the monthly Forget Me Not group at The Rufus Centre.

This friendly group, run by volunteers, supports carers and people with memory problems or Dementia. Each month there is either a speaker or just the chance to meet old friends and new.

No need to book, just come along from 1.30pm to 3.30pm.

2023 Dates: 13th March: 17th April & 15th May

If you need more information please contact our Community Services Team on 01525 631900 or email communityservices@flitwick.gov.uk.



Forget Me Not
A group to support carers and people with memory problems or Dementia run by volunteers

Are you caring for somebody or know someone with Dementia or memory problems?

Carers can spend time sharing their experiences and supporting one another.

If you want to speak to people in a similar situation to you, Flitwick Forget Me Not group is a good place to start.

Carers who come regularly say they get a lot of support and help from the sessions.

The Rufus Centre Flitwick
1.30pm - 3.30pm

13th March:
A talk from Citizens Advice Mid Beds

17th April:
Coffee and Chat

15th May:
A talk from Safer Central Online Crime

Are You Feeling Creative?

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.

Join Us For Lunch

Join us for a delicious two course lunch and bingo at the monthly Over 60s Lunch Club held in the Lockyer Suite at The Rufus Centre. The cost is £8 for Flitwick residents and £9 for non Flitwick residents. Places must be booked in advance by calling 01525 631900. Booking closes on the Thursday before the date. On **21st March** we will be serving fish cakes or cheese escalope followed by cherry pie with double cream. Menus are still being finalised for **18th April and 16th May** and will be available soon. Hope you can join us.

This is a BDAP Support Hub



Do you need to talk to someone about your relationship? Are you afraid of someone you live with, an ex-partner or family member? You are not alone. You can ask for support from any of these organisations:

Local support services

- Bedfordshire Signpost Hub: 0800 028 2887
- Bedford Women's Centre: 01234 316801
- Luton All Women's Centre: 01582 416783
- Stepping Stones: 01582 457114
- Women's Aid in Luton: 01582 391856

**Central
Bedfordshire**

National support services

Available 24 hours a day

- National Domestic Abuse Helpline: 0808 2000 247
- Child line: 0800 1111
- Victim Support helpline: 0808 168 9111

Other support

- Men's Advice Line: 0808 801 0327
- National LGBT+ Domestic Abuse Helpline: 0300 999 5428
- 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)
- Hestia UK SAY NO MORE www.hestia.org/safe-spaces



You can find out more at www.bedsdv.org.uk
If you are in immediate danger, call 999



Luton



FLITWICK FAMILY FUN DAY

SATURDAY 10th June 2023
MILLENNIUM PARK

12 noon - 10pm

Traditional Fun Fair (12 noon-8pm)

FREE Outdoor Cinema

FREE Popcorn

**Food Court
Stalls**



Organised by Flitwick Town Council

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



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