

# Flitwick Papers

## Summer 2023



*Distant view of Flitwick Manor on the new circular walk revealed after 100 years!*

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- Free Community Movie Days:  
31st July: 14th Aug: 31st Aug
- Flitwick Car, Bus & Bike Show:  
Sunday 20th August



Flitwick Town Council  
The Rufus Centre  
Steppingley Road  
Flitwick  
Bedfordshire  
MK45 1AH

Follow Us:



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# HOW TO GET IN TOUCH

## Your Town Councillors

Contact your Town Councillors via email: [firstnamesurname@flitwick.gov.uk](mailto:firstnamesurname@flitwick.gov.uk) or call using the numbers below.

Ward	Name	Contact
W	Keith Badham	630868
W	Ian Blazeby	634585
W	Tina Connell	07951 567136
E	James Gleave	07958 350159
W	Toby Harald	07739 937624
E	Howard Hodges	717778
E	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
E	Clare Thompson	07734 866479
W	Robert Wilsmore	712139

## Central Bedfordshire Councillors

Ian Adams	0300 300 8512
Gareth Mackey	712537
Heather Townsend	0300 300 8522

## Flitwick Papers

Flitwick Papers is published by Flitwick Town Council on a quarterly basis. The next edition will be Autumn 2023 which will be distributed in September.

To share your news and events in Flitwick Papers call 01525 631900 or email [beverleyjones@flitwick.gov.uk](mailto:beverleyjones@flitwick.gov.uk)

## Contact Flitwick Town Council:

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

**Call: 01525 631900**

**Email [info@flitwick.gov.uk](mailto:info@flitwick.gov.uk)**

## Contact Central Bedfordshire Council:

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

**Call: 0300 300 8000**

It's a great honour to be re-elected as Flitwick Town Mayor for a third term. This year, I'll be ably supported by Cllr John Roberts as Deputy Town Mayor. It's the start of a new four-year term after the local elections, and the Council has exciting plans for the year ahead.

I've been pleased to represent our community at many Bedfordshire events, including Ampthill, Dunstable, Houghton Regis, Sandy, Stotfold and the Lord Lieutenant's Thanksgiving Service in Woburn.

We know the cost of living crisis is affecting everyone but not affecting everyone equally. Supporting residents continues to be a focus for the Council, and we're continuing to collaborate with community groups to ensure we cover all angles.

Flitwick Community Fridge has been hugely successful. Thanks to our fabulous volunteers, we redistributed 4,700kg of food in April with almost no wastage. We're continuing our free Community Movie Days, our Community Hub remains open each Wednesday, and we've just launched a Job Club to help anyone looking to brush up their CV or improve their skills.

The free Flitwick Family Fun Day returns on Saturday 10th June, and I'm grateful to the sponsors who have helped make this fabulous free event possible. The community-organised Flitwick Car Show returns on 20th August, and we'll be running another Skate Jam Competition in September. We also have exciting summer holiday activities, including geocaching, a weekly football kickabout, a disco, and a visit from Teaching Talons!

The Town Mayor's Charities for 2023/2024 will be SOS Saturday Outreach Service and Tibbs Dementia Foundation. Don't miss the first fundraising event of the year – an opportunity to soak some of your favourite community figures in the pillory stocks at the Family Fun Day.

I wish you all a great Summer!



**Cllr Andy Snape, Town Mayor**

# Town Mayor Re-elected For Third Term

Councillor Andy Snape was re-elected Town Mayor for a third consecutive year at the Annual Statutory Meeting in May.

Councillor Snape will be supported during the 2023/24 civic year by Councillor John Roberts, who was elected Deputy Town Mayor.

Commenting on his appointment, Councillor Snape said: "Serving as Town Mayor for the past two years has been a huge honour, and I'm grateful for the tremendous support from Councillors, Council Staff and residents.

"Our Council will focus on several areas in the coming year, including Flitwick Community Fridge, reducing our environmental impact, improving the public realm and children's playgrounds, and redeveloping 3 Station Road (formerly Barclays Bank)."

*Congratulations to Councillor Snape and Councillor Roberts; we look forward to working with you both and wish you every success for the new civic year.*



## Meetings Calendar

### June

6th	Community Services
13th	Business
20th	Town Council

### July

18th	Town Council
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[View the full Meetings Calendar](#)  
[www.flitwick.gov.uk](http://www.flitwick.gov.uk)

Everyone welcome to attend meetings online or in person at The Rufus Centre

### August

1st	Community Services
15th	Town Council

### September

12th	Business
19th	Town Council

**Meetings start at 7.45pm.**

Joining instructions can be found on the meeting agenda or contact: [stacielockey@flitwick.gov.uk](mailto:stacielockey@flitwick.gov.uk)



## Meet Your New Town Councillors

We are delighted to welcome three new Town Councillors to Flitwick Town Council: Tina Connell, Toby Harald and Robert Wilsmore.

There was no election required for Flitwick Town Councillors in the Parish Elections held on 4th May as the Flitwick East and Flitwick West wards were uncontested. The total number of Flitwick Town Councillors is now 14.

Councillor Connell has lived in Flitwick for over 30 years and works for the Co-op in Flitwick. She is a Member Pioneer for the Co-op helping local charities, and is a director of a CIC Saturday Outreach Service, feeding and supporting the homeless and in need.



Married with five daughters, Councillor Harald works as a contractor for various businesses around the UK. "I'm a relatively recent arrival to Flitwick, so I am looking forward to finding out more about the Flitwick community and its needs and concerns, and how the Town Council can help with those."



Commenting on his appointment, Councillor Wilsmore said: "I first moved to Flitwick in 1961 and have seen it transformed from a village into a small town. I am committed to protecting Flitwick from over development and maintaining and improving the green spaces and bio-diversity in and around the town."



### Committee Structure 2023-24

The Committee Chairmen were elected at the Annual Statutory Meeting. Vice Chairman will be elected at June's Town Council Meeting.

**Community Services:** Cllr Clare Thompson. **Business Improvement & Development Board:** Cllr Ian Blazeby. **Personnel:** Cllr Andy Snape. **Appeals:** Cllr Clare Thompson. **Planning Improvement Working Group:** Cllr James Gleave. **New Environmental Improvement Working Group:** Cllr Dan Toinko. Read how you can get involved with the new environmental group on page 14.



## Annual Assembly

The Annual Assembly in May provided an opportunity for the Town Council to talk about what's been achieved in the past 12 months, plans for the future, and an overview of the second Annual Residents' Survey.

Cash Access UK Chief Operating Officer, Cat Farrow, joined us for the evening to talk about plans for the new Banking Hub in Ampthill.

The Town Council has been working together with Ampthill Town Council, surrounding Parish Councils and local campaigners to lobby LINK to open a Banking Hub in the area. LINK announced in March that a Banking Hub had been commissioned in Ampthill, to be delivered by Cash Access UK.

A site has been identified and the plan is for the Banking Hub to be open within 9 months.



## £7,150 Raised For Town Mayor's Charities!

Thanks to the tremendous support of everyone who attended fundraising events throughout the 2022/23 mayoral year, Town Mayor, Cllr Andy Snape raised an incredible £7,150 for his chosen charities - Citizens Advice Mid Bedfordshire and Flitwick Food Extra.

Together with Deputy Town Mayor, Cllr Clare Thompson, the Mayor presented cheques for £3,575 to Jo Hansen-Cole, Citizens Advice Mid Beds, and to Revd Claire Harald and Sophie Tucker, Flitwick Food Extra.



This year's Town Mayor's chosen charities are SOS Saturday Outreach Service, which helps to feed and support people who are homeless or in need, and Tibbs Dementia Foundation, which offers support to local people suffering from all stages of dementia, and their carers.

Look out for news of events planned to support these fantastic local charities including a Coffee Morning on **Friday 7th July** at Flitwick Village Hall.

## Cost of Living Crisis Support

The Town Council is continuing to expand the range of initiatives it offers to help support residents with the cost of living crisis.

Every Wednesday you'll find the Community Hub open in Dunstable Road for refreshments, good company and friendly advice. You can even charge your phones and other portable devices whilst you are there.

We've added more free fun events for the summer holidays including three Community Movie Days and a fascinating afternoon exploring the world of Geocaching at Manor Park. (See page 11 for more details). The Family Fun Day on **Saturday 10th June** with free open air cinema and free fun fair promises to be a great day out for all the family.

The Community Fridge at The Rufus Centre is busier than ever and we are trying hard to keep the Fridge well stocked for those who need it most.

Currently open on Tuesdays and Thursdays from 8am to 10am and 3pm to 5pm, we are now collecting from SOFEA, a local food charity affiliated with Fare Share. Depending on stock the Fridge is open on additional days. Follow our Community Fridge Facebook page for the latest stock information.

For residents struggling to feed their pets, we have partnered with the RSPCA to offer food for cats, dogs, rabbits and guinea pigs, available for collection from The Rufus Centre during office hours.

In addition, we are providing support for anyone looking for employment or a change of career with a new twice monthly Job Club at The Hub. We offer help with a range of things including CV writing, job applications and interview techniques.

***If you need help with the cost of living crisis please speak to our team at The Rufus Centre or pop into The Community Hub on a Wednesday.***

**Scan the QR code to access the cost of living page on our website for the latest information, how to access support from Flitwick Food Extra and The Need Project, CBC Benefits Calculator and link to the Flitwick Community Fridge Facebook page.**



## Manor Park Entrance Transformed

An amazing transformation has taken place at The South Gate entrance to Manor Park (on the A5120 opposite Nuyard Garden Centre).

One of the key elements of the Manor Park Heritage Project was to restore the South Gate and Piers to their former glory. We are delighted that this work was completed in May, just in time for a special guided walk through the park as part of the Greensand Country Festival.

Original materials have been used where possible. The bridge has been repaired with matching heritage bricks, and the gate piers have been rebuilt using the original bricks and stone cappings. The black railings are the original ones that have been partially restored too.

The project has been funded by Central Bedfordshire Council's Green Infrastructure Planning Obligations Funding.

We hope everyone will enjoy using the new grand entrance to the park!

This summer you can also explore Manor Park via the new circular walkway, reinstated after more than 100 years by the Flitwick Parish Paths Partnership (P3) volunteers working together with our Public Realm Team.

Manor Park features on the Flit Valley Walk, a route that follows the River Flit through its quiet valley rich in history and wildlife and includes Flitwick Moor Nature Reserve and Flitton Moor.

### Flit Valley Walk Leaflet

You can pick up a copy of the Flit Valley Walk leaflet at The Rufus Centre or download from our website by scanning the QR code.



### Cattle Return for the Summer

Cattle will be back grazing in Manor Park this summer. This year they will only be in the field behind the lake so both paddocks will remain open for visitors to walk through as normal.





# FLITWICK FAMILY FUN DAY

**SATURDAY 10th June 2023**

**12 noon - 10pm**

**MILLENNIUM PARK**

## FEATURING

**FREE Fun Fair (12 noon—8pm)**



**FREE Outdoor Cinema:**

**Shrek: 2pm**

**Matilda The Musical: 5pm**

**Top Gun Maverick: 8pm**

**FREE Popcorn (whilst stocks last!)**

***Plus Stalls, Food Court & more!***



**Thank you to our sponsor:**



Organised by Flitwick Town Council

For more information: 01525 631900 or [events@flitwick.gov.uk](mailto:events@flitwick.gov.uk)



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**FLITWICK & AMPHILL  
BATHROOMS**

## Flitwick Library events and clubs!



**Knit & Natter**  
Every Wednesday  
2pm onwards

**Bridge Club**  
Every Friday  
2pm onwards



**Lego Club**  
Every Saturday  
10am-3pm



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

**Board Games  
Club**  
Every Wednesday  
10:30am



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

**Tech Time**  
Every Thursday  
3:30pm-4:30pm

### 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](mailto:Flitwick.Library@centralbedfordshire.gov.uk)

# Get Set For The Summer!

We have some great activities planned for the school summer holidays with a special disco with DNA KIDS, and the opportunity to get close to some fascinating creepy crawlies with Teaching Talons.

The Free Community Movie Days at The Rufus Centre continue with a fantastic line up of films bookable via Eventbrite, plus we have a free 'Introduction to Geocaching' afternoon in Manor Park on **Wednesday 23rd August**.



## Summer Activities

**July 26th**  
**9am – Midday**

Creepy Crawlies with

**TEACHING TALONS**  
THE ANIMAL AMBASSADORS

**Ages 5 – 9**

**£11, pp**

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

To book call 01525 631900 or via Eventbrite\* (\*booking fee applies)



## Summer Activities

**August 9th**  
**9am – Midday**

**DISCO**

**DNA KIDS**

**Ages 5 – 9**

**£11, pp**

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

To book call 01525 631900 or via Eventbrite\* (\*booking fee applies)



## Summer Activities

**August 23rd**  
**2pm – 4pm**

**Introduction to Geocaching!**

Geocaching is a treasure hunt where you enter coordinates into your GPS device/Smart phone.

**FREE**

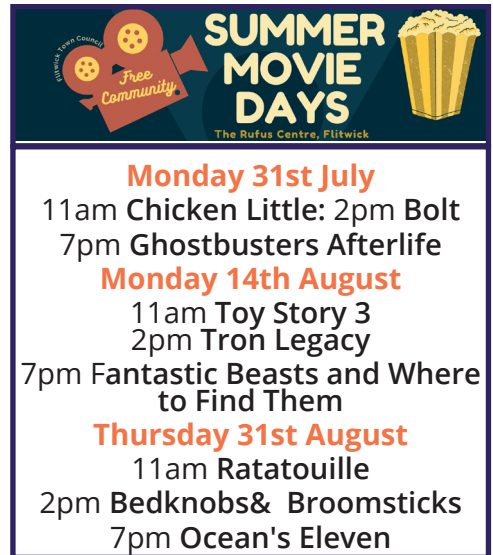
**EVERYONE WELCOME**

No experience required, just turn up and join in the fun!

It's a great way to get people out into the open air and have an adventure.

Meeting Point: Manor Park, Church Road, Flitwick, MK45 1AE

There is no parking at Manor Park so please walk where possible. Parking is available at The HUB car park, Dunstable Road.



## SUMMER MOVIE DAYS

The Rufus Centre, Flitwick

**Monday 31st July**  
11am Chicken Little: 2pm Bolt  
7pm Ghostbusters Afterlife

**Monday 14th August**  
11am Toy Story 3  
2pm Tron Legacy  
7pm Fantastic Beasts and Where to Find Them

**Thursday 31st August**  
11am Ratatouille  
2pm Bedknobs & Broomsticks  
7pm Ocean's Eleven

# Flitwick Family Fun Day



Are you ready for Family Fun Day on **Saturday 10th June**? We certainly are!

We can't wait to welcome everyone to Millennium Park for this fantastic, free event for the whole family to enjoy.

Residents are in for a real treat, with a free Fun Fair, free Outdoor Cinema featuring three great films, free Popcorn, a Food Court, DJ, Stalls and more. One thing we can't arrange is the weather but we are hoping it will be a lovely sunny day as in previous years.

Look out for the Town Mayor, Cllr Andy Snape, fellow Town Councillors, and CBC Ward Councillors who will be braving the stocks and getting a good soaking all in aid of this year's Town Mayor's charities.

**A big thank to all our event sponsors:**



**Rebecca L Faret Solicitors; Flitwick Leisure Centre; Teaching Talons; Boness Vets Enterprises; Mind BLMK; Spectrum Consultancy; Spectrum on Air.**

## Don't Miss The Monthly Sunday Market

Flitwick Sunday Market takes place on the last Sunday of the month at Flitwick Town Square, Station Road from 9am to 2pm.

Running throughout the summer, make a note of the dates:

**25th June; 30th July; 27th August; 24th September.**

Enjoy relaxed Sunday shopping and support local traders!





# FLITWICK

Car, Bus and Motorcycle Show

Sunday 20th August 2023



Sponsored by

FLITWICK & AMPHILL  
BATHROOMS

Come and enjoy exploring all the vehicles at the fantastic Flitwick Car, Bus and Motorcycle Show on **Sunday 20th August** from 10am to 4pm.

Returning for the fourth year, this free event in the town centre promises to be a fun day out for the whole family with vintage bus rides, kid's entertainment, stalls and Street Food Heroes. The Swan will also be open with show specials. For more information visit [www.flitwickcarshow.com](http://www.flitwickcarshow.com).

## Are You Passionate About The Environment?

The Town Council is forming a new Environmental Improvement Working Group to help shape the local Flitwick environment towards a more environmentally sustainable future. We are now looking for residents who are passionate about our environment to join the group and work together with Members.

The group will report directly to the Council on areas and projects where more sustainable options could be considered for investment, on opportunities to reduce its overall carbon emissions, and other initiatives.

Vounteering to be 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 to the environment now and in the future. Register your interest by emailing [info@flitwick.gov.uk](mailto:info@flitwick.gov.uk) or call 01525 631900. We will be in contact by the end of July with more information.



## The Big Help Out Success

A big thank you to everyone who came along to the 'Big Help Out' Flitwick Litter Pick in Station Road on Monday 8th May as part of the celebrations for the Coronation of King Charles III.

Special thanks to Flitwick Scout Group for providing refreshments and games for residents, and for the great team of litter pickers. It was a perfect opportunity to demonstrate the value of volunteering in the community.

The next Flitwick Litter Pick is on **Sunday 18th June** at Enterprise Way from 10am to 12 noon. Other dates for the diary: **20th July** and **8th August**. Locations to be confirmed. All equipment provided. Everyone welcome!



## Summer Fun At The Hub

The regular Monday night Youth Club and Tuesday night Open Access Drop-In take a break over the summer holidays but there's still plenty going on at The Hub, Dunstable Road, to keep young people entertained.

We'll be at The Hub every Monday from 10am to 4pm with free multi sports activities at Millennium Park for Years 5 & 6 in the morning and Years 7 to 11 in the afternoon.

### Meet The Team

Dan Gaze Support Service delivers all the youth activities in Flitwick on behalf of the Town Council. You can read more about Dan and his team on The Hub page on our website [www.flitwick.gov.uk](http://www.flitwick.gov.uk).

*Follow The Hub's Facebook page for all the latest news of what's happening over the summer!*

**What's On at THE HUB**

**FREE Multi Sports**

**Feeling Active?**

Come along & join us!  
**EVERY MONDAY** from  
28th July - 25th August  
@ Millennium Park, Flitwick  
**Years 5 & 6:**  
10am to 12pm  
**Years 7 - 11:**  
12:30pm to 2:30pm

**The Hub will be open all day from 10am - 4pm!**

Pop in for Games, Pool, Table Tennis, Music & Dance

\*Please bring Shin Pads & appropriate footwear.  
To register, please email: [dgsltd@outlook.com](mailto:dgsltd@outlook.com)

Working in Partnership:

Flitwick Town Council

Dan Gaze Support Service  
HOUNSLOW-NEW BEDFORDSHIRE-FLITWICK A COMMUNITY

## Free Outdoor Circuit Classes

Do you want to get fit for the summer? Come and try a free circuit class at The Rufus Centre! Classes for all abilities with two different programmes to choose from:

**6pm to 6.45pm - Ladies Only Circuit Class**

**7pm to 7.45pm - All Abilities Circuit Class**

Spaces are limited and must be booked in advance via Eventbrite. Next 4 week session bookings go live on 19th June.

The programme is supported by Central Bedfordshire Council's Active Communities Grant Scheme.

**Free Water Bottle**  
While stocks last!

**ALL ABILITIES CIRCUIT CLASS**

**FREE 12 Week Programme**

Starting Thursday 1st June  
7pm - 7:45pm

**45 Minute Class**  
Circuit Training  
Body Weight & Weights  
All Abilities Welcome

← ← ←

The Rufus Centre Field  
Steppingly Road  
Flitwick  
MK45 1AH

Classes Run By:

Book via Eventbrite



## Scarecrow Festival

This year's Scarecrow Festival in July is themed 'Children's Books.' Guaranteed to let your imagination go wild!

Visitors to the Scarecrow Festival will be able to use an interactive map on our website to explore all the scarecrows from **1st to 9th July**.

Last year's Platinum Jubilee themed entries showed how much creativity we have in Flitwick. We can't wait to see your creations!

Make sure you register your entry on our website by scanning the QR code below.



## Get Ready For Skate 'Jam' 2

Not one but two Skate 'Jam' competitions this year!

Following on from the success of the first Skate 'Jam' in April, the competition returns on **Sunday 10th September** at Millennium Park. It's a great event for spectators too. Categories for all levels, great prizes and music!





# Dance Like No One Is Watching!

**FRIDAY 13TH  
OCTOBER**

**7PM - 1AM**

**80'S, 90'S & NOUGHTIES**

## SILENT DISCO

**Tickets**

**£10\***

**LIMITED  
EARLY BIRD  
TICKETS  
£5\***

**Over 18's only**

**Licensed Bar**

**ID Required**

**THE RUFUS CENTRE,  
STEPPINGLEY ROAD, FLITWICK**

Book via Eventbrite

\*Booking Fee  
Applies



**Organised by Flitwick Town Council**

**For more information: 01525 631900 or [susaneldred@flitwick.gov.uk](mailto:susaneldred@flitwick.gov.uk)**

 **@NewsFTC**

 **/flitwickTC**



**/flitwicktowncouncil** [www.flitwick.gov.uk](http://www.flitwick.gov.uk)

### Flitwick Scout Leader is Coronation Champion

Nicky Taylor, a Scout Leader from Flitwick, was selected as one of the 500 Coronation Champions.

Nicky has been involved as a volunteer for over 45 years. Not only is she involved in running a Beaver Colony, and a Cub Pack, but she is also Deputy Group Scout Leader and, amongst other things, manages the waiting list for the Scout Group. Nicky was also actively involved in helping to open the first two Squirrel Dreys in the county.

Nicky is a qualified archery instructor and holds a permit for narrow boating. She has supervised many archery sessions at camps and has taken several Scouts narrow boating for a weekend on the Grand Union Canal. She has also helped to plan and run camps and sleepovers; these have included family camps that over 250 adults, young people and children attended.

Nicky was a foster carer for several years and looked after many children aged from 2 to 16, including a group of four children. She 'retired' as a foster carer last year and now spends some of her 'spare' time as a volunteer at The Stables in Milton Keynes.

Nicky said: "I volunteer because I get to work with other amazing adults who work tirelessly to provide a variety of exciting, fun activities. Offering 'first time experiences' such as helping a Beaver Scout to toast a marshmallow over an open fire, encouraging a Cub Scout to get to the top of a climbing wall, or helping a Scout steer a twelve-berth narrow boat for the first time is all part of nurturing a 'can do' attitude for the young people."

Tracey said, "My son Josh was a Beaver and a Cub and is now a Scout. Nicky provided him and his friends with so many fantastic experiences. Hundreds of children have benefitted from Nicky's commitment and dedication to Scouts."

Nicky was invited to the Coronation Concert at Windsor Castle on 7th May and will receive a pin badge and a certificate signed by both of Their Majesties.

*Article sent in by Flitwick Scout Group*

***Congratulations on this fantastic achievement Nicky!***



### Flitwick Methodist Church Celebrates 150th Anniversary

In November Flitwick Methodist Church will celebrate its 150th anniversary. Back in 1873 the people of Flitwick had raised the funds and built a Methodist Chapel. As well as worship, they led a Sunday school for over 100 children which was amazing bearing in mind there only 842 people living in Flitwick! We still meet for worship at 10.30am Sunday morning and have various activities throughout the week. We are also looking forward to strengthening our community from September by establishing One church on 3 sites in Ampthill and Clophill.

Follow our Facebook page for news of events planned to celebrate our 150th anniversary on **18th and 19th November**.

We also have our coffee and cake morning at the Village Hall on **Friday 25th August** in aid of Action for Children.

We would love to hear your memories of our Methodist Church please email [stewards@flitwickmethodist.org.uk](mailto:stewards@flitwickmethodist.org.uk).

*Article sent in by Flitwick Methodist Church*

### Flitwick Gardeners' Association Summer Show

Flitwick Gardeners' Association (FGA) Annual Show takes place on **Saturday 19th August** at Flitwick Village Hall.

The show is open to the public in the afternoon from 3pm to 4pm with tea, coffee and homemade cakes available as well as a raffle.

On show will be lots of vegetables, flowers, fruit, home produce, handicrafts and photographs. Everyone welcome!

Find out more about the FGA, how you can join, and the Seed Box by calling 01525 717289, visit [www.flitwickgardeners.co.uk](http://www.flitwickgardeners.co.uk) or [enquiries@flitwickgardeners.co.uk](mailto:enquiries@flitwickgardeners.co.uk).



*(Photo taken at the Spring Show in March)*

## Community News & Events

### Kings Church Flitwick Family Fun Day

Make a date in the diary for King's Church Flitwick Family Fun Day on **Saturday 17th June** from 12 noon to 3pm.

There'll be lots of free activities, games for all the family, Animal Edge petting zoo and Bounce & Giggle soft play. There will also be refreshments and a BBQ.



### Flitwick Bowls Club Open Day

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

## One-O-One

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Independent Ford Specialists

FORD TRAINED STAFF  
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Cambelts

### One-O-One

The same familiar faces, the same quality service at even better value.

We love to see existing customers whilst welcoming new ones! Building relationships based on trust, assistance and advice.



**Local Collection & Delivery**

One-O-One Service Centre,  
Unit 7E,  
Station Road,  
Ampthill MK45 2FQ

T: 01525 716111 or 01525 840038

E: [enquiries@one-o-oneservicecentre.co.uk](mailto:enquiries@one-o-oneservicecentre.co.uk)

W: [www.one-o-oneservicecentre.co.uk](http://www.one-o-oneservicecentre.co.uk)

## FLITWICK STREET FOOD HEROES



**12TH MARCH** **10TH SEPT**

**9TH APRIL** **14TH MAY** **11TH JUNE** **9TH JULY** **20TH AUG**

**MILLENNIUM PARK**

Supported By 



# FLITWICK & AMPHILL BATHROOMS

*'helping you create your dream space'*



**Helpful Advice**



**Extensive Range of Products**



**3D Design Service with Home Visits Available**



**Installation Support**

A friendly, family run bathroom showroom & plumbing merchant open 6 days a week. We have many displays on show, with an extensive range of brochures available.

We believe we can offer you a considerable range of quality products at competitive costs combined with good customer service and attention to detail. We also offer a design service to help you bring your room to life. From our initial conversations and a home visit we'll produce a stunning visualisation of your room to support your decision making, so why not take advantage of our seamless design process!

Feel free to walk in and visit our showroom or alternatively you can book an appointment or a home design visit via our **WEBSITE:**



**fandabathrooms.co.uk**



**01525 717224**



**sales@fandabathrooms.co.uk**



**Monday - Friday: 9am - 5pm**  
**Saturdays: 9.30am - 1pm**



**12 Windmill Road**  
**Flitwick**  
**MK45 1AT**

FLITWICK & AMPHILL  
**PLUMBING  
SUPPLIES**



**WEEKDAYS: 7.30-17.00**  
**SATURDAY: 8.00-12.30**



**for all your plumbing  
and heating needs**

**fandaplumbingsupplies.co.uk**  
**01525 718811**

## Get Creative For 2024 Charity Calendar

Calling all keen photographers. Do you have a favourite shot of Flitwick that could grace the pages of the 2024 Flitwick Charity Calendar?

We need your favourite photos that capture life in Flitwick. We know we have some fantastic countryside views but it will be great to feature some activities that show the spirit of Flitwick too.

Your photo may be of an outdoor space, event, countryside, community spirit or urban scene. Whatever it is, we would love to see it! The photo will be accredited with your name and it could even make the front cover!

Proceeds from the sale of the calendar will be shared between this year's Town Mayor's charities. Send us your images for consideration by the judging panel to [zoeputwain@flitwick.gov.uk](mailto:zoeputwain@flitwick.gov.uk) by **Friday 25th August**.



## Repairing and Sharing - Coming To Flitwick

SHARE: FLITWICK AND AMPTHILL successfully staged their first Repair Café at Ampthill Parkside Hall at the end of April.

Residents turned out in force to have a range of broken items repaired by a team of willing volunteer repairers. The skilled team managed to repair over 85% of items that were booked in including air fryers, cycles, clocks, childhood toys, vacuum cleaners and pressure washers.

Total donations on the day towards the cost of the hall rental, and the drinks and cakes provided, ensured the charity broke even, enabling a number of future events to be possible in 2023.

On the day there was also a range of additional stalls providing information, advice, and products for sale, themed around environmental issues and sustainability.

The next SHARE: Flitwick and Ampthill Repair Café will be held in Flitwick Village Hall on **Saturday 29th July** between 10am -1pm. Look out for more information on the SHARE website and social media soon about the range of items that can be pre-booked in for repair in July, to make sure you don't miss out and that the repairers don't run out of time!





Rebecca L Faret  
Solicitors

## Your local friendly and approachable solicitors

### **Private Client**

Wills, Probate, Lasting Powers of Attorney, Declaration of Trust, Court of Protection

### **Conveyancing**

House Sales and Purchases, Equity Release, Transfers of Equity, First Registration

### **Family and Matrimonial**

Divorce, Separation, Children Matters, Finances, Pre-Nuptial and Cohabitation Agreements

### **Business and Employment**

Commercial Leases, Sale of Businesses, Debt Collection, Settlement Agreements

01525 712112 | [rlfaret.co.uk](http://rlfaret.co.uk)

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP



# The Rufus Centre

Summer is always a busy season at The Rufus Centre for weddings and celebration parties in the Lockyer Suite.

If you're looking for a venue for your celebration, Flitwick residents get 10% discount on room hire for evening party bookings.

Enjoy working in a busy environment? We're looking for a new member of the team to join us as a Hospitality Porter. If you are interested, or want to know more about the role, please get in touch. Closing date for applications is **Monday 26th June.**

## Rendezvous Café & Bar

Congratulations to our catering team for achieving a 5 Star Food Hygiene Rating for The Rufus Centre and the Rendezvous Café & Bar following an unannounced routine visit from the Food Standards Agency in April.

At the end of May we launched a new menu with some great additions including a new 'All Day Breakfast'. We now offer a full menu on Saturdays including a range of breakfast options from 8am to 11am and lunch until we close at 2pm.

Tel: **01525 631905**

Email: [bookings@therufuscentre.co.uk](mailto:bookings@therufuscentre.co.uk)



/TheRufusCentre  
/WeddingsAtTheRufusCentre



@RufusCentreFTC



/therufuscentre



Looking for a practical job in hospitality?  
Do you have good customer service skills?

**THIS** could be the role for you...

## Job Vacancy

### Hospitality Porter

(Full Time – 37 hours per week)

7-day shift rotation

A competitive salary of **£21,968** plus generous annual leave allocation and an attractive pension scheme  
Duties include meeting & greeting customers, setting up & clearing rooms, minor maintenance work and café service  
**Application Deadline: Monday 26th June**

Interviews week commencing: Monday 3rd July

For more details or to request an Application Pack please speak to a member of staff, call 01525 631900 or email [info@flitwick.gov.uk](mailto:info@flitwick.gov.uk). You can also download a full application pack from our website [www.flitwick.gov.uk](http://www.flitwick.gov.uk)





There's plenty going on at The Rufus Centre in the coming months.

The special 'Evening of Drag' on **Saturday 15th July** is proving very popular with over 100 tickets sold already. There's still time to book your place if you want to join us.

Something completely different coming up on **Friday 13th October** (don't let the date put you off!) is a Silent Disco - switch between music from the 80s, 90s and noughties and dance the night away.

We have now finalised plans for Christmas events including the return of 'Breakfast with Santa' and a Christmas Party Night with live music. (See page 26 for more details).

Visit [www.therufuscentre.co.uk](http://www.therufuscentre.co.uk) to keep up to date with future events.

A Quality Antiques Fair for Beds, Bucks & Herts

## THE 9<sup>TH</sup> THREE COUNTIES ANTIQUES & FINE ART FAIR

THE RUFUS CENTRE  
Flitwick  
Bedfordshire  
MK45 1AH

**SATURDAY 9th SEPTEMBER 2023**  
10.00am to 4.30pm

**SUNDAY 10th SEPTEMBER 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](mailto:info@castlewood-antique-fairs.co.uk)  
[www.castlewood-antique-fairs.co.uk](http://www.castlewood-antique-fairs.co.uk)

RESTAURANT & FREE PARKING - ADMISSION £3.50  
**NEXT EVENT : 10th FAIR 9th & 10th March 2024**

## Over 60s Lunch Club Menu

### The Rufus Centre

Starts at 12:30pm  
**£6.50 per person**

### 20th June

Hunters Chicken (chicken breast, wrapped in bacon, barbecue sauce and topped with melted cheese) with Peas & Chips  
or  
Aubergine, Tomato, Courgette Stack with Basil Pesto served with Peas & Chips  
~  
Cinnamon Rice Pudding

### 18th July

Warm Cheese & Onion Quiche  
Salad & New Potatoes  
~  
Strawberry & White Chocolate Cheesecake

### 15th August

BBQ (Inside if weather inclement)  
~  
Chocolate and Raspberry Mousse

**Call Flitwick Town Council 01525 631900 to book your place.**

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

## Christmas Events

If you like to plan ahead you'll be pleased to know that our Christmas Events at The Rufus Centre are ready to book via Eventbrite. We're delighted to announce the return of the popular 'Breakfast with Santa' this year!



**Christmas PARTY**  
DECEMBER 8TH | 7:00 PM

LIVE MUSIC FROM THE BLUE RINSE BAND & A TWO COURSE MEAL

TICKETS £22\* PER PERSON  
(\*BOOKING FEE APPLIES)

THE RUFUS CENTRE, FLITWICK, MK45 1AH

STRICTLY OVER 18'S  
LICENSED BAR

BOOK VIA EVENTBRITE



**Family Christmas Party**

Saturday 4th December  
6:30pm - late

The Rufus Centre, Flitwick, MK45 1AH  
£10\* per Adult - £8\* Under 13's  
(\*Booking fee applies)

Includes Buffet, Quiz, Disco & a Visit from Santa!

Book via Eventbrite



**Flitwick Christmas Lights Switch On!**  
Sunday 26th November  
3pm - 6pm

Flitwick Town Square

**LIGHTS SWITCH ON 5pm**  
Carols Round the Christmas Tree @ 5pm

Mulled Wine & Mince Pies  
Street Entertainment  
Food Vendors  
Fun Fair

KEEP AN EYE OUT FOR SANTA!



**BREAKFAST WITH SANTA**  
A delicious cooked breakfast experience with Father Christmas

Ticket: £12.50\* per child  
£8.50\* per adult.  
(\*Booking fee applies)

**SATURDAY 23RD DECEMBER 10AM - 12NOON**

**CHILD TICKET INCLUDES:**  
• DELICIOUS BREAKFAST  
• LETTER WRITING  
• REINDEER FOOD  
• MEET & GREET WITH SANTA & A GIFT!

**ADULT TICKET INCLUDES:**  
• BREAKFAST & A HOT DRINK

THE RUFUS CENTRE, FLITWICK, MK45 1AH

Book via Eventbrite



# 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](http://www.hestia.org/safe-spaces)



**BEDFORD**  
BOROUGH COUNCIL

**Luton**



**You can find out more at [www.bedsdv.org.uk](http://www.bedsdv.org.uk)  
If you are in immediate danger, call 999**



FLITWICK'S

# SCARECROW FESTIVAL



**FREE  
ENTRY**

**THEME:**



**Children's  
Books**

**DISPLAY  
YOUR SCARECROW  
FROM  
SATURDAY 1st JULY  
TO  
SUNDAY 9th 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](mailto:zoeputwain@flitwick.gov.uk)



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/FlitwickTC



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[www.flitwick.gov.uk](http://www.flitwick.gov.uk)

