

# Flitwick Papers

## Winter 2023



*Christmas Lights Switch On  
photo credit: Ben Jemmett*

## What's Inside...

- New Town Councillors
- Nature Park Update
- Family Cooking Courses
- Free Defibrillator Training

## What's On...

- Free Community Movie Days:  
21st December: 22nd February
- Soul & Motown Night:  
Saturday 13th January
- Ceilidh:  
Friday 26th January



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

Follow Us:



t: 01525 631900  
e: [info@flitwick.gov.uk](mailto:info@flitwick.gov.uk)  
w: [flitwick.gov.uk](http://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
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	Sue Livens	07804 359419
E	Tim Parsons	07754 663986
W	Fraser Patterson	631900
W	Martin Platt	713017
E	John Roberts	716360
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 Spring 2024 which will be distributed in March.

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**

Autumn is always a busy season for civic events, and I'd like to thank our community for your continued support.

I'm incredibly grateful to those who supported the annual Civic Service at St Peter & St Paul's Church and the Remembrance Day Parade, a heartfelt and fitting tribute to those who made the ultimate sacrifice. Other highlights included the Annual Flitwick Town Mayor's Charity Quiz, the High Sheriff's Justice Service, Pumpkin Carving, Healthwatch Central Bedfordshire's 'Festival of Older People', the eagerly-anticipated opening of the Aldi Flitwick store and our first 'Flitwick: A Living History' talk.



The 2023 Christmas Lights Switch On at the Town Square was bigger than ever, and it was a joyous occasion for our town to come together around the Christmas Tree to celebrate the start of the festive season! Don't forget to support our local businesses in Flitwick and shop locally where you can for those all-important Christmas gifts!



The cost of living crisis continues to be a significant challenge for many people in our community; the reality for many working families is a struggle to meet everyday living expenses, especially energy and food costs. Our Flitwick Community Fridge service continues to redistribute large volumes of fresh food each month. Alongside the core offer, we're providing family cooking courses, a weekly Community Hub session, the Job Hub, free Community Movie Days and free weekly Circuit Training sessions until the end of March. Our staff are ready to offer non-judgemental, no-strings support, so get in touch if you need help.

You'll find lots of information in this issue from other community groups and about the Council's services and upcoming events, including the Proud AF 'Showtunes-sing-along' in January – I hope to see you there! There's also an update about the services we provide from The Rufus Centre on a commercial basis, generating vital funds which are invested back into the community.

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**

# Meet Your New Town Councillors

Flitwick Town Council is delighted to welcome two new Town Councillors. Sue Livens and Fraser Patterson were both co-opted to serve as Councillors at the October Town Council meeting.

Councillor Livens represents East Ward and has lived in Flitwick for around 50 years, raising her family in the town. An active volunteer in Flitwick and the surrounding areas, Councillor Livens works with a number of groups and organisations including membership and volunteering at Marston Vale Forest Centre, Flitwick Gardeners' Association, Keech Hospice Shop, Sailability and litter picking. She has also spent many years volunteering at Flitwick Lower School, helping children with their reading skills.

"I am registered disabled by having COPD, but I try not to let it get in the way of leading my life positively. To that end, I hope to build on litter picking, championing better access and facilities for disabled people, and helping in 'greening' those neglected places in East Ward."

Commenting on his co-option as a Town Councillor for West Ward, Councillor Patterson said: "I'm determined to help out in Flitwick in any way I can. I'm particularly interested in protecting the local environment, prioritising the safety of our residents and ensuring that they have their voices fairly represented in local community projects and development."



## Meetings Calendar

### December

5th	Community Services
12th	Business
19th	Town Council

### January

16th	Town Council
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Meetings start at 7.45pm  
View the full  
Meetings Calendar  
[www.flitwick.gov.uk](http://www.flitwick.gov.uk)

### February

6th	Community Services
20th	Town Council

### February

19th	Town Council
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Joining instructions can be found on  
the meeting agenda or contact:  
[staciелockey@flitwick.gov.uk](mailto:staciелockey@flitwick.gov.uk)

Everyone welcome to attend meetings  
online or at The Rufus Centre



Plans for the Nature Park in Maulden Road are progressing well. As we went to print the final design was scheduled to be signed off by the Community Services Committee at the December meeting.

Working together with the Forest of Marston Vale Trees for Climate scheme we are hoping to start planting trees early in the new year.

The Trees for Climate programme is managed by England's Community Forests and is funded via the Government's Nature for Climate fund

There has been lots of work going on behind the scenes working with other organisations such as Central Bedfordshire Council's Archaeology and Landscape team and the Greensand Trust.

We will keep you updated on social media and in the spring edition of Flitwick Papers.



## Celebrating Bedfordshire Day

The Bedfordshire flag was flying proudly at the Town Council offices at The Rufus Centre on 28th November to celebrate Bedfordshire Day.

Bedfordshire Day celebrates the cultural heritage of Bedfordshire, marked on this date as the anniversary of the birth of John Bunyan.

Town Mayor, Cllr Andy Snape, attended the Bedfordshire Day flag-raising event hosted by Stotfold Town Council. The Lord Lieutenant of Bedfordshire, Susan Lousada, and the High Sheriff of Bedfordshire, Russell Beard were also in attendance at this special event.



## Be Prepared

In the spring we will be offering free defibrillator training to residents.

The training will teach the essential skills for using a defibrillator, and give you the confidence to know what to do in an emergency.

There are two sessions planned which will be able to accommodate 50 people at each session.

Training will take place at The Rufus Centre. Full details and how to book your place will be released in the new year.

If you would like to register your interest in advance please call us on 01525 631900 or email [info@flitwick.gov.uk](mailto:info@flitwick.gov.uk) and we will be in contact when the training dates are announced.



## Favourite Flitwick Views

Have you got your copy of the 2024 Flitwick Views Calendar?

The calendar costs £6 and feature 12 views of Flitwick taken by residents. They make fantastic Christmas presents!

You can purchase a copy from the Town Council offices at The Rufus Centre during office hours and from the Rendezvous Café & Bar which is open until 2pm on Saturdays.

All profits from the calendar will be shared between this year's Town Mayor's charities.

Don't forget when you are out and about to start taking photographs for inclusion in the 2025 calendar.



## Christmas Lights Sparkle Bright

More people than ever braved the cold to join in the fun at the Christmas Lights Switch On at Flitwick Town Square.

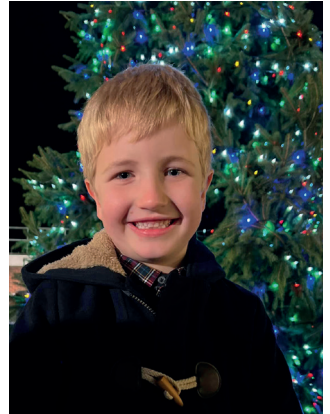
Six year old George Moodey (*pictured below*) from Templefield Lower School pressed the magic button to light up the Christmas Tree and the new Snowmen lights around the town.

It was a fantastic afternoon of entertainment with singing, music, and the Advent Nativity with plenty of audience participation. We were joined by special guests donkeys Molly and daughter Rosie, the Naughty Elf, The Grinch and, of course, Santa.

Thank you to our Town Councillors; local traders; Somewhere 2 Sing choir, the mixed community group choir; Flitwick Parish Church; Ampthill Town Band; Flitwick Scout Group; Bedfordshire Police Cadets; FTC staff, and volunteers from Nexus Fostering, for their help and support.

We are also grateful to Tesco Flitwick, Co-op Flitwick, Waitrose Ampthill and Directstone Ltd for their donations to support the mulled wine and mince pie stall raising money for this year's Town Mayor's charities.

*Special thanks to Ben Jemmett for the amazing drone shot featured on the front cover.*





## Free Christmas Community Movie Day

Enjoy some free festive fun at our special Christmas Movie Day on **Thursday 21st December** at The Rufus Centre.

There's three films to choose from and you can just turn up - no need to book!

We have another movie day planned during February half term on **Thursday 22nd February**. Keep an eye on our socials for news of what will be on screen!



Flitwick Town Council

Free Community

# CHRISTMAS MOVIE DAY

Thursday 21st December

The Rufus Centre, Flitwick

**FREE EVENT!**

**Film Showings:**

- Arthur Christmas (PG) 11am
- Nightmare Before Christmas (PG) 2pm
- Fred Clause (PG) 7pm

No need to book - just turn up!

ARTHUR CHRISTMAS

THE NIGHTMARE BEFORE CHRISTMAS

FRED CLAUSE

## New Year, New Career

If you need any help or advice with job applications, CV writing, interview techniques or want to discuss career options why not come along to the Flitwick Community Job Club.

We're changing locations in January, but the sessions will still be held on Wednesdays as normal.

Visit us on **3rd January** and **31st January** at The Rufus Centre. On **17th January** we hope to be at a new venue. The location will be confirmed on our social media pages nearer the time.

Everyone welcome. Free refreshments. For more information email [communityservices@flitwick.gov.uk](mailto:communityservices@flitwick.gov.uk) or call 01525 631900.

## Support With The Cost Of Living

The Town Council is continuing to offer as much support as possible to help residents with the cost of living crisis with the Community Fridge at The Rufus Centre being one of the most valued initiatives.

Thanks to a team of wonderful volunteers we have been able to increase our opening times and expand the areas we collect from. Collections now include the new Aldi store in Flitwick every week day.

Occasionally we have one off donations from local groups, most recently Flitwick Scout Group who donated surplus rolls to the Fridge after their Christmas Fair. We are delighted that they chose to redistribute their surplus food with us to help reduce food waste.

The Fridge is currently open 9am - 8pm, Monday to Friday and on Saturdays 9am to 2pm (subject to stock levels).



### Community Fridge Christmas Opening Times

This Christmas the Fridge will be open on **23rd December** and **27th December** between 10am and 2pm. Please follow the Community Fridge Facebook for all the latest information.

### Keep Warm With Us At The Community Hub

As we move into the cold winter months come and keep warm with us at the Community Hub, Dunstable Road. Open every Wednesday between 9am and 2.30pm, you can drop in for soup and refreshments and a friendly chat. You can also enjoy a wide variety of games and charge your electronic devices whilst you're there.

### Warm Clothing and Blankets

The Stitchers group has been busy creating blankets, hats, scarves and gloves. If you would like any of these items to help keep you warm please get in touch with the Community Services Team on 01525 631900 or email [communityservices@flitwick.gov.uk](mailto:communityservices@flitwick.gov.uk).

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

For more details on all initiatives scan the QR code.





# Flitwick Library Christmas Events

## Adult events

### Christmas Crochet

Whether you're a beginner or expert we have the perfect festive crochet event for you! Pop into the library or call us for more information on this event



Friday 8<sup>th</sup> December

£2 per person - pay in advance!

### Christmas Good Afternoon event

Join us for an afternoon of festive fun! Take part in our Christmas quiz whilst sipping on mulled wine and nibbling on mince pies!



Wednesday 20<sup>th</sup> December 2:30pm

£2 per person - pay on the day!

## Children's events

### Christmas Tree Decoration Competition

Oh no! Our Christmas tree has no decorations!



Can you make us one to hang on the tree? You can be as creative as you like! We have templates at the library that you can use or you can make your own! All you need to do is bring it to the library before Sat 23<sup>rd</sup> December and enter the competition to win 1 of 3 prizes!

### Christmas Crafts!

Join us from Wednesday 20<sup>th</sup> December - Tuesday 2<sup>nd</sup> January for lots of amazing Christmas crafts! From melting snowmen and Christmas Wreaths to New Year's Firework crafts! We have lots of different crafts each day! Crafts available whilst stock lasts.



### Santa and Reindeer Porcelain Plate decorating workshop

Santa and his reindeers deserve a treat on Christmas Eve so join us at Flitwick Library to decorate your very own porcelain plate to put their treats on! We will provide everything; all you need to do is pop into the library to book your place!

Friday 22<sup>nd</sup> December 2:30pm

£2 per person - Pay in advance.

Limited spaces!



If you are interested in joining any of these events or clubs please call the Library on 0300 300 8057 or email [Flitwick.Library@centralbedfordshire.gov.uk](mailto:Flitwick.Library@centralbedfordshire.gov.uk)



## **CHRISTMAS AT ST PETER & ST PAUL CHURCH ROAD, FLITWICK**

**Wednesday 13<sup>th</sup> December – ‘Beer & Carols’ - The Crown Pub, Flitwick**  
Come, grab a drink and sing some carols with us at 7.30pm

**Sunday 17<sup>th</sup> December – ‘O come all ye Faithful – Carols at Christmas’**  
our candlelit carol service at 6.30pm

**Saturday 24<sup>th</sup> December – Christingle Services**  
for all ages at 4pm & 6pm

**Saturday 24<sup>th</sup> December – Midnight Mass**  
traditional communion service at 11.30pm

**Sunday 25<sup>th</sup> December – Christmas Day Service**  
All Together Service at 10.30am

For more details visit. [www.flitwickchurch.org/christmas](http://www.flitwickchurch.org/christmas)

## Family Cooking Courses Continue

Designed to build confidence in the kitchen and engage young people in cooking, our first Family Cooking Course has been a great success.

We had fantastic feedback from everyone who completed the course, learning new skills and creating some very impressive dishes created including apple crumble and cottage pie.

Held at the Village Hall, there's ten adult spaces for the free six week course and each adult can bring up to two children aged 7 to 16. All ingredients and equipment provided.

The cooking course is funded by environmental charity Hubbub. Our January course is full but you can book on the spring course starting **16th April**. If you would like to join us please call 01525 631900 to book your space.



*"Really lovely couple of hours to spend with the kids making their food."*

*"More confident, fun, brilliant."*

*"Lovely atmosphere and great fun."*

## Forget Me Not Group

Everyone is welcome at the monthly Forget Me Not Group which supports carers and people with memory problems and provides the opportunity to share your experiences and support one another whilst enjoying good company.

Come along to The Rufus Centre from 1.30pm to 3.30pm on **8th January, 12th February and 11th March**. We have talks and activities plus refreshments.

## 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.



JOIN US FOR A  
NIGHT OF LIVE MUSIC

# SOUL & MOTOWN

WITH THE SOUL MAN

SATURDAY  
13TH  
JANUARY



THE RUFUS CENTRE, STEPPINGLEY ROAD,  
FLITWICK

7PM-11PM

DOORS OPEN 6.45PM

BAR FOOD  
AVAILABLE  
BETWEEN  
7PM & 9PM

TICKETS: £15

BOOK VIA EVENTBRITE\*  
OR CALL 01525 631900

\*BOOKING FEE APPLIES



LICENSED BAR  
OVER 18 ONLY



Organised by Flitwick Town Council

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

 @NewsFTC  /flitwickTC  /flitwicktowncouncil [www.flitwick.gov.uk](http://www.flitwick.gov.uk)

# Have you considered respite or short break care?

## For your loved one as an alternative to a care home?

Home Instead is the UK's leading provider of care in the home. Our respite care can provide a much-needed lifeline for families that otherwise would have to move loved ones to a care home environment.

### Benefits of staying in your own home are:

- ① Respite allows loved ones to stay in surroundings where they feel safe and comfortable minimising confusion within unfamiliar environment
- ① Flexible to suit your needs - respite can be temporary or intermittent service levels
- ① Allows loved ones to remain independent
- ① Comfort & peace of mind knowing your loved one is spending time with another caring individual
- ① Avoids carer exhaustion and gives time to look after yourself
- ① Maintain contact with familiar visitors to the home

### Suitable for

- Returning home from a hospital stay
- Dementia care
- Frailty
- Family absence

### Call us today to see how we can help

Home Instead Luton & Central Bedfordshire

T: 01582 742275 E: [luton@homeinstead.co.uk](mailto:luton@homeinstead.co.uk)

W: [homeinstead.co.uk/luton-bedfordshire](http://homeinstead.co.uk/luton-bedfordshire)



Rated by [homecare.co.uk](http://homecare.co.uk)

 **Home Instead.**  
*To us, it's personal*



## Remembrance Parade & Service

The local community lined the streets around the War Memorial at Flitwick Town Square as we came together to remember all those who served and gave the ultimate sacrifice on Remembrance Sunday.

Members of the Royal British Legion, uniformed cadets, local groups and organisations were led by the Ampthill Town Band as they paraded up Station Road to the War Memorial where the service took place.

A live stream of the event on our Facebook page enabled people who were unable to attend to watch the service remotely. Thank you to everyone who took part and for making the afternoon such a success.



# Join us for our first ever Ceiliadh

## Friday 26th January

with the **Ouzel Valley Ranters**

and Caller: Lisa Heywood

### 7pm until late

**Tickets:  
£10**

**Licensed Bar &  
Bar Food  
available**

No experience required.  
Come and have a go!

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

**Book via  
Eventbrite\*  
or call:  
01525 631900**



*\*Booking fee applies*



**Organised by Flitwick Town Council**

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

**X @NewsFTC   f /flitwickTC   i /flitwicktowncouncil   [www.flitwick.gov.uk](http://www.flitwick.gov.uk)**



## Does Your Property Border A Public Footpath?

Central Bedfordshire's Highways and Rights of Way Officers receive a number of complaints from residents regarding trees and other vegetation, overhanging and obstructing pavements and Public Footpaths within their local area.

We are extremely fortunate in Central Bedfordshire in having a number of footpaths that provide convenient pedestrian links to important areas of towns and villages. Many of these routes are used by the elderly and those without access to a car and as our children's shortcut to school.

In order for our footpaths to be useful to us, they need to be free from obstruction and offer a safe and inviting environment. Unfortunately, many are becoming dark and overgrown, with boundary hedges and vegetation blocking natural light, street lighting and narrowing the width available. A lot of this vegetation is rooted within the grounds of private gardens and is growing or encroaching onto the footpaths and pavements over the garden boundaries.

The responsibility for this type of vegetation lies with the relevant householders rather than the Council and we are trying to work with local residents to encourage them to take responsibility for their local footpaths by cutting back their border hedges, trees and shrubs to maximise both the light and the width along locally used routes.

We would welcome your support in encouraging friends and neighbours in your town or village to help keep your paths clear of vegetation and please let Highways or Rights of Way Officers know if you find any particular problems in your area.

*Article sent in by Central Bedfordshire Council*

## Garden Waste & Christmas Tree Recycling

Garden waste collections take a break for the winter and will resume in February. During the break you can still recycle your garden waste at Central Bedfordshire Council's Household Waste Recycling Centres.

### Christmas Tree Recycling

Place your Christmas tree with your normal recycling bin between **Monday 8th to Friday 19th January**. Trees should be no taller than 6ft, with trunks no greater than 3 inches in diameter.



## Community News & Events

### Sight Loss Information Drop In Day With Sight Concern Bedfordshire

Are you or a friend or family member struggling with your sight or experiencing sight loss? Come along to The Rufus Centre, Steppingley Road, Flitwick MK45 1AH on **Tuesday 6th February** from 10am – 2pm for a free event.

Meet your local sight loss charity Sight Concern Bedfordshire, learn about our services and receive information and advice on living with sight loss.

Try out some of the latest technology and magnification equipment to support visually-impaired people from Professional Vision Services.

No appointment necessary, we look forward to meeting you!



### Christmas At Kings's Church, Flitwick

Everyone is welcome to join us at the following services in December:

Carols by Candle light  
**Sunday 17th December**,  
5:30pm followed by hot drinks and mince pies.

Carols in the Town Square  
**Sunday 24th December**,  
5:30pm followed by hot drinks and mince pies at the church.

Christmas Day Celebration  
**Monday 25th December**,  
10:30am.



*If you have news and events to share please get in touch by emailing [beverleyjones@flitwick.gov.uk](mailto:beverleyjones@flitwick.gov.uk) or call 01525 631900*

### Woodlands Middle School Is 50!

As part of our celebrations, we are holding a festival in a day (Woodlandbury Festival) on **Friday 3rd May 2024**, from 2-10pm at the school.

The day will feature live music, street food trucks, inflatables, climbing wall, rides, and stalls from traders and community groups. We will round off the event with a spectacular sound and light show at 9.45pm.

The event is open to the whole community, and entry is free. Do please come along to help us mark this special anniversary!

Please help us, and the local residents, by walking to the event, as parking is not available on site (apart from blue badge holders).

If you would like a stall, have something you could help us with, or need any other information about the day, please contact Sharon Hardacre on [hardacres@woodlandacademy.co.uk](mailto:hardacres@woodlandacademy.co.uk)

See you there!

A blue poster for the 'Woodland is 50!' festival. At the top left is a small logo for 'Woodland Middle School'. The main text 'Woodland is 50!' is in large, bold, white letters. Below it, 'What's your connection?' is written in a smaller white font. In the center is a circular graphic with a colorful, abstract design and the text 'WOODLANDBURY FESTIVAL'. To the right of this graphic is a smaller circle with the text 'a festival in a day'. Below the central graphic is a list of activities: 'Food Vendors', 'Licensed Bar', 'Rides & Inflatables', 'Climbing Wall', 'Stalls', and 'Community Groups'. To the right of the poster, the event details are listed: 'Friday 3rd May 2024', '2-10pm', 'Free entry', and 'Grand Finale at 9.45pm'. At the bottom right, it says 'Live music & Entertainment from pupils past and present'. At the bottom of the poster, there is a line of text: 'For more information about having a stall or bringing an attraction, please contact [hardacres@woodlandacademy.co.uk](mailto:hardacres@woodlandacademy.co.uk)'.

Woodland Middle School

Come and celebrate with us

# Woodland is 50!

What's your connection?

**Friday 3<sup>rd</sup> May 2024**  
**2-10pm**  
**Free entry**  
**Grand Finale at 9.45pm**

**WOODLANDBURY FESTIVAL**

a festival in a day

Food Vendors  
Licensed Bar  
Rides & Inflatables  
Climbing Wall  
Stalls  
Community Groups

Live music & Entertainment from pupils past and present

For more information about having a stall or bringing an attraction, please contact [hardacres@woodlandacademy.co.uk](mailto:hardacres@woodlandacademy.co.uk)

### Free Circuits

If one of your New Year's resolutions is to keep fit why not come along to our free circuit training classes on the Rufus Centre field on Thursday evenings. The first session is at 6pm for ladies only, followed by a mixed session at 7pm. Classes are 45 minutes long. No need to pre-book. Classes will be running until the end of March so there's no excuse not to give it a try!



## Community News & Events

### Exciting Term For Flitwick Scout Group

Flitwick Scout Group has embarked on a thrilling journey this term, fostering skills, teamwork, and a deep connection with nature with a range of activities from expedition camps to nature walks and water activity days.

The demand for places in the two existing Scout Troops at Flitwick remains high, and the group are actively seeking dedicated volunteers to meet this demand with the aim to set up a third Scout troop on a Tuesday. All volunteers involvement can make a lasting impact on the lives of young Scouts in our community, if you're interested in volunteering (previous experience as a Scout not required) please email the group directly on [volunteer@flitwickscoutgroup.org.uk](mailto:volunteer@flitwickscoutgroup.org.uk).

Stay tuned for more adventures as these young Scouts continue their journey, exploring, learning, and making memories that will last a lifetime. To find out more about the group, visit their website at <https://www.flitwickscoutgroup.org.uk>.



### New Year, New Hobby

If you fancy trying something new for 2024 we have spaces in our painting group, Painting Circle.

This self help group meet every Thursday afternoon during term time and work together to inspire each other to develop their skills and try different mediums.

Sessions cost £2.50 and take place at The Rufus Centre.

The first session is free so it's a great chance to try it out.

If you want to know more or would like to book your taster session please call 01525 631900 or email [info@flitwick.gov.uk](mailto:info@flitwick.gov.uk).

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

**Painting Circle**  
A self help group for budding artists!

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

**FREE**  
Parking

**£2.50 per session**

**Taster Session FREE**

For more information or to book your FREE taster session please contact Zoe at Flitwick Town Council 01525 631900.



PRESENTS

# Show tunes Sing-along

DO YOU HEAR THE PEOPLE SING!



With



ALEXA FOX & GAVIN ASHLEY COOPER

SATURDAY  
27TH JANUARY

DOORS 7.30PM  
TICKETS £10

Over 18's only. Licensed Bar & Bar Food available.

The Rufus Centre, Flitwick, MK45 1AH

To Book Tickets Call 01525 631900



Working in partnership



Flitwick Town Council

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



# It's time for our next **REPAIR CAFE**

The next **Share: Flitwick and Amptill Repair Cafe**  
will be at

**Westoning Village Hall, Church Rd, Westoning,  
MK45 5JL**

**on Saturday 20th January from 2pm to 5pm**



Find out more using the QR code,  
email: [info@shareflitwickandamptill.org](mailto:info@shareflitwickandamptill.org) or DM our Facebook Page

And don't forget! Your local Library of Things is open at the back of the  
Rufus Centre, Steppingley Rd, Flitwick, MK45 1AH

**10am to noon every Saturday**

(Follow the building round to the left from Reception)

**Save Money Save Space Save the Environment**

## Time To Dance

Join us for the last Tea Dance of 2023 on  
**Thursday 14th December** with hosts  
Brian and Linda.

Ticket price includes tea, coffee and cake.

No need to book, just turn up!

Tea Dances return in the new year on  
**Thursday 2nd February.**







Rebecca L Faret  
Solicitors

## Your local friendly and approachable solicitors

### **Private Client**

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

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

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

# The Rufus Centre

The build up to Christmas is always a busy time at The Rufus Centre and one of our favourite times of the year. This year sees the return of Breakfast with Santa which sold out within 3 weeks! We still have a few spaces for our Family Christmas Party on Saturday 9th December if you want to join in the celebrations.

Planning your own celebration next year? Flitwick residents get 10% discount on room hire for evening party bookings. The Lockyer Suite can accommodate up to 200 people and offers a blank canvas that can be transformed into a fantastic party space. We love the glow furniture we hired in for our first silent disco!



## Rendezvous Café & Bar

We're delighted to welcome our new Chef Paul Fittell. Paul has vast catering experience in the hospitality industry working in pubs and restaurants and will be working with Assistant Chef Gemma and the team to continue to deliver a first class service to our customers. Look for a new menu coming soon and keep an eye out for our daily Chef's specials.

If you are stuck for Christmas present ideas we have new Rendezvous Gift Cards which can be topped up for any amount. The perfect gift!



Tel: **01525 631905**

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

 /TheRufusCentre  
/WeddingsAtTheRufusCentre

 @RufusCentreFTC

 /therufuscentre

The Rufus Centre  
Meet, Work, Celebrate

[www.therufuscentre.co.uk](http://www.therufuscentre.co.uk)

## Are You Looking For Office Space?

If you are looking for new office space or have outgrown your current space, we have some fantastic fully refurbished offices available at The Rufus Centre.

Perfectly located, the offices are fully serviced with allocated car parking space and ample free car parking for your visitors

Plus, as one of our tenants, you can enjoy discounts on meeting room hire and in the Rendezvous Café & Bar.

Please get in touch if you would like to look around the offices and The Rufus Centre facilities. Call 01525 631905 or email [bookings@therufuscentre.co.uk](mailto:bookings@therufuscentre.co.uk).



## New Booking System For Events

Our events programme for 2024 is coming together nicely with some great evenings planned from Murder Mystery to an Elton John Tribute.

You'll find details of many of these in this edition of Flitwick Papers including our first Ceilidh with the Ouzel Valley Ranters which promises to be a lively event.

To make it easier to book events we are introducing a new online booking system in the new year. Giving customers a lot more flexibility, you will be able to book at your leisure and reserve seats for some events.

Once up and running we also plan to introduce pre-ordering of refreshments. Watch this space!

**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

Organised by Flitwick Town Council

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

[@NewsFTC](#) [f /flitwickTC](#) [/flitwicktowncouncil](#) [www.flitwick.gov.uk](http://www.flitwick.gov.uk)



## Over 60's Lunch

Enjoy lunch with friends or come and make new ones at our monthly Over 60's Lunch Club at The Rufus Centre.

The highlight of the year is the Christmas Lunch with 140 guests joining us on the day for a traditional festive three course meal and entertainment.

We would like to thank Nuyard Garden Centre for their kind donation of vegetables for the event.

If you want to join us for Lunch Club in January and February, please call 01525 631900.



**Over 60s Lunch Club Menu**  
**The Rufus Centre**  
Starts at 12:30pm  
£7.50

**16th January 2024**  
Shepherd's Pie  
Vegetarian Shepherd's Pie  
(meat substitute)  
Peas & Carrots  
Bread & Butter Pudding

**20th February**  
Gammon & Pineapple  
Butternut Squash & Lentil Wellington  
Chips & Peas  
Lemon Meringue Pie with Strawberry Coulis

Call Flitwick Town Council on 01525 631900 to book.  
Please note: All places must be pre-booked 3 working days in advance. Lunch booking closes on the **Thursday** before the date, at 12 noon. Please inform us of any allergies & dietary requirements when booking.

## Fun At The Hub

There's plenty going on for young people at The Hub, Dunstable Road during term time.

In school holidays we also have a range of activities young people can join in with. Follow The Hub's Facebook page for all the latest information.

All activities are delivered by the fantastic team at Dan Gaze Support Services.



**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



**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

**Including Multi Sports**

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

# Need Support for Domestic Abuse?

## Mental Health & Emotional Support/Advice

### Adult Community Mental Health Team

01234 880433

[www.elft.nhs.uk/services/bedford-adult-recovery-cmht](http://www.elft.nhs.uk/services/bedford-adult-recovery-cmht)

### Central Bedfordshire Council Adult Safeguarding Team

0300 300 8303 (in office hours) and 0300 300 8123 (out of hours)

### Mental Health Crisis Cafes

In Central Bedfordshire, Bedford, Luton and Milton Keynes

Go to [www.elft.nhs.uk/services](http://www.elft.nhs.uk/services) and search 'Crisis Cafe'

### Bedfordshire Talking Therapies Service

01234 880 400

Also provide counselling to victim/survivors of domestic abuse

### Stay Alive app

Download from the App Store on your mobile device

### MIND

0300 1233 393 or [www.mind.org.uk](http://www.mind.org.uk)

### Shout

Text 'SHOUT' to 85258 to start a conversation with a trained volunteer

## Housing and Home Safety Advice

### Central Bedfordshire Council Housing

0300 300 8302

### Central Bedfordshire Council Housing

Go to [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) and search 'Homeless due to domestic abuse'

### The Bobby Scheme

Email your contact details, address and security requirements to [BobbyScheme@beds.police.uk](mailto:BobbyScheme@beds.police.uk)

### Bedfordshire Fire and Rescue Service

Can support with Home Fire Safety Visits

Email [HomeFireSafetyVisit@bedsfire.gov.uk](mailto:HomeFireSafetyVisit@bedsfire.gov.uk)

### Domestic Abuse Resettlement Team (DART)

Offer support with relocation and administer the Flexi Fund  
01234 264 109

The team covers Bedfordshire, Cambridgeshire and Peterborough

## Other

### Support

### Bedfordshire Domestic Abuse Partnership (BDAP)

[www.bedsdv.org.uk](http://www.bedsdv.org.uk)

The website has information on BDAP Support Hubs and a 'Get Help' page which lists information on a range of local and national services

### Victim Support - 01582 488 777

iMatter programme, [www.victimsupport.org.uk](http://www.victimsupport.org.uk) and search 'iMatter'

### The Rebuild Programme

[www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) and search 'Rebuild Programme'

### Home-Start Central Bedfordshire - 01582 660 061

Run Pattern Changing and Own My Life programmes

### Bedfordshire Victim Care Services - 0800 0282 887

### Independent Sexual Violence Advisor (ISVA)

0300 002 0004 or [onyx@espbedford.org](mailto:onyx@espbedford.org)

### Emerald Centre Sexual Assault Referral Centre (SARC)

01234 842750 or [admin.emeraldcentre@nhs.net](mailto:admin.emeraldcentre@nhs.net)

## Legal Advice

### The DA Alliance

0800 101 7110

They also offer the WEPROTECT app which can be downloaded from the App Store on your mobile device

### Rights of Women

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

Telephone number varies depending on type of legal advice sought

### Concerned About Your Own Behaviours?

#### Respect Phoneline

0808 8024040

#### The Chrysalis Centre

[www.chrysaliscentre.net](http://www.chrysaliscentre.net)

[enquiries@chrysaliscentre.net](mailto:enquiries@chrysaliscentre.net)

### Cost of Living Advice

#### Central Bedfordshire Council

#### Advice Page

[www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) and search 'Cost of Living'

### Surviving Economic Abuse Advice

#### Page

[survivingeconomicabuse.org/i-need-help](http://survivingeconomicabuse.org/i-need-help)

## Drug and Alcohol Support

### Path 2 Recovery

0333 332 4019

[www.changeyourtomorrow.co.uk/#areas/elft/pages/Home](http://www.changeyourtomorrow.co.uk/#areas/elft/pages/Home)

They also offer a Friends and Family Service

### Alcoholics Anonymous

0800 9177 650

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### Narcotics Anonymous

0300 999 1212

[ukna.org](http://ukna.org)

## Children and Young People

### Embrace

0345 609 9960

[embracecvcoc.org.uk](http://embracecvcoc.org.uk)

### Sorted Counselling - FORTIS Project

01582 674442

### Reflect

Text 'reflect' to 85258 for 24/7 text support service for young people (aged 11-25)

### Central Bedfordshire Council Children's Safeguarding

0300 300 8585 (in office hours) and 0300 300 8123 (out of hours)

## Online Safety

### Chayn

[www.chayn.co/safety](http://www.chayn.co/safety)

### Refuge

[www.refugetechsafety.org](http://www.refugetechsafety.org)

### Women's Aid

[www.womensaid.org.uk](http://www.womensaid.org.uk) and search 'Cover Your Tracks'



@bedsdv

[www.bedsdv.org.uk](http://www.bedsdv.org.uk)

Take care: always scan QR codes and open websites in private browsing mode

## Domestic Abuse Support

### Bedfordshire Domestic Abuse Partnership (BDAP)

[www.bedsdv.org.uk](http://www.bedsdv.org.uk)

### National Domestic Abuse Helpline

(for women)

0808 2000 247

### Respect Men's Advice Line

0808 8010327

### Galop (for the LGBTQ+ community)

0800 999 5428

### Domestic Abuse Resettlement Team (DART)

Offer support with relocation and administer the

Flexi Fund

01234 264 109

The team covers Bedfordshire, Cambridgeshire and Peterborough

### Community Independent Domestic Violence

Advisor (IDVA)

[centralbeds.IDVA@victimsupport.org.uk](http://centralbeds.IDVA@victimsupport.org.uk)

## Economic

### The Financial Support Line for Victims of Domestic Abuse

0808 196 8845

[www.moneyadviceplus.org.uk/fsl](http://www.moneyadviceplus.org.uk/fsl)

### Surviving Economic Abuse

[survivingeconomicabuse.org](http://survivingeconomicabuse.org)



## Safety and Info Apps

Download from the App Store on your mobile device

### Hollie Guard App

Personal safety app  
[hollieguard.com](http://hollieguard.com)

### Bright Sky App

Practical domestic abuse support and information  
[www.hestia.org/brightsky](http://www.hestia.org/brightsky)

## Pets

### Dogs Trust Freedom Project

0800 298 9199

[www.dogstrust.org.uk](http://www.dogstrust.org.uk) and search 'Freedom Project'

### Cats Protection Paws Protect

0345 2601 280

[www.cats.org.uk](http://www.cats.org.uk) and search 'Paws Protect'



# THE MIA MAMMAS



Meryl



Christine



Julie

**Taking on Donna & the Dynamos from the smash hit stage & screen sensation Mamma Mia!**

*This tribute show is a must for all Mamma Mia fans. The Mia Mammamas has it all. Fabulous costumes, flawless vocals, and flamboyant choreography.*

*Be prepared for some serious audience interaction!*

**Saturday  
11th May**

**Tickets  
£15**

**Doors open 7pm  
Show followed  
by Disco  
Licensed Bar &  
Bar Food  
available**

**To book call:  
01525 631900**

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



**Organised by Flitwick Town Council**

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

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