

# Flitwick Papers

## Spring 2024



*Daffodils along Station Road*

## What's Inside...

- Annual Residents' Survey
- Public Art Consultation
- Community Tree Planting
- The Great British Spring Clean

## What's On...

- Free Easter Egg Trail:  
Saturday 23rd March
- Race Night:  
Saturday 13th April
- Yoga & Brunch:  
Sunday 14th April



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](mailto:firstnamesurname@flitwick.gov.uk) or call using the numbers below.

Ward	Name	Contact
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 Summer 2024 which will be distributed in June.

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**

Welcome to the Spring 2024 edition of Flitwick Papers. Spring is almost upon us, and there are many reasons to feel positive: longer days, sunshine, and opportunities to get outside beckon!

It's been great to be involved in many community events in Flitwick and the wider district. The Deputy Mayor and I have attended events in Flitwick, Ampthill, Leighton Buzzard, Dunstable, and Luton. Proud Ampthill & Flitwick celebrated LGBT+ History Month with a drinks reception at The Rufus Centre and by visiting Redborne Upper School to share personal stories with students. Other highlights have included the planting of our Tiny Forest at Hinksley Road Recreation Ground on possibly the wettest day of the year and the planting of 27,000 trees at our 62-acre Nature Park.

The cost-of-living crisis has been a regular feature of my column and 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, with inflation impacting every aspect of our lives. It's been an honour to serve the community as part of the amazing team of volunteers running Flitwick Community Fridge. I'm proud of the range of vital services our Council continues to provide. Our staff are ready to offer non-judgemental, no-strings support, so drop by if you need help.

You'll find lots of information in this edition from local community groups and about the Council's services and upcoming events, including a Yoga Brunch, Easter activities, the return of Street Food Heroes and our youth services run from The Hub. There's also an update about the services we provide from The Rufus Centre on a commercial basis, generating vital funds invested back into the community.

This issue also includes details of the new Flitwick Town Mayor's Charity, a new charity running alongside the Council that will raise money to fund vital projects and services that will benefit Flitwick.



**Cllr Andy Snape**  
**Town Mayor**

## Your Town Council Needs You

Are you passionate about your community? Do you want to help make a long-lasting change? Do you have innovative ideas for the Council? Do you have concerns about a specific issue and want to do something about it? If this is you, then we need you!

We need people from all backgrounds and experiences who reflect their community to put themselves forward to become a Town Councillor.

The position is to be filled by co-option. If you are interested in the vacancy please contact Stacie Lockey, Town Clerk, on 01525 631900 or email [stacielockey@flitwick.gov.uk](mailto:stacielockey@flitwick.gov.uk) by **Friday 22nd March**. To be eligible you will need to be over 18 and either live or work in Flitwick.

### 'Chat to a Councillor' Sessions

You can find out about the role of a Town Councillor at one of our 'Chat to a Councillor' sessions we have running at Flitwick Village Hall during March and early April. Just pop in any-time between 10am and 12 noon.

If you have any issues or ideas for Flitwick this is the perfect opportunity to talk to one of your Town Councillors.

You can also complete the Annual Residents' Survey to share your views on living in Flitwick and your ideas to improve the town (see page 6).

  
Flitwick Town Council

**CHAT TO A COUNCILLOR**  
15th, 22nd & 29th March & 5th April  
10am - 12 noon  
Inside the Village Hall at Flitwick Market

Come and say 'Hello' and speak to the people who represent you in Flitwick

*Opportunity to discuss any issues you may have in the town and find out more about the Annual Residents' Survey*



### Meetings Calendar

#### March

19th Town Council

#### April

16th Town Council  
30th Annual Assembly

#### May

7th Community Services  
21st Town Council

#### June

11th Business Improvement  
& Development Board  
18th Town Council

Joining instructions can be found on the meeting agenda or contact:

[stacielockey@flitwick.gov.uk](mailto:stacielockey@flitwick.gov.uk)

Everyone welcome to attend meetings

Meetings start at 7.45pm

View the full

Meetings Calendar

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



## Tiny Forest Takes Shape in Hinksley Park

In February, volunteers braved the elements to help plant trees for the first Tiny Forest in Flitwick at Hinksley Road Recreation Ground.

Tiny Forests are dense and fast-growing native woodland created from up to 600 native trees planted in an area the size of a tennis court.

Funded by Central Bedfordshire Council via the Local Authority Treescapes Fund (LATF), and delivered by environmental charity Earthwatch Europe, Tiny Forests help mitigate the impact of climate change and provide a natural habitat for wildlife that can attract over 500 animal and plant species within the first 3 years.



## Community Tree Planting at Nature Park

There was a fantastic turnout at the Community Tree Planting event at the Nature Park, Maulden Road. This work is part of our plans to transform the site into a park for the benefit of the local community.

Incredibly, with the help of volunteers and support of the Forest of Marston Vale, over 2,000 trees were planted. Flitwick Scout Group came back the following evening to plant 100 trees too. We are very grateful to everyone who came along for their support and can't wait to see the Nature Park flourish.

There will be further opportunities for the local community to get involved. Watch this space!



## Annual Residents' Survey

The 2024 Annual Residents' Satisfaction Survey is now open. We want to hear your views on living in Flitwick; the work of the Town Council and your Town Councillors, and the services and facilities it provides.

Now in its third year, we will be using the results from the 2023 survey as a benchmark to measure the Town Council's performance and progress made in improving the local area.

Paper copies of the survey are available to collect from the Town Council offices at The Rufus Centre and from our 'Chat to a Councillor' sessions running at Flitwick Market every Friday until **5th April** (see page 4).

Survey feedback will be presented at the public Annual Assembly on **Tuesday 30th April** and available through our social media channels and website.



**Your town, your valued opinions!**  
**Scan the QR code to complete**  
**the Residents' Survey**

## Join the Team

We have two fantastic job opportunities at Flitwick Town Council.  
Visit [www.flitwick.gov.uk](http://www.flitwick.gov.uk) for full details or call 01525 631900.

### RENDEZVOUS *Café & Bar*

*We're Recruiting!*

## Job Vacancy Senior Catering Assistant

*This varied position includes preparing quality food for the Rendezvous Café to providing corporate lunches for conference and meetings clients.*

*You will also deputise for the Chef when required*

**Level 2 Food Hygiene Certificate is essential**

**Full time Role - £24,924 per annum**

**Benefits include generous annual leave and competitive pension scheme.**  
**Attractive shifts.**

**Application Deadline: Friday 22nd March**

**Interviews: w/c Monday 25th March**



### Flitwick Town Council

*We're Recruiting!*

## Job Vacancy Finance Officer

**Do you have good bookkeeping skills?**  
**Can you maintain accurate financial records?**

*If so, this role could be for you!*

**Part-Time - £26,873 per annum, pro rata**  
**22 hours per week**

*Part-time hours over three days a week (must include Mondays)*  
**Benefits include generous annual leave & competitive pension scheme.**

**Application Deadline: 15th April**  
**Interviews: w/c 22nd April**

## Public Art Consultation

The Town Council is working on an exciting new project for Public Art in Flitwick and we want to hear your ideas!

Public Art does not have to be permanent; it can be an exhibition that moves across the town, or a structure that changes over time. It can serve a dual purpose like the carved benches at Manor Park or can be used as a 'way finding trail' around the town.

We have a couple of drop-in sessions planned at the Village Hall on **Friday 15th March** and at The Rufus Centre on **Tuesday 26th March** between 9am and 1pm. The team are also holding a session with art students at Redborne Upper School.

Please come along and share your ideas. Alternatively, scan the QR code on the poster to complete the form online. We also have paper copies available at The Rufus Centre.

As part of the project we have a free Mosaic Workshop on **Wednesday 10th April** at The Hub, Dunstable Road (see page 13 for full details). You can book tickets via Eventbrite. A ticket covers one adult and up to two children. If you can't access Eventbrite please give us a call and we'll book it for you.



**WANT TO SEE MORE  
ART IN FLITWICK?**

**PUBLIC ART  
CONSULTATION**

Share Your Ideas for Public Art in the Town at  
one of our drop-in sessions:

**Flitwick  
Village Hall  
15th March  
9am-1pm**

**The Rufus Centre  
26th March  
9am-1pm**

If you can't make any of the dates  
you can share your ideas by  
emailing:  
[communityservices@flitwick.gov.uk](mailto:communityservices@flitwick.gov.uk)  
or scan the QR code

**The Public Art project is fully grant funded**

The poster features three circular images: a bronze sculpture of a dog, a colorful abstract sculpture, and a mosaic wall with a silhouette of a person.

## Annual Assembly

Join us on **Tuesday 30th April** at the Annual Assembly to hear about the work of the Town Council and plans for the future.

We will also be presenting the results of the Annual Residents' Survey.

The evening starts at 7.30pm and provides an opportunity to meet your Town Councillors.



  
Flitwick Town Council

**Annual Assembly**  
**Tuesday 30th April 2024**  
7.30pm at The Rufus Centre

**All residents welcome**

*Come and meet your Town Councillors - the people  
who represent you in Flitwick*

The poster has a teal border and a teal background.

Limited Eggs available,  
once they're gone,  
they're gone!

**FREE**

# EASTER EGG TRAIL

Saturday 23rd March

10am-2pm

Flitwick Woods, Tennyson Road Entrance

PLEASE WALK: NO PARKING AVAILABLE

Win an  
Egg  
Every  
Time!

Thank you to our event sponsors:



Temple  
Flooring



**FLITWICK CLUB**

**nexus**  
fostering



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)



# New Flitwick Town Mayor's Charity

A new registered charity, the Flitwick Town Mayor's Charity (RCN 1205683), has been launched to fund projects and initiatives that benefit the residents of Flitwick. The charity works closely with the Town Council, but its operations and governance are completely independent. The Charity's Trustees are Cllr John Roberts (Chair), Cllr Andy Snape and Cllr Clare Thompson.

Current priorities for the charity include Flitwick Community Fridge, the Council's wider cost-of-living initiatives and supporting youth services. The charity will be fundraising throughout the year, running events, partnering with local businesses, fundraising online and securing other types of funding inaccessible to FTC as a local council. Keep an eye out for how you can get involved.

Donations to the Community Fund will directly support our community. Scan the QR code to make a one-off or regular donation through JustGiving, which can include Gift Aid, making your donation go further.



**FLITWICK**  
TOWN MAYOR'S CHARITY  
COMMUNITY FUND

## FLITWICK COMMUNITY FRIDGE

### UPDATED OPENING TIMES



Follow us on facebook for daily stock updates



@FlitwickCommunityFridge

In addition to our regular collections from Aldi, Co-op and Tesco, we're delighted to have secured a regular collection slot from Waitrose Amptill on Friday evenings!

**Flitwick Community Fridge is open Monday to Friday 09:00 to 17:00 and on Saturday mornings between 09:30 and 11:30 subject to availability.**

**We're looking for volunteers to join our team to help with regular collections and running our fridge, including cleaning and helping residents.**  
Email [communityservices@flitwick.gov.uk](mailto:communityservices@flitwick.gov.uk) for info.

### OUR SERVICES



**Fresh fruit and vegetables\***



**Frozen Food\***



**Community Larder†**



**Food bank Referrals†**



**Pet Food†**

\*subject to availability, † services available to residents struggling with the cost-of-living crisis

Service provided by



Flitwick Town Council

Supported by:



**Location:** Main Foyer, The Rufus Centre, Steppingley Road, Flitwick, Bedford, MK45 1AH

# Flitwick Library Spring Events

## Adult events

### Spring Wreath Making Workshop

Come along to Flitwick library and create an amazing spring wreath for your door! All materials will be provided as well as some drinks and nibbles!



**Wednesday 20<sup>th</sup> March 11am**

**£23 per person** - pay in advance!

### Good Afternoon Events

Join us on the last Wednesday of every month at **2:30pm** for informative talks from guest speakers and organisations on multiple different subjects!

**£2 entry** on the day with refreshments included!



- Wednesday 27<sup>th</sup> **March** - The amazing work of **Canine Partners**
- Wednesday 24<sup>th</sup> **April** - Clophill Lakes: The new Nature Reserve
- Wednesday 29<sup>th</sup> **May** - Fire Safety Talk

## Children's events

### Mother's Day Craft

Pop into the library on **Saturday 9<sup>th</sup> March** to make a handprint bouquet for someone special!



### Easter Holiday Activities!

Join us from **Tuesday 2<sup>nd</sup> April** - **Saturday 13<sup>th</sup> April** for lots of amazing Spring filled crafts! From Vegetable Gardens to 3D Paper Tulips, Pigs in mud crafts to giant games! We have lots of different things each day! Crafts available whilst stock lasts.



## World Book Day



**Thursday 7<sup>th</sup> March**

### The Hungry Caterpillar is at the library!

Fill out a sheet, how much will he eat?



Then when you're done, it's time for more fun!

Colour in more food, he'll try not to be rude...

Make it really yummy and fill up his tummy!

On **Thursday 7<sup>th</sup> March**, to celebrate **World Book Day**, The Hungry Caterpillar is coming to Flitwick Library and he is super hungry! Take part in our activity and feed the Hungry Caterpillar!

### Dress up!

Come and visit us at Flitwick Library dressed as a character from a book! See if you can guess who some of the staff are dressed up as too!

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

## Activities for Young People

There's plenty going on over Easter and Whitsun half term for young people including the free Easter Egg Trail on **Saturday 23rd March** (see page 8).

A big thank you to the Easter Egg Trail sponsors Flitwick Club, Temple Flooring and Nexus Fostering for their support.

What's On at  
**THE HUB**

**FREE TO JOIN IN**

**EASTER SPORTS & CRAFTS**

**TUESDAY 2ND APRIL**  
**10AM TO 4PM**

**MILLENNIUM PARK, FLITWICK**

**YEARS 5 & 6: 10AM TO 12PM**  
**YEARS 7 - 11: 1PM TO 3PM**

**THE HUB WILL BE OPEN TOO!**  
**10AM TO 12PM**  
**1PM TO 3PM**

Please bring Shin Pads & appropriate footwear.

What's On at  
**THE HUB**

**GET OFF THE STREETS & USE YOUR FEET!**

**FANCY A KICKABOUT IN THE PARK?**

**COME & JOIN US**  
**ON MONDAY 8TH APRIL**  
**@ MILLENNIUM PARK, FLITWICK**

**YEARS 5 & 6:**  
**10am to 12pm**

**YEARS 7 - 11**  
**1pm to 3pm**

**THE HUB WILL BE OPEN TOO!**  
**10am to 12pm**  
**1pm to 3pm**

**POP IN FOR GAMES, POOL, TABLE TENNIS, MUSIC & DANCE**

**\*Please bring Shin Pads & appropriate footwear**

**FREE**

**No need to book.....**

**Just drop in!**

Flitwick Town Council

**Free Community**

**MOVIE DAY**

**Thursday 4th April**

**The Rufus Centre, Flitwick**

**FREE EVENT!**

**Film Showings:**

**Wish (U) 11am**

**Wonka (PG) - 2pm**

**No need to book - just turn up!**

Flitwick Town Council

**Free Community**

**MOVIE DAY**

**Thursday 30th May**

**The Rufus Centre, Flitwick**

**FREE EVENT!**

**Film Showings:**

**Teenage Kraken (PG) 11am**

**Spider-Man Across The Spider-Verse (PG) 2pm**

**No need to book - just turn up!**




## Skills for Life

The date has been set for our first **free** Defibrillator Awareness training which is open to all residents.

The two hour training session will teach you the essential skills for using a defibrillator, and give you the confidence to know what to do in an emergency. Training will take place on **Thursday 9th May** between 6pm to 8pm at The Rufus Centre.

To book your place please call 01525 631900.

A second training date is planned for later on in the year and will be advertised on social media and in future editions of Flitwick Papers.






The Community HeartBeat Trust

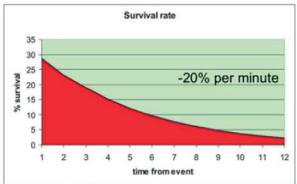
# Defibrillator Awareness

## Cardiac Arrest Response Seminar\*

**Thursday 9th May**  
**6pm - 8pm**  
**The Rufus Centre, Flitwick**

EACH 2 HOUR SESSION COVERS:

-  What is Sudden Cardiac Arrest :-  
'5 minutes to save a life'  
'Physiology of the heart'  
How to recognise SCA
-  How to dial 999 :-  
what to expect  
questions you will be asked
-  How to do CPR and why,  
Practical Demonstration  
How to use your AED  
Recovery position/turning a patient  
Handover to the Paramedics  
Governance and support programmes



Survival rate

% survival

time from event

-20% per minute

De Maio et al. (OPALS) Ann Emerg Med 2003; 42: 242

**To book your place call 01525 631900**

\*Seminar FREE for Flitwick Residents over 16 years - subject to availability.

## Welcome Back Street Food Heroes!

We're delighted to welcome back Street Food Heroes to Millennium Park on **Sunday 24th March**.

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

Running once a month until September 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:

**21st April; 19th May; 23rd June; 21st July; 18th August & 22nd September**





# FREE MOSAIC WORKSHOP

Create your own Mosaic

Wednesday 10th April

The Hub

Dunstable Road

**TWO SESSIONS**

**10 - 12pm and 1 - 3pm**

**Limited spaces. Children must be accompanied by an adult.**

Scan  
QR Code  
to book

Morning  
Session



Afternoon  
Session



Part of the  
Public  
Art  
Consultation!



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*

There's lots of exciting events coming up with Proud Ampthill & Flitwick (Proud AF).

Launched last year, Proud AF is a joint initiative with Ampthill Town Council, which offers a range of services and events for the LGBTQ+ community and allies.

To celebrate LGBT+ History Month in February a drinks reception was held at The Rufus Centre focusing

on this year's theme of Medicine – examining historical and modern-day contributions to Medicine and Healthcare by LGBTQ+ people. The audience heard from Proud AF member Nelly Wright, telling their personal story and John Goss from Terrence Higgins Trust, Milton Keynes.

### Dates for the Diary

With Pride month in June there are two big events coming up in the Proud AF diary over the first weekend.

On **Saturday 1st June** Drag Evolution Bingo will be providing the ultimate entertainment experience at The Rufus Centre, combining the excitement of bingo with the glamour and humour of drag performances. Tickets go on sale soon!

The next day, **Sunday 2nd June**, you can relax in the park at the Pride Picnic in Ampthill Great Park.

This informal, family-friendly event is a great opportunity for the local community to gather to enjoy live music, games, face painting and much more.

**Follow Proud AF social media pages for all the latest news and information.**



**DRAG  
BINGO  
EVOLUTION**







# RACE *Night*



Join us for an evening filled with excitement & entertainment. Can you pick the winner!

**Saturday 13th April**  
**7pm till late**

**Tickets: £10**  
**including all**  
**race cards**

**It's time to**  
**place your bets!**  
**8 Races with**  
**compere & a**  
**game of stand**  
**up Bingo!**



**Book via Eventbrite\***  
**or call**

**01525 631900**

\*Booking fee applies



**Licensed Bar &**  
**Bar Food**

-----

**Strictly over 18's**

**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)**

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



## Family Fun at Millennium Park

We can't wait for this year's Flitwick Family Fun Day which returns for the fourth time on **Saturday 8th June** at Millennium Park.

There will be plenty of fun for all the family with a free traditional fun fair, free 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 bringing everyone together for a great day in the centre of town.

We are offering sponsorship packages for local businesses from as little as £25, a great way of promoting your business locally. If you would like to know more please contact Zoe Putwain, Community Services Officer, on 01525 631900 or email [zoeputwain@flitwick.gov.uk](mailto:zoeputwain@flitwick.gov.uk).



**FLITWICK  
FAMILY FUN DAY**

**SATURDAY 8th June 2024  
MILLENNIUM PARK**

**12 noon - 10pm**

**FREE Fun Fair (12 noon-8pm)**  
**FREE Outdoor Cinema**

**FREE Popcorn**  
**Food Court**  
**Stalls**

**A Great Day Out For All The Family!**

## The Great British Spring Clean

The first Flitwick Litter Pick of 2024 will be part of this year's Great British Spring Clean campaign.

Join us at Station Road Green Space on **Sunday 17th March** between 10am and 12 noon. All equipment will be provided.

We'll be meeting at the side of the Scout Hall. Refreshments will be provided by Flitwick Scouts during the morning.

Back for its ninth year, the Great British Spring Clean is the nation's biggest mass-action environmental campaign.

The Great British Spring Clean and Great Big School Clean 2024 will take place from **15th to 31st March**. For more information on the nationwide campaign visit <https://www.keepbritaintidy.org>.



**Flitwick Litter Pick**

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

**Sunday 17th March**  
**10am - 12 noon**  
**Station Road, Green Space**

Meet at the side of the Scout Hall.  
All equipment will be provided.

Refreshments supplied by

**Scouts Flitwick**

**THE GREAT BRITISH SPRING CLEAN.**

Everyone welcome to come along!

## Community News & Events

### Woodland's 50th Anniversary Festival

Are you ready to celebrate the 50th anniversary of Woodland School? As part of the celebrations, we are holding a festival in a day (Woodlandbury Festival) on **Friday 3rd May 2024**, from 2pm to 10pm at the school.

There's an action packed day of entertainment planned including live music from The Numbers and The Authentics plus free face painting and free circus workshops.

We also have street food trucks, inflatables, climbing wall, rides, and stalls from traders and community groups. We will round off the event with the Grand Finale 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!

For more information contact Sharon Hardacre by email [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 the Woodland Middle School logo. The main text 'Woodland is 50!' is in large, bold, white letters. Below it, 'What's your connection?' is written in white. To the right, the date 'Friday 3rd May 2024' and time '2-10pm' are listed, along with 'Free entry' and 'Grand Finale at 9.45pm'. In the center, a circular graphic shows a colorful explosion of paint with 'WOODLANDBURY FESTIVAL' written in the middle. Below this, a blue circle contains the text 'a festival in a day'. To the left of the circle, a list of activities is provided: 'Street Food', 'Licensed Bar', 'Rides & Inflatables', 'Climbing Wall', 'Stalls & Community Groups', 'FREE Face Painting', and 'FREE Circus Workshops'. To the right, it says 'Live music & Entertainment featuring THE NUMBERS & THE AUTHENTICS'. At the bottom right, a green starburst shape contains the text 'Everyone is invited - bring your family and friends!'. At the very bottom, a line of text reads 'For more information, 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

Live music & Entertainment featuring THE NUMBERS & THE AUTHENTICS

Everyone is invited - bring your family and friends!

For more information, please contact [hardacres@woodlandacademy.co.uk](mailto:hardacres@woodlandacademy.co.uk)

WOODLANDBURY FESTIVAL

a festival in a day

Street Food  
Licensed Bar  
Rides & Inflatables  
Climbing Wall  
Stalls & Community Groups  
FREE Face Painting  
FREE Circus Workshops

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

***Did you know you can upload details of your event to the Calendar of Events on our website? If you don't have online access give us a call and we'll add the details for you!***

## Volunteer with Good Neighbours

Do you have some spare time to help the Ampthill & Flitwick Good Neighbours scheme?

Volunteer phone holders are needed to arrange help for those in need in our community. Full training and support is given.

The role is flexible so can fit around other commitments.

If you are interested or would like to find out more please email [janet.cairncross@outlook.com](mailto:janet.cairncross@outlook.com).

### Good Neighbours

(Serving Ampthill, Flitwick, Maulden, Steppingley, Millbrook & Westoning)

### Volunteer Phone Holders Needed



Ampthill & Flitwick



To arrange help for those in need  
in our communities

Residents call us and we email our  
volunteers to see if they can assist

A Flexible Role

Training & Support Given

Contact: [janet.cairncross@outlook.com](mailto:janet.cairncross@outlook.com)

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

## Flitwick Gardeners' Spring Show

Come along to the Flitwick Gardeners' Association Spring Show (FGA) from 3pm on **Saturday 6th April** at the Village Hall.

There will be daffodils, tulips and other spring flowers on show. Tea, coffee and homemade cakes available and raffle!

For more information on the FGA and the benefits of membership, visit our website [www.flitwickgardeners.co.uk](http://www.flitwickgardeners.co.uk).



## Sign up for Flitwick 10k

The Flitwick 10k road running race is back for 2024 on **Sunday 14th April** and is great for runners of all levels. Entries are now open for the race which follows a fast, undulating scenic route through Flitwick and surrounding areas. There is also a free junior fun run after the main race.

Follow the Facebook page @Flitwick10k to keep up to date with the latest information.



## Community News & Events

### Flitwick Scout Group Connect With Nature

As the year rolls in, the young people at Flitwick Scout Group have wasted no time diving into an array of exciting and enriching activities across its various age groups.

The youngest members, the Squirrel Scouts (ages 4 and 5), have been busy as bees, crafting bird feeders to encourage wildlife in their gardens.

Scouts made a meaningful contribution to the local community by planting 100 trees within the picturesque grounds of Flitwick Nature Park (*see page 5*).



In a testament to their commitment to both community and environment, the group is gearing up for a green initiative on **Saturday 17th March**. They'll be planting hedges and providing refreshments for participants in the Flitwick Town Council litter pick at Station Road field, showcasing their dedication to making a positive impact beyond their meetings. To find out more, visit their website <https://www.flitwickscoutgroup.org.uk>

## Community Hub

As we move into the spring, we will be changing what we offer at the Community Hub.

We are in the process of arranging a number of drop-in sessions where you can get advice from different organisations. Just confirmed is Age UK who will be holding an information session on **Wednesday 5th June** from 9am to 1pm. We will share other dates as soon as they are confirmed.

### Community Job Club

The Flitwick Community Job Club returns to The Hub on Wednesdays for advice and support. On **17th April** there is a special 'Update your CV/Job Search' session between 1pm to 4pm. Other dates for the Job Club are **24th April** and **22nd May** from 9.30am to 12 noon.

### Cost of Living Crisis

If you need help with the cost of living crisis please speak to our friendly team in confidence at The Rufus Centre, email [communityservices@flitwick.gov.uk](mailto:communityservices@flitwick.gov.uk) or give us a call on 01525 631900. There are many ways that we may be able to help.



# FLITWICK COMEDY NIGHT

*WITH CASTLE COMEDY*



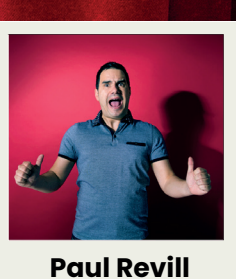
**Alfie Moore**



**Michael Fabbri**



**John Newton**



**Paul Revill**

**SATURDAY 20th APRIL**

**DOORS 7pm SHOW 8:15pm**

**TICKETS  
£13**

**STRICTLY OVER 18s ONLY  
LICENSED BAR AVAILABLE**



**WITH:**



**THE RUFUS CENTRE, FLITWICK, MK45 1AH**

**BOX OFFICE: 01525 631900/ EVENTBRITE\***

**\*(BOOKING FEE APPLIES)**



**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)**



# The next Share: Flitwick and Ampthill **REPAIR CAFE** is coming to Ampthill!

**Parkside Hall, Woburn Street,  
on Sunday April 28th  
from 11am to 2.30pm**



Find out more and book in your item for  
repair using the QR code, or by  
emailing :  
[info@shareflitwickandampthill.org](mailto:info@shareflitwickandampthill.org)



And don't forget! Your local **Library of Things** is open at the  
back of the Rufus Centre, Steppingley Rd, Flitwick,  
**10am to noon every Saturday**  
(Follow the building round to the left from Reception)  
[www.shareflitwickandampthill.org](http://www.shareflitwickandampthill.org)



## Forget Me Not

The Forget Me Not Group supports carers and people with memory problems or Dementia and provides the opportunity to share your experiences and support one another.

Run by volunteers, the Forget Me Not Group meet on the second Monday of the month at The Rufus Centre from 1.30pm to 3.30pm.

Activities vary at each session with talks from outside agencies, craft sessions and refreshments.

The sessions are free. No need to book - just come along!

## 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**

**8th April**  
Respite at Home Volunteers

**13th May**  
Admiral Nurses



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

We have been busy upgrading the facilities in our largest event space, The Locker Suite, with a new sound system, new lighting and a complete refurbishment of the wooden flooring

If you are looking for the perfect space for your celebrations please get in touch and we'll show you round.

The space is also the ideal location for a performance or concert - we offer the option of tiered seating to create a traditional theatre style layout.



## Rendezvous Café & Bar

We're delighted that since we started working with Wooden Hill Coffee Roasters in September 2023, we have served enough coffee for Wooden Hill to plant a tree at the Forest of Marston Vale. Thank you to all of our customers. Let's see how many trees we can get planted in 2024.

Don't forget to pick up one of our new loyalty cards - purchase nine drinks and you get the 10th one free!

If you are looking for a new career, we have a fantastic opportunity to join our five star Catering Team as a Senior Catering Assistant. You'll find full details on page 6.

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)

# YOGA & BRUNCH

Join us for a Morning of Relaxation!

**SUNDAY 14th APRIL**

**10am to 12 noon**

**The Rufus Centre, Flitwick**

Enjoy a  
45 Minute  
Yoga Class



**£25pp**  
Gift Vouchers  
available

Followed by  
a Choice of  
Nutritious  
Brunch

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



\*Booking fee applies

Organised by: **The Rufus Centre**  
Meet, Work, Celebrate

with



The Rufus Centre, Steppingley Road, Flitwick, MK45 1AH  
[www.therufuscentre.co.uk](http://www.therufuscentre.co.uk)





# 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**

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



\*Booking fee applies

**Tickets  
£15**

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

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



**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)**

# FLITWICK SKATE 'JAM'



In partnership with  
Rollback World

**SUNDAY  
19TH MAY  
2024**

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

**Categories for all levels**

**FREE ENTRY**

*plus!*



*ENJOY THE BEST OF STREET FOOD  
11AM TO 6PM WITH  
MOBILIZE BAR & DJ*



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)



# FLITWICK FAMILY FUN DAY

**SATURDAY 8th June 2024**  
**MILLENNIUM PARK**

**12 noon - 10pm**

**FREE Fun Fair (12 noon-8pm)**

**FREE Outdoor Cinema**



**FREE Popcorn**  
**Food Court**  
**Stalls**



**A Great Day Out For All The  
Family!**



**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)