

# Flitwick Papers

## Summer 2025



Family Fun Day 2024

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- Free Summer Holiday Programme
- Cattle Grazing At Manor Park

## What's On...

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Saturday 14th June
- Soul & Motown Night  
Saturday 14th June
- Princess Afternoon Tea  
Saturday 5th July



### 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:firstname.surname@flitwick.gov.uk) or call using the numbers below.

Ward	Name	Contact
W	Ian Blazeby	634585
W	Lorraine Bandy	01525 631900
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W	Patricia Earles	07929 638404
W	Toby Harald	07739 937624
E	Howard Hodges	717778
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 is published by Flitwick Town Council on a quarterly basis. The next edition will be Autumn 2025 which will be distributed in October.

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
- Hinksley Music Park
- Hub Car Park
- Manor Park
- Nature 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 summer edition of Flitwick Papers!

It's a great honour to be re-elected as Flitwick Town Mayor for a second term, and a big thank you to my fellow Councillors. This year, I will again be ably supported by Cllr Martin Platt as Deputy Town Mayor.

It's been a busy couple of months in Flitwick with lots going on. If you have been past 3 Station Road (the former Barclays Bank building) recently, you will have noticed that new windows have been installed. In my opinion (slightly biased, I know), they look fantastic. Things are moving forward quickly with the building, and we now have expressions of interest both for a retail offering and a restaurant. We will be making an announcement soon.

## Mayor's Welcome



After six months of fundraising, Flitwick Community Fridge purchased an electric van that was delivered in May. This will enable volunteers to offer new services such as pop-up food stalls, the first being trialled at Kingsmoor Lower School starting on the 4th June. Flitwick Town Mayor's Charity, the Wixamtree Trust, Cllr Heather Townsend, residents, and businesses raised some £18,000, so a big thank you to those who contributed.

I attended a special service at Flitwick War Memorial to commemorate the 80th anniversary of VE Day on 8th May, organised by the Royal British Legion. A special Fish and Chips lunch in the Rendezvous Café at The Rufus Centre, complete with a vintage singer, proved popular as celebrations continued into the afternoon.



At the time of going to press, final work was being completed at Millennium Park's new skate park extension, and the new Music Park at Hinksley Road Recreation Ground was having its official opening on 21st May, just in time for the summer.

The Community Services team has been working on an exciting free summer programme for the school holidays. Activities include Circus Skills at The Rufus Centre and African Drumming workshops at the new Music Park.

There is much to look forward to this summer, including The Soul Man's return to The Rufus Centre on Saturday 14th June. The Family Fun Day is on the same day at Millennium Park with free open-air cinema, live music, and subsidised fair rides. A big thank you to those local companies sponsoring the event, including our main sponsors Flitwick Motorcycles, Oak Fostering, and Flitwick and Ampthill Bathrooms.

With Best Wishes, **Cllr John Roberts, Town Mayor**

# Meet Your New Town Councillors

Flitwick Town Council is delighted to welcome two new Town Councillors. Lorraine Bandy and Andy Crawford were both co-opted to serve as Councillors earlier this year at the March Town Council meeting.

Councillor Bandy represents West Ward and has lived in Flitwick since 1979, said:



"I have three children who attended local schools and five grandchildren. I owned a business in Flitwick for 16 years until 2022, forming friendships with many residents. Currently, I volunteer at the Flitwick Community Fridge several times a week and aim to support community activities through my role on the Town Council."

Commenting on his co-option as a Town Councillor for East Ward, Councillor Crawford said:



"Having lived in Flitwick for the past 27 years, my focus is on serving the residents of Flitwick equally and fairly. I have always been interested in sustainability and food waste. I regularly volunteer at the Flitwick Community Fridge, which allows me to make a difference in our community by reducing food waste and helping its members."

## Meetings Calendar

June	
Tues 3rd	Community Services
Tues 10th	Business
Tues 17th	Town Council
July	
Tues 1st	Community Services
Tues 15th	Town Council
August	
Tues 5th	Community Services
Tues 19th	Town Council
September	
Tues 2nd	Community Services
Tues 9th	Business
Tues 16th	Town Council

## Meetings start at 7.45pm

View the full meetings  
calendar at

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



## Everyone is welcome to attend meetings

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

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

## Town Mayor Re-elected

Councillor John Roberts was proudly re-elected as Town Mayor during the Annual Statutory Meeting on 20th May.

Councillor Roberts will be supported during the 2025/2026 civic year by Councillor Martin Platt, who was re-elected Deputy Mayor.

*Warm congratulations go out to both Councillor Roberts and Councillor Platt on their re-election; we wish you both every success for the new civic year and look forward to working with you again this year.*



## Annual Town Meeting

We were also joined by representatives from Snowdon Homes and Accent Housing, who shared their proposed plans for Town Council land at the bottom of Steppingley Road allotments and answered residents questions.



The Annual Assembly in April provided an opportunity for the Town Council to talk about what's been achieved in the past 12 months, outline future plans and present an overview of the fourth Annual Residents' Survey. The evening concluded with a question-and-answer session.



You can view the Town Council presentation, including a summary of the survey results, on our website:

**[www.flitwick.gov.uk](http://www.flitwick.gov.uk)**  
or simply scan the QR code



Paper copies are available  
upon request by calling  
**01525 631900**

**Keep up to date**  
with Council news and  
events by following  
our Facebook and  
Instagram pages

**Social Media**  
Messages Networking  
Friends Photos  
Status Tagging  
Communication  
Connections Media





JOIN US FOR THE

# FLITWICK FAMILY FUN DAY

**Saturday 14th June**  
**Millennium Park**

**12 noon to 7pm**



**Flitwick**  
Town Council



Thank you to our event sponsors:

**FLITWICK**  
motorcycles



**Oak Fostering**

Long term therapeutic foster placements

**FLITWICK & AMPHILL**  
**BATHROOMS**

Free shuttle bus from The Rufus Centre

## Flagship Project Nearing Completion

Have you spotted the gleaming new windows installed at 3 Station Road (former Barclays Bank building)?



This is part of the final works to the building that has been undergoing a 'shell and core' refit ready for a new retail outlet and separate restaurant. What was once a quiet, dormant structure is now well on the way to becoming a vibrant hub in Flitwick's town centre.

Marlow Builders are coming to the end of the ambitious project, which started in February, to transform the building ready for commercial tenants. A specialist commercial property agent has been marketing the two separate units to potential tenants.

The building has been cleverly divided into two distinct spaces. On one side, 3a Station Road offers a sleek, self-contained retail unit-781 square feet of potential, complete with storage and a prime frontage onto Kings Road. On the other, 3 Station Road boasts a spacious, double-storey layout destined

to become a 3,328 square foot restaurant. Perhaps the most intriguing feature? The former bank vault in the basement, which could become a standout attraction in the restaurant's design.

The journey to develop a new focal point for Flitwick started in November 2021 when the Town Council purchased the building to preserve and repurpose this valuable community asset in the town centre. The project has been partly funded from grants from the UK Community Ownership Fund and the UK Shared Prosperity Fund.



Flitwick Town Council will retain ownership of the building, leasing the spaces to commercial tenants.

We are excited to see the final steps of the project nearing completion and hope to be able to announce news of the businesses who will be moving into this new space on our social media soon.

## Charity Coffee Morning

On **Friday 8th August** we will be holding a special Coffee Morning in the Village Hall to raise funds for the Flitwick Town Mayor's Charity Community Fund.

Please join us at the Community Café during Flitwick Market and enjoy delicious cake, coffee and great company between 9am and 12 noon.



## Music Park

The new interactive Music Park at Hinksley Road Recreation Ground is now open, which is perfect timing for the summer!

The park features a selection of freestanding musical instruments suitable for all ages, including timber-frame bass chimes and an arch-frame vertical xylophone. The

centrepiece is a specially commissioned Leaf Chime.

The Hinksley Music Park is situated next to the Tiny Forest and funded through Section 106 funding.

Men in Sheds Milton Keynes created two new wooden benches as part of the project.



## Fundraising Success

Thank you to everyone who supported the Flitwick Community Fridge at the Community Café at Flitwick Market on Friday 16th May.

A fantastic total of £253.64 was raised during the coffee morning. Special thanks to everyone who donated cakes, and to Stuart and Lyn from the Fridge's charity partner Tesco Flitwick for donating freshly baked pastries.

The money will go towards saving great food from going to waste and supporting local people impacted by food insecurity.







Learn amazing tricks and techniques at Circus Skills Workshops with Black Sheep Arts & Wellbeing or feel the rhythm at the new Hinksley Music Park with a special African Drumming Workshop. There's plenty of activities to choose from!

*Please note adult supervision (18+) is required at all times.*

# Free Summer Activities

## Outdoor Fun at The Hub

Young people can also join Dan Gaze and the team for outdoor sports sessions and drop-ins throughout the holidays at The Hub. Stay tuned to our social media channels for dates and detailed updates on what's planned for each session.



**Get ready for an unforgettable summer with our free children's activity programme, perfect for the school holidays. No booking required – simply show up and dive into the fun.**

Summer Programme			
25th July	Introduction to Geocache	11- 2pm	Manor Park
6th August	Drumming Workshop	11am – 1pm 2pm – 4pm	Hinksley Music Park
12th August	Circus Skills	11am – 3pm Drop-in	The Rufus Centre
19th August	Make a Bug Hotel	10am – 1pm Drop-in	Hinksley Park
21st August	Mosaic Workshop	11am – 1pm Drop-in	The Hub
28th August	Circus Skills	11am – 3pm Drop-in	The Rufus Centre



**There's always loads on at the Library!**



**Some of our regular clubs for children include crafts, colouring, Rhyme time, Storymakers and imaginative play.**

**For adults we run knit and natter, chess, bridge and monthly talks at our Good Afternoon sessions.**

**Why not pop in and see what we've got to offer (as well as books!)**



**Look out for wellbeing sessions and yoga from Imajica, with free taster sessions 5<sup>th</sup> June.**

**We're running a new art exhibition from 18<sup>th</sup> to 28<sup>th</sup> June, make sure to pop in!**



**It's back! Look out for the Summer Reading Challenge running 18<sup>th</sup> July – 6<sup>th</sup> September**

**THE  
READING  
AGENCY**

**Summer Reading Challenge**

**For any more info, call us on 0300 300 8057**

In celebration of Local and Community History month in May, the Flitwick Living History project brought the past to life with a series of captivating events at Flitwick Library.

Bedfordshire Archives provided some fascinating displays of retail and shopping from bygone eras with special family-friendly drop-in sessions and children's activities.

In addition, a separate VE Day 80th anniversary event was held at The Rufus Centre on 8th May to share memories of food and VE Day celebrations over the years. It was great to see so many people getting involved.

The Flitwick Living History project is eager to hear from you!



**Do you have a story to share?**

**FLH** Flitwick  
*A living history*

To arrange an interview or to find out more about what's involved email [flh@flitwick.gov.uk](mailto:flh@flitwick.gov.uk)

## Living History

### HELP CREATE AN HISTORIC RETAIL MAP OF FLITWICK



#### WE NEED YOUR PHOTOS AND YOUR MEMORIES!

Contact us at [flh@flitwick.gov.uk](mailto:flh@flitwick.gov.uk) if you have images or just memories of the shops and shopkeepers of businesses in the town, past or present.

If you run a current business and would like to be included on the 2025 trail we'd love to talk to you about what's involved. Please scan the QR code below to share your information.

We're gathering information to create a number of trails covering different decades, which will be hosted on our forthcoming website.



Funded by  
UK Government



**FLH** Flitwick  
*A living history*



01525 531900 [flh@flitwick.gov.uk](mailto:flh@flitwick.gov.uk) Flitwick - A Living History [flh@flitwick.gov.uk](mailto:flh@flitwick.gov.uk) Flitwick - A Living History

# EVERETT'S HOUSE CLEARANCE

HOUSE CLEARANCE  
LOFT, GARAGE, SHED CLEARANCE  
PROBATE & ESTATE CLEARANCE  
BULKY ITEM REMOVAL  
RUBBISH REMOVAL  
GARDEN WASTE REMOVAL

LOCAL, LICENSED & FULLY INSURED  
RELIABLE, RESPONSIBLE, ECO-FRIENDLY  
FREE, NO-OBLIGATION QUOTES  
01908 040 425  
07471 300 450  
[HELLO@TEAMEVERETTS.CO.UK](mailto:HELLO@TEAMEVERETTS.CO.UK)  
[WWW.TEAMEVERETTS.CO.UK](http://WWW.TEAMEVERETTS.CO.UK)

# FLITWICK WE'RE READY TO HELP



# Cattle Return to Manor Park

Earlier in May we were delighted to welcome back cattle to Manor Park.

This year, we have a mix of cattle grazing: traditional Hereford cattle and Beef Shorthorn cattle. Both breeds are rare and native cattle and are well known for having good temperaments and good maternal instincts. We hope visitors will enjoy seeing them thrive in their new home during the summer.

Low-intensity grazing benefits the fields by reducing the prevalence of coarse grasses and creating bare patches that facilitate the germination and establishment of wildflowers.

This grazing approach also reduces the need for mechanical cutting, making the management of the area more environmentally friendly and supportive of Manor Park's natural features and wildlife.

The cattle will always be grazing in Field A behind the lake but will alternate grazing between Field B and Field C so that one field is always accessible for visitors to explore. Fencing will secure each field and signage at the entrances to the park and the entrance gates to each field will show which field the cattle are grazing.

It has been a busy time in Manor Park with our new volunteer working group involved in several projects, and a new pedestrian gate installed on the south side of the new footbridge.



Field A, Field B and Field C only to be grazed on a two on one off rotation



If you would like to know more about the Manor Park Working Group and get involved with our stunning park, please contact [sarahburgess@flitwick.gov.uk](mailto:sarahburgess@flitwick.gov.uk)



# Princess Afternoon Tea

with Elsa

Saturday 5th July  
3:30pm – 5:30pm

The Rufus Centre  
Flitwick, MK45 1AH

Adult £26\*  
Child £16\*

Scan  
QR code  
to book  
now!



Book online at:  
[therufuscentre.letsolve.com](https://therufuscentre.letsolve.com)

\*Booking fee applies

Flitwick  
Town Council



The Rufus Centre  
Meet, Work, Celebrate

## Family Fun Day

Get ready for an unforgettable Family Fun Day at Millennium Park on **Saturday 14th June**.

This year's event starts at 12 noon. There's something for everyone with a free Outdoor Cinema featuring two great films – *Planes* and *The Greatest Showman*, free popcorn, subsidised fair rides, a food court, stalls and more.

Live music also returns this year so you can groove to the tunes of the fantastic Flywheel band, performing two sets.

A free shuttle bus service will run between The Rufus Centre and Millennium Park from 12 noon to 7pm. Park for free at The Rufus Centre and hop on the shuttle bus for a hassle-free ride to the event.

Don't forget to pack your picnic blankets and chairs for a relaxing afternoon in the park.

Let's hope for sunny weather so we can all enjoy a wonderful day together.



A big thank you to our event sponsors



Flitwick Club; Temple Flooring; D&G Short; Flitwick Jewellers

JOIN US FOR A  
NIGHT OF LIVE MUSIC

# SOUL & MOTOWN

WITH THE SOUL MAN



**SATURDAY  
14TH JUNE**

**TICKETS: £12\***

**DOORS OPEN 7.30PM  
PERFORMANCE 8PM  
DISCO AFTER  
NO ALLOCATED SEATING**

**LICENSED BAR  
OVER 18S ONLY**

**Flitwick  
Town Council**



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

Scan  
QR code  
to book  
now!



Book online at:  
[therufuscentre.ticketserve.com](http://therufuscentre.ticketserve.com)

\*Booking fee applies

**The Rufus Centre**  
Meet, Work, Celebrate



# Flitwick Community Fridge

## Reflecting on two years of Flitwick Community Fridge

Flitwick Community Fridge started on a small scale in January 2023 with a single fridge in the lobby of The Rufus Centre and two weekly collections from Flitwick Co-op. As with many ideas at FTC, we decided to move forward on a 'test and learn' basis; we never thought things would take off so quickly or run at this scale! We are now handling around 6 tonnes of food each month and redistributed a fantastic 44 tonnes of food in 2024!

We've built a fantastic team of over 40 volunteers passionate about supporting the community and reducing food waste. We're now a seven-day-a-week operation running from our dedicated 'Food Hub' at The Rufus Centre, and we provide face-to-face services for residents six days a week!

We could not provide this service without the support of several local businesses, especially Tesco Flitwick, which donates food to Flitwick Community Fridge daily.

## Fundraising Success

After six months of fundraising, Flitwick Town Mayor's Charity has funded the purchase of an electric van for Flitwick Community Fridge, which was delivered earlier this month.

We thank the Wixamtree Trust for a £5,000 grant, Cllr Heather Townsend for a £500 Central Bedfordshire Council ward councillor grant, and local businesses and residents for their donations, totalling £18,000.



## Why is this work so important?

✓ **Saving food waste and reducing environmental impact:** Every year, the UK bins a shocking 6.4 million tonnes of edible food, worth a staggering £21 billion (WRAP, 2023). And if food waste were a country, it would be the third biggest emitter of greenhouse gases globally! Much of our food is surplus food and not food waste.

✓ **Helping everyone to eat nutritious food:** Research from the Food Foundation found that the nation is eating less fruit and vegetables, with the amount of vegetables bought by UK households falling to its lowest level in 50 years. Poor diet is now the most significant risk factor for preventable disease, placing a massive strain on the NHS.

✓ **Supporting households impacted by food insecurity:**

Flitwick may seem like a very affluent town on the surface, but many people in Flitwick and the surrounding communities continue to struggle to make ends meet due to the ongoing cost-of-living crisis. Figures from the Department for Work and Pensions (DWP) reveal that 7,616 children under 16 in Central Bedfordshire were living in relative poverty in the year to March 2025. Thirteen per cent of children in our area live in households with an income below 60% of the average income. Sixty per cent of food-insecure households report buying less fruit, and 44% report buying fewer vegetables.



## Volunteer with us

We're looking for local people to join our fantastic team of volunteers to staff our Food Hub during the day and to collect and sort surplus food from local supermarkets in the evenings between 20:15 and 21:30. You need to be able to lift and carry trays of food weighing between 5kg and 10kg. Everyone on our team needs a Level 1 Food Hygiene Certificate, which we pay for.

Our team uses an online self-service booking system for shifts/tasks, giving our volunteers flexibility and the ability to plan ahead. If you're collecting food, you either need your own vehicle with the capacity to carry multiple trays of food or be happy to drive our van. Please email [communityservices@flitwick.gov.uk](mailto:communityservices@flitwick.gov.uk) or message our Facebook page for more information.

## Membership Scheme

Regular visitors to the Food Hub will have noticed that our operations have now moved online using tablet computers. We will shortly transition to a membership model where all visitors must register with our service to take food. Our charging model remains the same: all food will remain free on a voluntary donation basis, with a nominal charge for some high-value items, including frozen food. More information will follow shortly via social media and at the Food Hub.

## Introducing New Services

We recently decided to close the Food Hub on Wednesdays to create capacity for us to try out some new ideas and introduce new services:

Beginning on Wednesday, 4th June, our first exciting new service will be a trial weekly pop-up food stall at Kingsmoor Lower School from 3pm to 3.45pm on Wednesday afternoons. We will have a selection of free fresh fruit, vegetables, bread, and other ambient food items. The school will send more information



directly to families later this month. Due to safeguarding procedures, this service is only accessible to families with children attending Kingsmoor. If this goes well, we will extend the service to provide a pop-up at Hinksley Road, giving households who struggle to get to The Rufus Centre easier access.

We will soon offer a dedicated session on Wednesday morning for households on a low income, which will provide additional food and other services. You will need to provide evidence of income support to access this service, but we assure you it will be worth it! All information provided will be kept in the strictest confidence.

**Clr Andy Snape**

**FLITWICK  
COMMUNITY  
FRIDGE**

### Opening Times:

Saturdays 9:30am to 11:30am

Monday, Tuesday, Thursday, Friday

9.30am to 11.30am and 2.30pm to 4.30pm

Wednesdays Closed

# Community News & Events

## Flitwick Church Flower Festival

"All things Bright and Beautiful" is the theme for a flower festival to be held at the Parish Church this year. Save the date in your diaries – **Saturday 4th October and Sunday 5th October**. The festival will be open from 10am to 5pm on Saturday and 12 noon until 4pm on Sunday. Entry will be £4 for adults, £3 for concessions and free for children.



Cream Teas will be served in the Chapter House on both afternoons and light refreshments will be available during the day. We look forward to seeing you there.

## Hinksley Road Recreation Ground Junior Parkrun

Everyone welcome at the junior parkrun for children aged between 4 and 14 to walk/jog/run our 2k course at Hinksley Park Recreation Ground, Flitwick, MK45 1ES. The weekly event starts at 9am each Sunday, with a briefing and warm-up beforehand. We hope to see you there soon.

For more information please visit: [www.parkrun.org.uk/hinksleyparkrecground-juniors/](http://www.parkrun.org.uk/hinksleyparkrecground-juniors/)



**PLEASE REGISTER FOR FREE BEFORE YOUR FIRST VISIT!**  
[www.parkrun.org.uk/register/](http://www.parkrun.org.uk/register/)



## Share: Flitwick & Ampthill

The last Plant and Seed Swap was so popular we're going to run another one on **Saturday 7th June** at The Rufus Centre between 10am and 12 noon.

Bring surplus plants, seeds, or seedlings to share with the community and browse to see if there's something new for your home or garden. You don't have to bring anything with you, though - just come and take a look at what's available.

You can also chat with us about our Library of Things - we have lots of items ideal for sprucing up your garden!

For more information visit: [shareflitwickandampthill.org/](http://shareflitwickandampthill.org/)





**Flitwick  
CAR SHOW**

**17TH AUGUST 2025**  
CARS, BIKES, BUSES, LORRIES AND MORE

**FREE ENTRY**



**MILLENNIUM PARK, MK45 1HP**  
**10 AM UNTIL 4PM**

TO BOOK SPACES CALL, TEXT OR WHATSAPP 07368117032

[WWW.FLITWICKCARSHOW.COM](http://WWW.FLITWICKCARSHOW.COM)

**Ampthill & Flitwick  
Good Neighbours**

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

**Volunteers Needed**



**To help those in need in our communities**

**Driving those in need to appointments (medical/hairstressing/social)**

**Befriending those experiencing social isolation**

**Phoneholders - Arranging Help with our volunteers**

**Contact: [ampthillgn@gmail.com](mailto:ampthillgn@gmail.com)**  
[www.afgn.org.uk](http://www.afgn.org.uk)



**Digital Voice is coming to your town**

Neighbourhood Watch volunteers will be running free information sessions for residents about the BT landline switch over.

Just drop in and find out more:



The Rufus Centre,  
Stocksfield Room,  
Steppingley Rd,  
Flitwick,  
Bedford MK45 1AH

on  
Friday 6th June 2025

Drop in anytime between 10am and 2pm

Neighbourhood Watch Network is a charity registered in England & Wales, charity no: 1173349





**SAVE THE DATE!**

Our next performance is  
**Saturday 19th July 2025**  
Flitwick Village Hall at 7.30pm. £10 (donation)

We are busy rehearsing some new songs such as  
The Phantom of the Opera (Medley)  
Disney Movie Magic (Medley)

And some from our repertoire such as:  
West Side Story, This is Me, Memory  
and many more!!

Tickets from: [theflitwicksingers@gmail.com](mailto:theflitwicksingers@gmail.com)

**Look out for our posters so that you can buy your tickers early!**

We always welcome new singers, why don't you come and visit any Monday evening at  
Flitwick Methodist Church at 7.30pm  
We are a friendly caring group

# Could You Foster?

**Question: Who can be a foster carer?**

**Answer: Almost anyone!**

Many people don't apply as they assume they will not be suitable, but people are often surprised by who can foster. People of all different ages, cultures, ethnicities, sexualities and marital status\* can foster.

## The key things we require of you:

- you have a spare room which will be used solely by the foster child.
- you need to be willing to commit to learning and developing the skills needed to be a reflective, empathetic foster carer who understands the impact of early life trauma.
- Training is an essential part of the fostering role.
- you will be willing to engage in the fostering assessment process.
- you will be able to bounce back when a child needs you the most.
- you will need to undergo a health assessment to confirm you are fit and well enough to carry out the role.
- an enhanced DBS disclosure will be carried out to confirm you are safe to work with children.
- you understand the importance of supporting a child's journey, education, growth and family connections.
- you understand and appreciate that it can be a very challenging role.....but also an extremely rewarding one!

**Oak Fostering** is a therapeutic fostering agency based in Amptill. We offer specialist long term foster placements, short term stays (sleepovers) and tailor made outreach support for children aged 0 to 18 years.

We provide bespoke support packages which focus on all the individual needs of each child and their foster family.

When fostering with **Oak Fostering** you will never be alone. You will be surrounded by our team who are able to provide you with all the support needed during your own unique journey.



## Could this be you? If so, please get in touch!



facebook.com/oakfostering



@oakfostering



www.oakfostering.co.uk



# Oak Fostering

info@oakfostering.co.uk

01525 868682

www.oakfostering.co.uk



# Flitwick Library Cinema

Enjoy cinema quality film and sound on your doorstep. All the fun, without the travel!

**NEW LOWER PRICES! - Adults £3 - Children £1 -**

Call to book now: 0300 300 8057

Saturday 31<sup>st</sup> May

11am



The Greatest Showman

Tuesday 29<sup>th</sup> July

11am

*Relaxed Screening*  
No audience hostility



Toy Story

relaxed showing (with  
themed activities)

FLITWICK  
LIBRARY  
CINEMA

Saturday 28<sup>th</sup> June

10:30am



Detective Pikachu  
FREE TICKETS

Tuesday 19<sup>th</sup> August

10:30am



Tangled

We run an informal cinema, welcome to all. Our relaxed screenings are catered to welcome those who find the cinema environment difficult. We welcome neurodivergent people, families with small children and anyone else who would benefit or like to come to the showing.

- Lights are on dimly,
- Sound is quieter.
- Movement and noise is fine.

*Relaxed Screening*  
No audience hostility

## Proud AF Pride Picnic

Make a date in the diary for this year's Proud Ampthill and Flitwick's Pride Picnic on **Sunday 8th June** in Ampthill Great Park between 12 noon and 4pm.



There's plenty going on for all the family with live music from Ampthill Music and different children's activities including a craft stall from Central Bedfordshire Council Libraries and circus skills workshop with Showtime Circus. You'll also have the chance to be your own work of art with local artist Anne-Marie Abbate. Bring a picnic or enjoy what's on offer from a range of food and drink stalls. The

Ampthill Town Cricket Club pavilion bar will also be open.

Well behaved dogs on leads are welcome. Parking is limited so please walk if you can. For more information visit the Proud Ampthill and Flitwick Facebook page.







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# The Rufus Centre

We've enjoyed some great events at The Rufus Centre over the last couple of months including a dazzling Taylor Swift tribute act performing two sold-out shows in May.



To celebrate the 80th anniversary of VE Day a classic fish and chips lunch was served in the Rendezvous Café complete with nostalgic music from vintage singer Pauline Moss and plenty of flag waving.



## HOW TO BOOK

**Ticketsolve  
is in place for  
all our events.**

Scan the QR code to view and  
book all the events on sale.



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

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

**01525 631905**



Looking ahead, we're serving up a taste of summer with a Wimbledon-themed specials menu starting **Monday 30th June**. Whether you're a tennis fan or just in it for the treats, swing by for juicy strawberries & cream, indulgent cream teas, and a refreshing glass of Pimm's. We're also planning to screen the championship matches live in the Café - so you won't miss a single serve or volley!



Our events calendar is packed with fun for all ages this autumn. Get ready for a spooktacular Halloween Silent Disco perfect for families, an evening of laughs with Castle Comedy, and a swoon-worthy Michael Bublé tribute night. Tickets now on sale!

### 2025 Upcoming Events

13 <sup>th</sup> June	Back to The Olds Cool
14 <sup>th</sup> June	The Soul Man
5 <sup>th</sup> July	Princess Afternoon Tea with Elsa
8 <sup>th</sup> Aug	Back to The Olds Cool
18 <sup>th</sup> Oct	Murder Mystery Night
25 <sup>th</sup> Oct	Halloween Family Silent Disco
30 <sup>th</sup> Oct	Pumpkin & Prosecco
22 <sup>nd</sup> Nov	Comedy Night with Castle Comedy
29 <sup>th</sup> Nov	Michael Bublé Tribute Night



# A NIGHT WITH BUBLÉ

Michael Bublé Tribute

**SATURDAY 29TH NOVEMBER**



**DOORS: 7.30PM  
SHOW: 8PM**

**TICKETS £18\***

Allocated Seating

OVER 18S  
LICENSED BAR

Scan QR code to book now

THE RUFUS CENTRE  
FLITWICK, MK45 1AH

flitwick Town Council

The Rufus Centre  
Here, There, and Everywhere

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# FLITWICK COMEDY NIGHT

WITH CASTLE COMEDY



**SATURDAY 22ND NOVEMBER**

**DOORS 7.30PM SHOW 8.15PM**

**TICKETS £14\***

WITH:

OVER 18S  
LICENSED BAR

Scan QR code to book now

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# HALLOWEEN FAMILY SILENT DISCO



**TICKETS:**  
ADULT £16.50  
CHILD £12.50\*

**FAMILY TICKET £44**

**INCLUDES:**  
2X ADULTS  
2X CHILDREN

**SATURDAY 25TH OCTOBER**  
5.30PM - 8.30PM

2 CHANNELS | LIVE DJ | MUSIC BATTLES

\*CHILD TICKET INCLUDES: GLOW STICK & SPOOKY MOCKTAIL

OVER 18S  
LICENSED BAR

Scan QR code to book now

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# Pumpkin & Prosecco



**THURSDAY 30TH OCTOBER**  
7.30PM - 10.30PM

**PUMPKIN CARVING & BUBBLES**

**TICKETS £25\* PER PERSON**

**INCLUDES TWO GLASSES OF PROSECCO & PUMPKIN**

OVER 18S  
LICENSED BAR

Scan QR code to book now

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# CAN YOU SOLVE THE MURDER? MURDER MYSTERY NIGHT

SATURDAY 18TH OCTOBER

7PM - 10.30PM | 3 COURSE SIT DOWN MEAL | £41 PER TICKET\*

DINNER PARTY ATTIRE | DRESS TO IMPRESS!



OVER 16'S  
LICENSED BAR

Scan  
QR code  
to book  
now!

Book online at:  
[therufuscentre.ficketsolve.com](https://therufuscentre.ficketsolve.com)

\*Booking fee applies

**Flitwick**  
Town Council



THE RUFUS CENTRE  
FLITWICK, MK45 1AH

**The Rufus Centre**  
Meet, Work, Celebrate

## Christmas Celebrations

It's never too early to start planning for Christmas! We're thrilled to announce that our Christmas events at The Rufus Centre are now open for booking online.

**Christmas Party Night:** Join us on **Friday 5th December** for a festive evening featuring live music from The Low Down and a delicious sit-down meal. It's the perfect way to kick off the holiday season with family, friends and colleagues. You can save £5 per person with our Early Bird offer available for a limited time only!

**Breakfast with Santa:** Just before the big day, on **Saturday 20th December**, bring the whole family for a memorable morning with Santa. This event is always a favourite and promises to be a magical experience.

For more information and to book your tickets, simply scan the QR code or visit [therufuscentre.ticketsolve.com](http://therufuscentre.ticketsolve.com).

## The Rufus Centre



*Breakfast with Santa*  
ho ho ho

**10 AM - 12 NOON**

**SATURDAY 20TH DECEMBER**

**£14.50\* CHILD TICKET INCLUDES:**  
DELICIOUS BREAKFAST  
LETTER WRITING  
CHOCOLATE TREAT  
MEET & GREET WITH SANTA & A GIFT!

**£11.50\* ADULT TICKET INCLUDES:**  
DELICIOUS HOT BREAKFAST  
HOT DRINK

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

**Flitwick Town Council**

**The Rufus Centre**  
Here, We, Celebrate

\*Booking fee applies

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**Christmas PARTY**  
5TH DECEMBER | 7PM

**LIVE MUSIC FROM THE LOW DOWN  
FESTIVE SIT DOWN MEAL**

**TICKETS £45\*PER PERSON  
EARLY BIRD £40\* PER PERSON. LIMITED AVAILABILITY!  
STRICTLY OVER 18+ | LICENSED BAR**

**BOOK ONLINE**

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

**Flitwick Town Council**

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\*Booking fee applies

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# UPCOMING EVENTS 2025!

THE RUFUS CENTRE, FLITWICK



JUNE  
13

BACK TO THE  
OLDS COOL

SOUL MAN

JUNE  
14



JULY  
5

PRINCESS  
AFTERNOON TEA  
WITH ELSA

MURDER  
MYSTERY NIGHT

OCT  
18



OCT  
25

HALLOWEEN  
FAMILY SILENT  
DISCO

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