FLITWICK TOWN COUNCIL
Draft Minutes of the Community Services Committee meeting
held on Tuesday 6th May 2025 at the Rufus Centre

Present:
Cllr C Thompson (Chairman)
Cllr A Snape
Cllr A Crawford
Cllr P Earles
Cllr L Bandy
Cllr R Wilsmore
Cllr D Toinko
Cllr T Harald

Also present:
Stacie Lockey – Town Clerk & Chief Executive (TC)
Sarah Burgess – Amenities Officer (AO)
Aaron Pepper – Public Realm Supervisor (PRS)
Grace Bunyan – Administration Officer

1269.   APOLOGIES FOR ABSENCE

It was **RESOLVED** to accept the apologies for Cllr Platt (work commitment).

1270.   DECLARATIONS OF INTEREST

To receive Statutory Declarations of Interests from Members in relation to:

(a)   No Disclosable Pecuniary interests in any agenda item were declared

(b)   No Non-Pecuniary interests in any agenda item were declared

1271.   CHAIRMAN'S ANNOUNCEMENTS

The Chairman welcomed the newly appointed Public Realm Supervisor to the Council. The Chairman also welcomed the Administration Officer (Grace Bunyan) to the meeting and thanked her for stepping in to take minutes.
Members were informed that the instruments at Hinksley Park were planned to be installed on Monday 12th May, and that an official opening was hoped to take place on Tuesday 20th May, to which Members were invited to attend. The Chairman also made Members aware that Proud Ampthill and Flitwick were hosting their 'Pride Picnic' in June, which Members were invited to attend and welcomed to volunteer.
The Chairman reminded Members that Family Fun Day still required volunteers, especially with the current staff shortages on the Community Services Team.

1272. <u>PUBLIC OPEN SESSION</u>

No members of the public attended the meeting.

1273. <u>INVITED SPEAKER</u>

No speaker was invited to the meeting.

1274. <u>MEMBERS QUESTIONS</u>

Members raised no questions at this time.

1275. <u>MINUTES</u>

a. Members received and adopted the minutes of the Community Services meeting held on **Tuesday 4th March 2025.**

It was **<u>RESOLVED</u>** to accept the minutes from the Community Services meeting held on **Tuesday 4th March 2025** with no amendments.

1276. <u>MATTERS ARISING</u>

a. Cllr Snape requested an update on the works at the Skate Park. The AO advised that they had visited the site last week and gave Members a verbal update regarding the concrete works. The AO advised that the Skate Park was not likely to be open this week, however they were hopeful that it may be open the following week.

1277. <u>ITEMS FOR CONSIDERATION</u>

a. **Allotment Working Group Terms of Reference**

Members were asked to adopt the Allotment Working Group terms of reference. Cllr Snape asked the AO whether the Allotment Working Group had reviewed the terms of reference. The AO advised Members that the working group had reviewed the terms of reference and that no comments had been made.

It was **<u>RESOLVED</u>** to accept the Allotment Working Group Terms of Reference with no amendments.

b. **Flitwick 10k Race**

Members were asked to note the correspondence from Ampthill & Flitwick Flyers regarding the 10k race. The TC explained to Members that the Ampthill & Flitwick Flyers Club already received a 50% discount for the hire of Millennium Park for the Flitwick 10k Race. Members queried who specifically was requesting a fee reduction and how much the reduction would be. The TC advised that the Club was asking for the reduction, but it had not been made clear how much for.
Members did not believe that a refund should be given as they considered there to have been no extra expense for the Club, as the issues raised regarding the gravel path and skatepark works did not create any financial impact. Members requested clarification as to where the race began and ended, to distinguish whether participants would run across this specific part of the park.
Members all agreed that there was no significant impact on the event.
Members also discussed whether the Town Mayor was invited to this event, as Ward Councillors had previously been asked to attend. Cllr Snape clarified that the Town Mayor had not been invited to the event.

It was **RESOLVED** to reject the request for a fee reduction for this year.

1278.   ITEMS FOR INFORMATION

a.   Community Financial Report

Members received and noted a report from the Senior Finance Officer. Cllr Harald queried the high percentages on the report and commented that the report was rather difficult to interpret. Cllr Thompson suggested this may be because the committee did not phase budgets. The TC explained to Members that the report was created at the end of the financial year, so there were lots of movements that could have impacted the figures in the report.

b.   Officer Update

(i)   Members noted the Officer update with mention made to the following:

Cllr Thompson requested an update on the progress of the Manor Park Working Group. The AO informed members that thus far, the working group was an overall success and that there were 9 residents who attended the volunteer day on 1st May.

The AO highlighted the section regarding 'cattle' within the update. The TC notified Members that the majority of the Manor Park Working Group raised no issues with grazing of cattle at Manor Park, with only 1 member of the working group disagreeing. Members discussed the grazing of cattle at Manor Park and agreed that one field should remain cattle free throughout the year to allow dog walkers to presume use of the site. Members suggested that residents should be made aware that not all three fields would be in use at one time.

Action: AO

The PRS gave a verbal update regarding the recent work of the Public Realm Team which included various maintenance tasks across the town. He highlighted the positive comments on social media and passing comments from residents. It was advised that the team were aiming to begin planting this week, starting at the War Memorial.

Cllr Wilsmore notified the PRS of communication he had received in which complaints were made regarding access to graves in the closed section of the burial ground. The PRS suggested that a monthly cut may alleviate this issue, however Cllr Wilsmore explained that due to the fact the graves were in such close proximity to one another, he was unsure whether much could be done to resolve this issue. Cllr Wilsmore offered to meet with the PRS at the site to highlight which graves he was referring to.

Cllr Earles notified members of three complaints she had received from residents regarding the use of chemicals to remove foliage. The Chairman advised that it was Central Bedfordshire Council that was responsible for the use of these chemicals and suggested raising this issue to the Ward Councillors at the next full Town Council meeting.

The Chairman asked the TC whether the council would be taking part in no mow May. The AO advised Members that Central Bedfordshire Council had been sent a list of areas to be included. The Town Council owned areas would continue to be cut on a regular basis as they were regularly used.

(ii)   Cllr Snape highlighted that the figures for the Community Fridge were not a fully true reflection of April as there was additional surplus food that had not yet been recorded in the figures shown. Cllr Snape shared with Members that the first collection with the new van had been completed and that the van was already proving efficient. The change of opening hours for the Community Fridge were also highlighted to Members and they had received mixed responses from visitors regarding these. Cllr Snape suggested that the recent use of the

tablet had helped to alleviate ongoing issues and gave a better understanding as to who was most in need. He felt the fridge was going in a slightly different direction, allowing them to target those in need and provide support. The Chairman queried why only Kingsmoor School was being used for the 'pop up' session and Members were advised that this area was highlighted as most in need. Cllr Snape explained that it had been shown that this was an economic output area and that this was an area with one of the higher poverty rates within Central Bedfordshire. He also commented that Kingsmoor School were very keen to assist.

Cllr Snape asked if, from the postcodes recorded for the Easter Egg Trail, it was possible to distinguish how many postcodes were from Flitwick compared to other areas. The TC advised that they would try to collate this information, however it may not be possible.

Action: CSO

1279. **PUBLIC OPEN SESSION**

No members of the public attended the meeting.

1280. **EXEMPT ITEMS**

The following resolution will be **moved** that is advisable in the public interest that the public and press are excluded whilst the following exempt item issue is discussed.

No items.

Pursuant to section 1(2) of the public bodies (Admission to Meetings) Act 1960 Council **resolve** to exclude the public and press by reason of the confidential nature of the business about to be transacted.

Signed ……………………………………. (Chairman)

Annual Residents' Survey Responses
Community Services Committee

Activities for Older People

- I am bitterly disappointed with the lack of events and services for older people. The monthly lunch club was a lifeline for us that are on our own and it was just stopped without asking if we would be prepared to pay more. The tea dances stopped as well. There are no social events for older people and people who are older and on their own. The warm hub spaces stopped as well. It feels like the older generation are no longer wanted here. There is plenty of activities for younger people which is good to see but nothing for older people. Please look at what can we done for older people to bring people together.
- Where are the services for older people who live in Flitwick?
- Set up and support activities for older citizens.
- My parents are older and say there is nothing much going on for them in Flitwick organised by the council and they need to make connections as they have recently move up here.
- We are disappointed that all of the events for older was pulled. We loved coming to the lunch club. The booking system changed and we got used to it. Then, without warning, we were told it was no longer viable. Can we have another social group meeting - not just ladies. If not lunch, breakfast or coffee and cake. It doesn't have to be much and we are happy to pay. We miss seeing people on a monthly basis. We feel the council were wrong to stop this without any discussion with those that use and to cancel the Christmas lunch as well made us feel very unwelcome.
- Very disappointed that dinners and special days for older people that you have taken away for older people. In fact we were disgusted. Bring them back please. Many people are very lonely and live on their own. More for senior citizens please at rufus. Dancing Meals Bingo Singing
- I think the council does a good job on the whole. There should be more for older people -there used to be lots going on for the older generation but it now seems to be young people. All good but you need a balance. There are a lot of older people in Flitwick and lonely people who need somewhere to meet and go. The cafe is good but sometimes the food is up and down even if you order the same thing it can be different on different days and I think the staff should clear the table when you have finished eating even if you are still sitting there.
- I am a retired pensioner and have lived in Flitwick for eight years. When I first moved here I was amazed of the amount of activities available for the older person, ie lunches, films etc. all held at the Rufus centre. Now there is nothing. The older, retired residents were able to get together and enjoy themselves, but now there is nothing. There is plenty going on for children and younger people but we oldies are now forgotten. Sad.
- Please can we have more activities for older people - you were so supportive before but not now

Clubs, Activities & Events

- On a positive note, I enjoy seeing the may activities people and the council try to put on for people of a variety of ages. There's always various clubs, events, and social spaces to e joy, as well as outdoor walking areas. What I would say is some of the clubs are not so suitable for people that work the typical Mon-Fri 9-5 shift patterns.
- There is plenty for my children to do although I am wary about them going to to The Hub on their own as the sometimes you have older children hanging around in the park that are intimidating.
- I would love to see more for young adults - there used to be a good outdoor circuit class that I attended - I cannot afford gym sessions and this was a really good activity for the council to offer as mostly it is for children and older people
- More events and activities for all ages. More in the centre of town.
- More activities
- Make more of an effort at organising events, the annual event at the millennium park used to have lots to do, it's getting more and more quiet, maybe think about the price you charge the stall holders, is it really worth charging too much and putting people off even bothering to try and make an effort.
- We've recently moved to the area and we're very happy with a majority of the local community and services, and we're impressed by the local events it puts on. We'd like to see it retain its community events and support for them shift since over the last 5years or so to provide more for families and not just old people and support this. The cinema days, Easter egg hunt, Christmas events, are brilliant.
- I am impressed with the community events put on for the children

Community Fridge

- The community fridge is not friendly at times - staff will whisper to each other about the people as they are making their selection Watched all the time when choosing food and don't understand why some items need a donation. This food is given for free to help us who are struggling. Other volunteer food groups around the country provide a service for free - why not Flitwick?
- Support the food bank too even though we've never needed, it think it's a great resource.

Discriminative Behaviour

- There is an ever growing homophobic culture. Myself and my partner are subject to it regularly. Why doesn't FTC ask the question here to gauge reaction

Market Stalls

- Try to increase market stall holders. It's a community source that people support.

Village Hall

- When organising events or letting out village hall, all local residents need to be considered- sometimes the level of noise especially loud music is unbearable. For instance the level of noise during the event on Saturday 22nd March was unbearable. In particular, on my street many people are key workers with shift work and this events organised with no consideration to all residents feels very non inclusive. Its ok to have fun, but why the need for such loud music!

Mosquito Memorial

- Illuminate the Mosquito Memorial, give it an enclosure to mirror that in the town centre, perhaps have a small path in the garden to it, and have a small placard at the reception to tell visitors where it is, remember people from all over the country come to see this memorial, a perfect time to do this as its the 80th anniversary of the crash opposite the rufus centre and the VE80, such an easy thing to do which would reflect so positively on the council :)
- I would love to see the memorial for the mosquito crew have a poppy enclosure just as we have in the town centre to mirror it, the guy who did the campaign for it did a great job and this would be a nice thing for the council to do. I went on the Steppingley Road Field Memorial walk and was taken back by just how popular it is residents from our Town

Crime and Policing

- Town is a great place to live but like everywhere has issues. Implemented community support like litter picks and evening patrols could reduce crime that comes to the town. Villages like Barton le clays community presence patrol has reduced crime in area
- Policing recent incidents of burnt out cars and theft
- More police presence needed. Knife crime and car crime have been on the rise
- They cannot blame the police. Their resources are stretched already. What are the council doing. Maybe sponsor a PCSO or two like Dunstable does
- The issues around cars being broken into is a concern as it seems to happen a lot in Flitwick. I think this should be a focus for improvement.
- More police patrol. And flytipping.
- Boy racers causing car / noise pollution and danger on roads includes motorbike racing
  around some roads late evening.
- There is plenty for my children to do although I am wary about them going to to The Hub on their own as the sometimes you have older children hanging around in the park that are intimidating. My parents are older and say there is nothing much going on for them in Flitwick organised by the council and they need to make connections as they have recently move up here.

- People jumping the fence near the Swan public house, from the train station.
- Flitwick is turning into a dumping ground for rubbish and people Iwas born and brought up here and I'm ashamed of what it has turned into I feel it's not my village anymore just an easy option for people from London to get cheap properties subsequently put the prices of housing up and making it beyond the reach of our young people there are not enough schools doctors and dentists u allow the fair to come and all it does is cause chaos and crime drug dealing is out of control and there are no police county lines is out of control younger children held at knife point I'm absolutely ashamed the old people of flitwick would be mortified what has happened to there once beautiful village as for that monstrous building down steppingley road what a waste of money the roads can't take it
- More police on the street's
- Lobby CBC for more of a police presence so that the drug problem can be tackled. We all know where the dealers meet, just ask any kid from year 8 up! I was shocked when my daughter who was 12 at the time, told me she knew who to go to for drugs in Flitwick.
- Crack down on drug use in public.
- Dangerous and full of people with no morals or care and to make things worse the police don't have the man power and are too scared to even try and make a difference because Karen's always find a way to spin it so people in the wrong are considered victims it's ridiculous
- There seems to be more people smoking weed
- All we want is cleanliness, public services and to feel safe.
- More beat bobbies visible on our streets, connecting with the younger residents and making the older generation feel safer

Public Realm

- I have reported, by email, that the hedge on The Mount needs cutting as the lamppost is nearly covered by shrubs. Twice this has been reported and I have had no acknowledgement of receipt of my communications. This does not look as if the council is bothered to respond to communications from residents
- The grass verges look a disgrace in the summer and I end up cutting the one next to my house due to weeds and it's unsightly used to be proud of the Manor Way estate but due to grass cutting which is infrequent it looks a mess now. There is lots of litter when walking the streets and hedges that grow onto paths restricting people walking.
- I'm 6'2" and need you to trim tree branches and the undergrowth next to the pavement (like the pavement behind Falcon Crescent going toward the school). Tired of ducking and weaving all the time. Tree branches past the skate park on the way to Tesco's need to be cut back.
- While there is a constant rotation of road works, there are some terrible pavements. For example along Dunstable Road on the old school side. COupled with overgrowth and no street lights, it is only a matter of time before someone falls into the road.
- Steppingly road pavement near Billington close is very narrow and grass has grown over the tarmac . It's supposed to be a cycle way but it's not fit for pedestrians let

alone both . And the frontage of Billington close looks an eyesore overgrown trees bushes etc ,the owners should be made to tidy it up

Green Spaces

- Please keep the green spaces.
- Flitwick is becoming over crowded and we are losing a lot of Green areas. Why is there an residential home been built next to the leisure centre, it is such an blot on the landscape.
- please please do not use any more green fields to build on … use existing sites and brown field sites.
- Support the environment rather than woke agendas.building houses and getting rid of green areas, whilst bringing people over from different towns is the most disturbance flitwick has had in years of living here.
- Children and young people need more to do. Try to find a space for a community orchard and allotment this would bring generations together and provide healthy food for those who need it.
- Make flitwick pretty again with more planting and trees
- Make Flitwick prettier! Think about the mid range age of children, what else could be in Flitwick?

Burial Ground

- Having somewhere to be buried in Flitwick

Litter & Cleanliness

- Town is a great place to live but like everywhere has issues. Implemented community support like litter picks and evening patrols could reduce crime that comes to the town. Villages like Barton le clays community presence patrol has reduced crime in area
- I think the paths and green areas could be kept cleaner and tidier, is there ever an inspection carried out?
- Litter laying all over the verges and roads.
- Flitwick is an eye sore, litter everywhere, road works, traffic and building anywhere. Its embarrassing
- littering dog bins provided to owners like all the other bins with a cost. More police patrol. And flytipping.
- RATS COMING OUT OF DRAIN PIPES ON THE CORNER AND BACK OF THE BUILDINGS ON CONISTANE ROAD SHOPS AS IS HAS BEEN GOING ON FOR FEW YEARS NOW AND WILL BE A MENICE AND HEALTH RISK TO PEOPLE . WE DORT A VERY LARGE RAT GOING ON AND OUT OF THE HEDGES AT THE VILLAGE HALL AND GO INTO THE DRAIN PIPES IN THE OLD OFFICE BUILDINGS LAST WEEK BUT SEEN REGULAR WHEN WALKING BY.

- Flitwick is turning into a dumping ground for rubbish and people Iwas born and brought up here and I'm ashamed of what it has turned into I feel it's not my village anymore just an easy option for people from London to get cheap properties subsequently put the prices of housing
up and making it beyond the reach of our young people
- The grass verges look a disgrace in the summer and I end up cutting the one next to my house due to weeds and it's unsightly used to be proud of the Manor Way estate but due to grass cutting which is infrequent it looks a mess now. There is lots of litter when walking the streets and hedges that grow onto paths restricting people walking.
- Please continue to chase CBC to install rubbish bins around town and erect benches in suitable places for people to 'sit and think'.
- Green bin charge is a farce. Booking for tidy top is a farce.
- A glass collection bin. It is a long trek to a Bottle Bank if disabled and no car.
- All we want is cleanliness, public services and to feel safe.
- Don't agree the new booking system will be an improvement to Ampthill tidy tip. Will be a nuisance for residents. Queuing is never a big issue, you're already supposed to prove ID.

Additional Amenities

- Please continue to chase CBC to install rubbish bins around town and erect benches in suitable places for people to 'sit and think'.
- Living in the West Ward as I do since 1984, It is very much a forgotten area. Other housing estates in Flitwick have access to Playgrounds, seating and generally a pleasant environment to grow up and live in. The West Ward from Eagle Drive going West (Temple Way, Falcon Crescent, All the Birds, Poets, Palaces, Castles and Mountain Estates up to Flitwick Woods have no Playparks or Benches other that the Millennium Park. Even the Mount has no where to sit. It is a desert regarding facilities other than housing. Young and Old alike should not need to walk to Town Centre to enjoy such amenities as well as all the risks this brings with it.
- I have lived in Flitwick for over 35 years and am now in my mid 60's with painful arthritis in my knees, hips and back. This makes it very difficult for me to walk more than a few paces without pain, and also makes me unable to stand for more than a few minutes at a time. There is an atrocious lack of benches located around the town and residential and at bus stops. I hardly ever leave my house now without driving, because even to try to walk from my house on the birds estate to Flitwick Library or to Tesco is too uncomfortable with nowhere for me to rest and sit down while on the route. We need far more benches around the town please!

Roads, Parking and Pathways

- Please coordinate temporary traffic lights when road improvements are being done. Sometimes it's gridlock. Today there are lights by the leisure centre and the old school
- More off road parking in streets to allow for residents to park safely
- Flitwick is an eye sore, litter everywhere, road works, traffic and building anywhere. Its embarrassing
- Could you put pressure on CBC to enforce parking restrictions particularly near schools at pick up and drop off times
- We badly need speed cameras on the high street, the Avenue, Maulden road, Dunstable road, steppingly Road and speed deterrent on Hinksley Road and Brooks Road. Pavement parking has to stop, bring back the wardens and the fines can go towards the town council.
- Better organisation of planned road works
- The road traffic is unbelievable in Flitwick. It's an unpleasant place to commute from and through now. It erodes quality of life. Give it a few years and can you imagine how much worse it could become? Please stop building new homes. Our roads were not built for this volume of traffic. .. also Grant Palmer need to re structure and improve their service as people can't rely on them to commute or get to appointments.
- Parking on pavements, littering dog bins provided to owners like all the other bins with a cost. More police patrol. And flytipping.
- The speeding cars down kings road/Station Road /Maulden Road areas during the day. The night time gatherings that have happened down Maulden Road and the industrial estate of cars racing and speeding late at night,usually at a weekend
- Speeding is the other main issue in the town. Perhaps some really out-of-the-box thinking from council-led initiatives in speed reduction around town would make it feel safer and more appealing for local residents, especially children. Chapel Road and Windmill Road in particular have been battling this for years with CBC with very little headway.
- Flitwick is turning into a dumping ground for rubbish and people Iwas born and brought up here and I'm ashamed of what it has turned into I feel it's not my village anymore just an easy option for people from London to get cheap properties subsequently put the prices of housing up and making it beyond the reach of our young people there are not enough schools doctors and dentists u allow the fair to come and all it does is cause chaos and crime drug dealing is out of control and there are no police county lines is out of control younger children held at knife point I'm absolutely ashamed the old people of flitwick would be mortified what has

happened to there once beautiful village as for that monstrous building down steppingley road what a waste of money the roads can't take it

- Parking by the vape shop Speeding down kings road is horrendous
- Manor way is becoming a death trap.cars park on the bend and so when driving along from Steppingly Rd end you have to go into the middle of the road to pass them and with the two chicanes near bluebell close this is very dangerous as cars coming from Woburn close end cannot be seen clearly as resulted in horrific accident Saturday evening29th March
- Also, the parking of people outside of Flitwick Fisheries is a nightmare. People parking in the t-junction is a nightmare.
- Street lighting; worse than lights not working are those that light during the day. Poor parking as mentioned above includes pavement parking, blocking the dropped kerb outside Tesco, parking outside Costa.
- For a start the parking situation. We have parking restrictions and there's never any parking enforcement agents around to do local patrols to stop this.
- Improve parking
- While there is a constant rotation of road works, there are some terrible pavements. For example along Dunstable Road on the old school side. COupled with overgrowth and no street lights, it is only a matter of time before someone falls into the road.
- there needs to be traffic calming at the top end of Manor Way as cars and buses speed down there
- The council really need to get to grips with road users, speeding and dangerous parking being a real concern. There's now yellow lines outside the vape shop but still the parking before the roundabout is dangerous. Constantly there are cars mounting the path at speed to make room for cars traveling up The Avenue at speed. A few times I have had to moved out of the way or pull my child out of the way from fear of being hit whilst walking on the path.
- Fight harder to stop more housing developments, there is not enough infrastructure, not enough doctors, dentist, Schools The roads are already too busy and badly maintained, we've had more than our fair share of road closures road work traffic lights. Steppingley road is one long traffic jam most rush hours. Too many people too many cars.
- Speeding traffic all over the town is a massive problem . And noisy cars that have been modified to back fire and be extremely noisy and driven at speed . Litter laying all over the verges and roads . Steppingly road pavement near Billington close is very narrow and grass has grown over the tarmac . It's supposed to be a cycle way but it's not fit for pedestrians let alone both .
- Improving road safety. Cars drive too fast and all the main roads are school walking routes. Dunstable road and kings road in particular are super dangerous for children on school runs. Would introduce traffic calming and/or reduction features. FR too many cars, vans and Lorrie's driving dangerously fast and reckless.

- Speeding on manor way is a problem
- Penalise parking on paths and speeders.
- Too many roadworks, one after another.
- Crossings by the railway bridge are not very safe. A speed camera on Dunstable road would held slow traffic
- Poor State of the roads and lack of roadworks co-ordination causing major traffic
- Speeding traffic on Station Road. The poor traffic management on station road/ kings road junction. Dangerous crossing on the avenue.
- Please continue to scrutinise development of housing in Flitwick. We need better infrastructure, schools and health facilities, not more over development. Public services are already overstretched and congestion on roads is a real issue.
- Graffiti around hinksley road area Poor pathways Catherine road and hinksley road
- We need to find a way to link the town centre better - the rail line through the centre cuts it in half and makes the town hard to navigate. The level of through traffic makes it unwelcoming - especially the heavy vehicles. The number of HGVs using the high street and Steppingly Road/Fordfield is far too high and it should be made access only.

Bus Services

- Disjointed bus routes and services that do not run, either on time or very late without information; its not good enough to just display the next one.
- have a look at public transport- the local buses are too big, they are polluting and frequently they are too fast- their drivers are invariably operating on the principle of familiarity (with local roads) breeds contempt

Additional Comments

- Do more for the community

*Please note that some comments may have been repeated if they fall under multiple categories

Parish/ Town Council	Flitwick	Ampthill	Barton	Biggleswade	Hoghton Regis	Leighton/Linslade	Sandy	Stotfold	Toddington
ALLOTMENTS							No allotment land		
Number of sites/plots	2 Sites 197 plots	2 Sites 120 plots	1 Site 92 plots	1 Site 230 plots	1 Site 49 plots	2 Sites 272 plots		2 Sites 139 plots	1 Site 70 plots
Fees (for 5 pole plot)	Full plot £27.20	£3.75 per pole	£25.50	£60.00	£75.00	£51		£70	£50 Full plot
Discount for OAP's	No	No	No	No	No	Yes 50%		No	No
Discount for Benefits	No	No	No	Yes 50%	No	No		No	No
Deposit	£20 key deposit	£25	£50	£100	£45	£5 key		£Full years rent	£10
Toilets	Portable ones Apr-Oct	No	No	No	No	Compostable but looking to return back to portable as the compostable weren't getting used		Woowoo Compostable	No
Water	Troughs and taps. Hosepipe banned	Standpies. Hosepipes banned	Standpipes. Hosepipes are permitted.	Troughs. Hosepipes are banned	Standpipes - no troughs. Hosepipes banned	Troughs and taps. Hosepipe banned.		Standpipes - no troughs. Hosepipes banned	Standpipes - no troughs. Hosepipes are permitted.
Bonfire Info	Not permitted	Yes but try to discourage	No	Yes	Not permitted	Not permitted		Yes	Yes - only in containters
BURIAL GROUND	Flitwick	Ampthill	Barton	Biggleswade	Houghton Regis	Leighton/Linslade	Sandy	Stotfold	Toddington
Interment of body	£444.00	£206.00	£370.00	£650.00	£364.00	£582.00	£705.00	£435.00	£400.00
Interment of ashes	£172.00	£100.00	£250.00	£225.00	£336.00	£282.50	£210.00	£270.00	£210.00
Exclusive Rights	£344.00 Burial £25.00 GoR Lease 99yrs	£206.00 Burial £50.00 GoR Lease 75yrs	£400.00 Burial £280.00 GoR Lease 99yrs	£790.00 Burial £330.00 GoR Lease 100yrs	£337.00 Burial £525.00 GoR Lease 75yrs Burial 20yrs GoR	£582.50 Burial £282.50 GoR Lease 50yrs	£305.00 Burial £160.00 GoR Lease 99yrs	£760.00 for both	£345.00 Burial £160.00 GoR Lease for 75yrs
Transfer of Rights	NIL	£22.00	£45.00	£90.00	£53.00	£122.00	£77.00	£50.00	£40.00
FOOTBALL PITCHES	Flitwick	Ampthill	Barton	Biggleswade	Houghton Regis	Leighton/Linslade	Sandy	Stotfold	Toddington
Fees	£36.42 Senior £27.60 Junior Extra 25% charge for non-Flitwick clubs	None Council owned or managed	£66.50 Senior £45.00 Junior	£61.00 Senior £25.00 Junior	None Council owned or managed	£56.00 Senior £27.00 Junior	£49.00 Senior £18.50 Junior	£50.00 Senior £30.00 Junior	£80.00 Junior - Annual payment No Senior pitches
Changing Facilities	None	N/A	Yes	Yes	N/A	Yes	Yes	Yes	No

FLITWICK TOWN COUNCIL

Report to Community Services 01.07.25
Allotment, Burial Ground & Football Pitch Increases

Background
The Council review the fees annually for services within the Town which include allotments, burial ground and football pitch hire.

Allotment rent increases must be noted at the Allotment AGM a year in advance, which takes place in October each year.

The Town Council did not increase fees for the burial ground for 2024/25 or 2025/26 no increase for allotment fees for 2025/26 or 2026/27 and a 25% increase for football pitches for 2024/25 (except for Flitwick residents and groups) and no increases for 2025/26.

Introduction
A fee comparison exercise has been carried out by the Amenities Officer with other local Councils. Please see attached appendix 1.

Comparison Summary
Allotments:
- FTC'S plot fees are generally lower in comparison to other Council's
- The average yearly allotment rent works out to be £46.80
- Deposits are being introduced to offset costs when a tenant vacates a plot
- No Council provided port-a-loos, two provide compostable toilets with most providing no toilet facilities

Burial Ground
- Although the fees vary FTC's fees are average across the board
- Noticeably, all Council's compared charge for Transfer of Exclusive Rights – FTC do not charge currently

Football Pitches
- FTC's pitch hire fees appear in line with others given that there are no changing facilities

Other Information
Burial ground fees and Football pitch hire costs are applied from April-March and Allotment rent is applied from January to January.

Recommendations/Options
Allotments
1. To consider increasing the Allotment fees for 2027/28 by 5% (£28.56), 10% (£29.92) or 20% (£32.64)
2. To consider increasing the Allotment fees with another percentage
3. To consider not increasing the Allotment fees for 2027/28 (£27.20)
4. To consider introducing a deposit

Burial Ground
1. To consider Burial Fees for 2026/27 to remain the same
2. To consider introducing a charge for transfer of exclusive rights

Football Pitches
1. To consider Football Pitch Hire fees for 2026/27 to remain the same

Sarah Burgess
Amenities Officer

Combatting Loneliness & Social Isolation in Central Bedfordshire

Making the Connection

This Report intends to be the starting point in developing a scheme for Central Bedfordshire

The Marmot Review 'Fair Society, Healthy Lives' (2010) makes the case for tackling social isolation by noting that "individuals who are socially isolated are between two and five times more likely than those who have strong social ties to die prematurely".

Definition of Loneliness vs Social isolation

Loneliness is not the same as social isolation. People can be isolated yet not feel lonely. People can be surrounded by other people, yet still feel lonely. The distinction between these two concepts is often overlooked by policy makers and researchers, which makes it difficult to understand what can help people reduce their feeling of loneliness.

Loneliness is a psychological state which may be related to lack of social contacts or close emotional attachments but may also be experienced by people who have a range of relationships.

Social isolation is an objective state in which an individual has poor social connections, sometimes linked to issues such as disability or lack of transport. Loneliness and social isolation often go together; for example, people living in rural areas may experience loneliness compounded by social isolation.

Contents

Introduction

This document is meant to be a starting point in addressing this issue of loneliness and isolation in Central Bedfordshire and will evolve as new information becomes available and new initiatives launch to fill the gaps in the existing provision.

Key messages

- Loneliness is a public health priority, in a similar way to smoking and obesity
- Loneliness is a problem for people of all ages throughout the life course – it does not just affect older people
- The pandemic has made problems worse, with social networks disrupted and people, including children and young people, left isolated from family and friends during lockdowns
- Tackling loneliness is a preventative measure that improves quality of life for individuals and reduces long-term costs for health and social care
- Interventions are generally low-cost or cost-neutral and can provide a good return on investment
- Reducing loneliness requires all local partners to work together. Councils, the NHS and the voluntary and community sector (VCS) are central, but other partners, such as transport and housing, have an important contribution to make
- Local partners need a strategic approach which identifies patterns of loneliness, levels of need and community assets
- A range of tools are available solutions - these include a Framework for interventions developed by the Campaign to End Loneliness, Age UK's Loneliness heat map, Open referral data project and Reaching Out, a guide produced by the LGA and National Association of Local Councils
- Loneliness is best tackled by a system- wide approach involving all partners, particularly the VCS, under the strategic leadership of a Health and Wellbeing Board (HWB)
- The public's understanding about the problems of loneliness is sometimes limited, so public health messages can help people realise the importance of building and maintaining social relationships
- Individuals and communities have a role in ensuring that people who are lonely and isolated are identified and included.

From LGA's 'Loneliness - How do you know your council is actively tackling loneliness?

What Causes Loneliness

- Loneliness seems to fluctuate over the life course, with different causes and needs at different ages. (Appendices A – Appendix 1 & 2)
- It's not just about a decline in contact or change in relationships, but about a person's identity and sense of belonging (Appendices A – Appendix 1), and whether they feel their social network is 'normal' for their life stage (Appendices A – Appendix 3)
- There are some common themes. Previous experiences and conditions are thought to be important, combined with 'trigger' events that push a person into loneliness (Appendices A – Appendix 4)
- Some factors are likely to be specific to the individual – for example, a person's personality or level of resilience at a particular time (Appendices A – Appendix 2)
- People who reported being lonely more often were likely to have at least one of several specific characteristics. This included being aged 16 to 24, being widowed, having poor health, having a long-term illness or disability, having caring responsibilities and being unemployed (Appendices A – Appendix 5)
- Culture – cultural attitudes, also play an important role. For example, there is some evidence that members of some marginalised groups are more likely to feel lonely (Appendices A – Appendix 6)
- Stigma - There is also a stigma with loneliness itself (Appendices A – Appendix 7, 8 & 9) 30% of Britons surveyed said they would be embarrassed to say they felt lonely (Appendices A – Appendix 10) making it more difficult for people to seek support.

- Infrastructure - Infrastructure in the local area can support vibrant social networks. Good transport links, community facilities and design that considers real people and how they live and interact, are all important to help people to access work, stay healthy and remain linked into their communities (Appendices A – Appendix 11,12,13,14 & 15). But when lacking, they can become obstacles to making and maintaining connections.
- Caring Roles - Carers UK's research with the Jo Cox Commission on Loneliness found that 32% of employees currently juggling work and care have felt lonely or isolated in the workplace because of their caring role (Appendices A – Appendix 16)

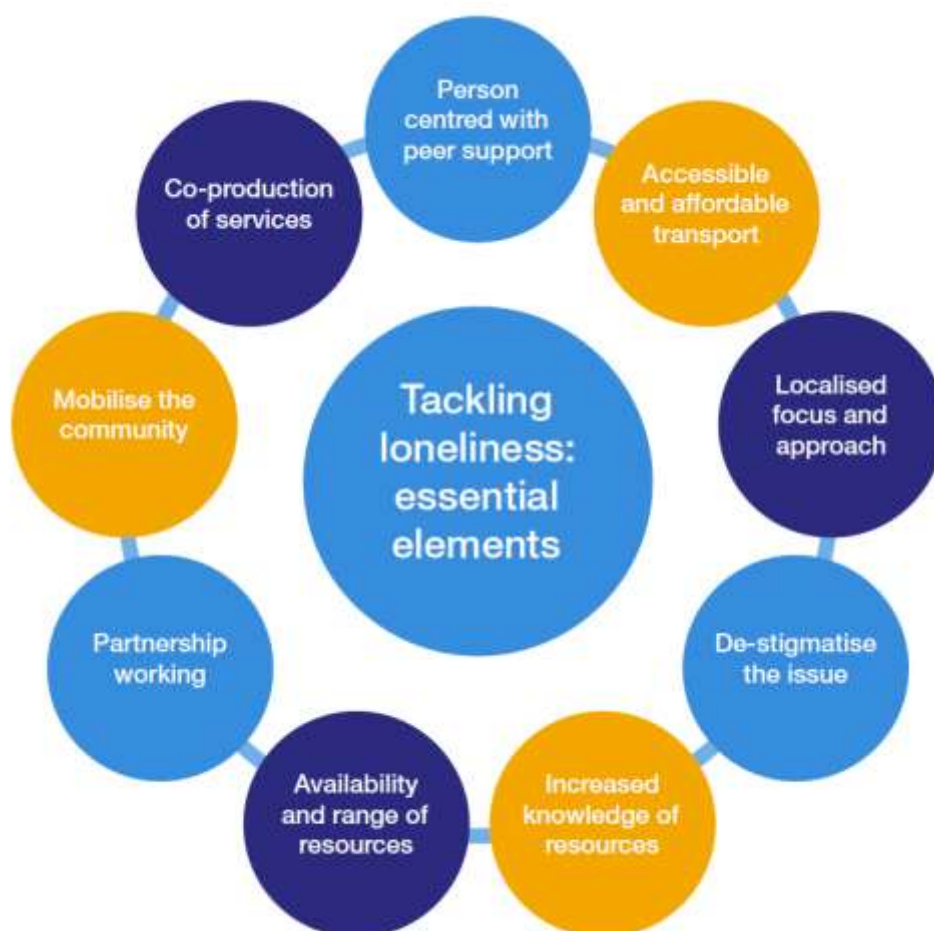Understanding Loneliness (adapted from Peplau and Perlman 1982, 1998)
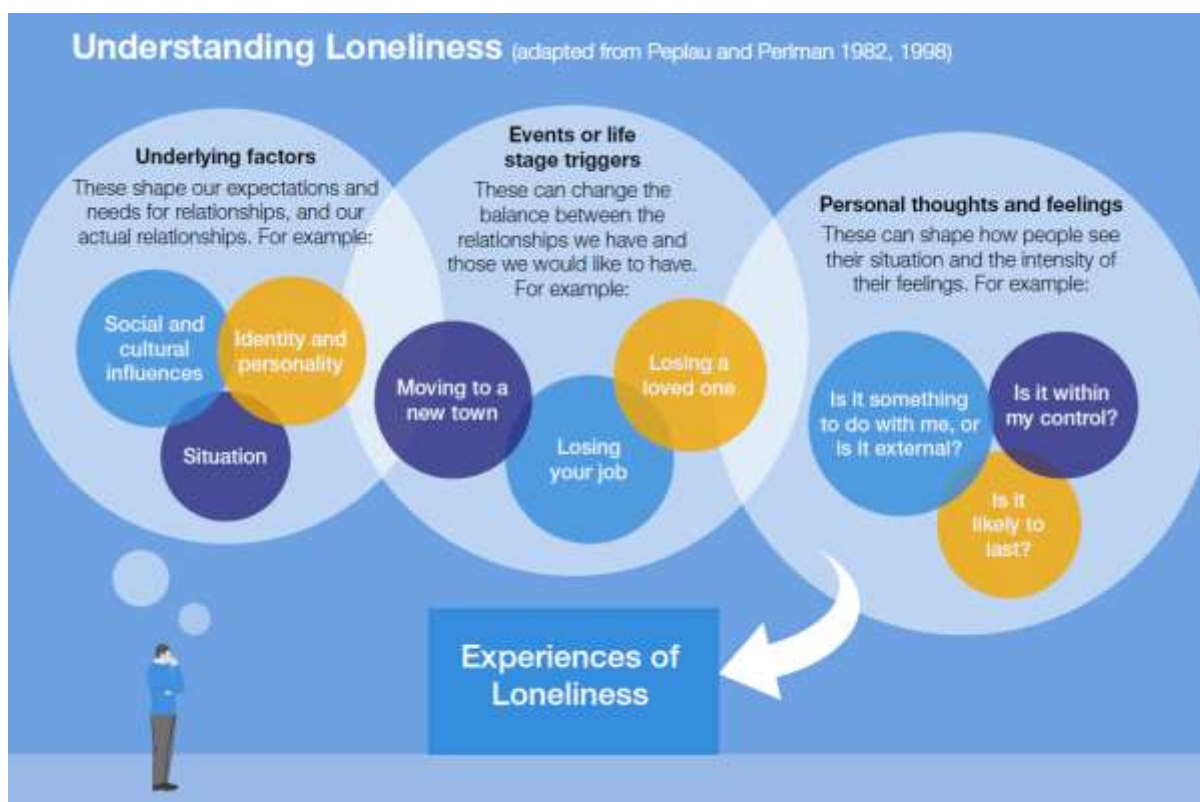
Evidence

We understand now more than ever the negative impacts of loneliness. Loneliness is not new, but we do increasingly recognise it as one of our most pressing public health issues. This has been evidenced through countless studies, which we reference under the Evidence Appendix at end of this document:

- Feeling lonely frequently is linked to early deaths. Its health impact is thought to be on a par with other public health priorities like obesity or smoking (Appendices A – Appendix 17)
- Research shows that loneliness is associated with a greater risk of inactivity, smoking and risk-taking behaviour (Appendices A – Appendix 18); increased risk of coronary heart disease and stroke (Appendices A – Appendix 19); an increased risk of depression, low self-esteem, reported sleep problems and increased stress response (Appendices A – Appendix 20); and with cognitive decline and an increased risk of Alzheimer's (Appendices A – Appendix 21)
- What's more, feeling lonely can make a person more likely to perceive, expect and remember others' behaviour to be unfriendly. This can increase social anxiety and cause them to withdraw further, creating a vicious cycle (Appendices A – Appendix 22)
- As well as helping others to enjoy their lives more fully, it's in all our interests to reduce loneliness. Feeling lonely frequently has a direct impact on individuals and can also have wider effects for society. For example, lonely people are more likely to be readmitted to hospital or have a longer stay (Appendices A – Appendix 23)
- There is also evidence that lonely people are more likely to visit a GP or A&E and more likely to enter local authority funded residential care (Appendices A – Appendix 24)
- At work, higher loneliness among employees is associated with poorer performance on tasks and in a team (Appendices A – Appendix 25), while social interaction at work has been linked to increased productivity (Appendices A – Appendix 26)
- A study by the Co-op and New Economics Foundation attempted to calculate the cost of this, estimating that loneliness could be costing private sector employers up to £2.5 billion a year due to absence and productivity losses (Appendices A – Appendix 27)

The Key Drivers behind a scheme for Central Bedfordshire Council

➢ **CBC Strategic Plan** - Enable People to live active, healthy, independent lives;

- Tackling loneliness amongst our residents

➢ **Central Bedfordshire Joint Health & Wellbeing Strategy 2024 – 2029**

- Priority 2: Tackling Social Isolation & Loneliness across all sectors of society

➢ **Existing Strategies -** E.g. Carers Strategy, Adult Social Care Strategy.

➢ **CBC Place Plan**

- **Ensure good knowledge of, and access to activities to tackle social isolation and loneliness.**

➢ **The Care Act (2014)** - Preventing, Reducing and Delaying Need

- Our responsibilities for prevention apply to all adults, including people who do not have current needs for care and support. LAs should offer or enable services that maintain independence, health and promote wellbeing. Services are generally universal and may include:

  - reduce loneliness or isolation (e.g befriending schemes or community activities)

  - universal access to quality information

  - promote healthy and active lifestyles

Potential Scheme for Central Bedfordshire

Person centred with peer support

Co-production of services

Accessible and affordable transport

Mobilise the community

Tackling loneliness: essential elements

Localised focus and approach

Partnership working

De-stigmatise the issue

Availability and range of resources

Increased knowledge of resources

Action to tackle loneliness is most effective if it is delivered in partnership between the public, private and voluntary sectors. Central Beds Council and local councils can play a leading role in identifying and meeting the needs of those at risk of loneliness in their communities.

A potential scheme for Central Bedfordshire could build on work done by the Local Government Association, namely:

- **LGA framework 'Reaching out - Guide to helping principal and local councils tackle loneliness'** - https://www.local.gov.uk/publications/reaching-out
- **'Loneliness - How do you know your council is actively tackling loneliness? -** https://www.local.gov.uk/publications/loneliness-how-do-you-know-your-council-actively-tackling-loneliness

The following encompasses these frameworks, whilst giving suggestions on what authorities can do to meet te challenge of loneliness and social isolation and giving evidence of what is already going on in Central Bedfordshire.

Here the four core approaches that our local authorities, businesses and voluntary groups can take:

1) Making Connections – finding ways to reach and understand the needs of those experiencing loneliness

Making connections is about:

- identifying and making contact, with people who are experiencing or at risk of loneliness
- understanding their needs so that the right support can be found for them
- signposting them to that support

LGA's Recommendations & Examples of Good Practice:

a) Using loneliness data to identify those in need

These sources include:

- single occupancy household data
- people reporting health issues including anxiety and depression
- people who are recently bereaved
- people on a low annual income
- people who might report in resident or lifestyle surveys that they do not know anyone in their area, do not have someone to listen, etc
- those who require help with council services such as bin collection
- identifying those in the community who are lonely is through social prescribing schemes that Central Beds Council currently commission
- identifying those in the community who are lonely is through Good Neighbour schemes and village agents that Central Beds Council currently commission through Beds Rural Communities Charity
- Using data Central Beds Council compiled during the pandemic

Other useful sources of data and information include:

- the Office of National Statistics (ONS) for specific data relating to at risk groups including lone pensioners and students
- the Department for Digital, Culture, Media and Sport's Community Life Survey – an annual survey which now asks questions on loneliness
- Local NHS health and wellbeing data such as the Adult Social Care Outcomes Framework (ASCOF) which has some measures on loneliness for those receiving care - https://digital.nhs.uk/data-and-information/publications/ci-hub/social-care
- Mosaic Public Sector which brings together data on population demographics, lifestyle and behaviour
- Age UK Loneliness maps – these calculate the risk of loneliness for people aged 65+ at the local level - www.ageuk.org.uk/our-impact/policy-research/loneliness-research-and-resources/loneliness-maps
- LGA's data on loneliness via About LG Inform - https://lginform.local.gov.uk/about-lg-inform

The LGA's 'Loneliness - How do you know your council is actively tackling loneliness? Advocates the following Foundation services are provided as the first steps in finding individuals who are experiencing loneliness and enabling them to gain support that meets their specific needs:

- training staff in a wide range of settings, such as libraries, youth clubs, pharmacies, or home care teams, to make a short intervention and refer to other help if needed.
- targeting people at risk of loneliness – for example, door-knocking schemes (with a trusted community representative) in areas where people are isolated.
- formal social care assessments – assessors should have a good understanding of what community support is available to tackle loneliness
- social prescribing in primary care – NHS Additional Roles Reimbursement Scheme ARRS) is part of the NHS 10 Year Plan and enables Primary Care Networks (PCNs) to enrich their teams with diverse roles, addressing the urgent need for a more comprehensive healthcare workforce an the includes Social Prescribing
- primary care staff trained to be alert to loneliness and identify community options or support such as counselling.
- home from hospital or admissions avoidance schemes – health staff identify people experiencing/at risk of isolation and loneliness
- Clear online information and advice service – highlighting local and national loneliness services or support for adults and children
- Children themselves have made suggestions for tackling loneliness – these include; making it more acceptable to discuss loneliness at school and in society; preparing young people better to understand and address loneliness in themselves and others; creating opportunities for social connection; and encouraging positive uses of social media.

b) Measuring loneliness

ONS recommends using a combination of direct questions regarding loneliness (directly asking them if they are lonely) and indirect questions (asking them about things we would associate with loneliness). The suggested questions, if you want to use these as a benchmark, are:

- How often do you feel that you lack companionship?
- How often do you feel left out?
- How often do you feel isolated from others?
- How often do you feel lonely?

Resources:

- ONS - Measuring loneliness: guidance for use of the national indicators on surveys - https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/measuringlonelinessguidanceforuseofthenationalindicatorsonsurveys
- What Works Wellbeing - https://whatworkswellbeing.org/category/loneliness/#guidance

c) Considering the right support

Once an individual, who is experiencing loneliness, has been reached, their specific needs must be - identified to make sure that intervention is bespoke and appropriate. However, consideration needs to be given to the stigma attached to loneliness being a barrier to someone asking for and accepting help. Commissioners and service providers need to be sensitive in how services aimed at reducing loneliness are promoted and delivered.

Example: Engaging with rural communities in Worcestershire - Wychavon District Council and Malvern Hills District Council engaged with local parish councils, such as Little Malvern Parish Council and Welland Parish Council, through a series of workshops, facilitating discussions about what the main issues were that these parish councils faced when engaging with their respective community.

Using local authority Mosaic data, Wychavon District Council and MHDC were able to identify individuals who may have been at risk of loneliness. Using this data, a series of door knocks took place which included officers from both district councils, local police, housing providers, health services and other community partners to reach out to individuals who were known to be at risk of being lonely and provide them with information of key services available. Over 3,500 door knocks took place, with over 1000 individual referrals to key services coming off the back of the door knocks.

Overall, this case study shows that by establishing effective partnerships between principal authorities and local councils and, those living in rural communities who may be at risk of loneliness can be engaged with in a positive and effective manner.

Website: www.shapingservices.co.uk

- **For details of Central Bedfordshire Town & Parish Councils - (Appendices B - Appendix 1)**

Action-planning checklist

Town & Parish Councils:

- Raise awareness to tackle the stigma associated with loneliness, encouraging people to talk about how they feel and be more comfortable about asking for support (the Let's Talk Loneliness toolkit is a good place to start at https://letstalkloneliness.co.uk) – **Use Town & Parish Council Newsletters & Social Media Platforms – (Appendices B - Appendix 14)**
- Establish if loneliness is a strategic priority for the principal authority(s) and NHS agencies- in your area and how partners on the Health and Wellbeing Board are seeking to reach out in identifying and understanding the needs of loneliness at a local level – **The combatting of loneliness is already adopted strategically by CBC and the Health & Wellbeing Board – Adopted Strategies – (Appendices B - Appendix 2)**
- Discuss opportunities for a joined-up approach in reaching out and understanding the needs of loneliness in your community, across all ages and backgrounds – liaise with CBC, Good Neighbours Schemes, Social Prescribers, Doctors Surgeries etc
- Talk to community groups and voluntary sector organisations about the best way to identify and understand the needs of loneliness in your community (do existing services and activities provide the right type and level of support) – Instigate conversations with Good Neighbours Schemes and conversations through Community Voluntary Service and Beds Rural Communities Charities (and feed into the relevant local authority boards)
- Establish how activities and services are promoted locally; could you or a local partner host, fund or produce a central source of information for signposting residents – Development of a Directory/Website of services and Parish Council Websites and the development of a Welcome Pack for residents new or old for each community – **Developing a Welcome Pack for Town & Parish Council – (Appendices B - Appendix 3)**

Central Bedfordshire Council:

- Establish data sources for identifying those in need (eg young people, older people, stay at home parents) and consider what information you need to ensure that the right type and level of support is accessible within loal communities – **See ideas for gathering data above under 1.a) Using loneliness data to identify those in need**
- Liaise with local councils/the county association of local councils (BAPTC) to establish the most effective and joined-up way of identifying and contacting people in need – Bedfordshire Association of Parish & Town Council (BAPTC) & **Central Bedfordshire Town & Parish Councils – (Appendices B - Appendix 1)**
- Convene a roundtable discussion to identify what is already being done by partners and stakeholders and the most effective way of signposting people to these services – **An opportunity for Central Bedfordshire would be to theme a CBC Town & Parish Council Meeting to concentrate on combatting social isolation.**
- **Build on work already undertaken in Health & Wellbeing Board Development Sessions**

2) Making a Difference

Direct interventions

Foundation services can make a good start to tackling loneliness but must be supported by appropriate networks and services. These direct interventions are focused on helping people maintain existing relationships and develop new ones. By their nature, group activities have an inbuilt potential to improve social connections, whether or not this is their primary purpose.

As well as social activity organised within communities, groups focused on health and wellbeing outcomes can be shaped to include an explicit aim of tackling loneliness – for example men's groups, lunch clubs, walking groups, book groups for people with mental health problems, choirs, youth clubs and cooking groups for young parents.

Focusing on the potential of such groups can increase their positive outcomes – for example an organised walking group could become self-managed, giving people ongoing opportunities to maintain friendships.

One-to-one approaches, such as befriending schemes, have operated for many years for adults and young people who prefer individual support, often in their homes. Befriending schemes can be expanded by engaging those involved to themselves become befrienders, should they wish.

People for whom loneliness is part of a broader mental health issue should have access to psychological support, such as counselling or cognitive-behavioural therapy.

a) Support for individuals

One-to-one support can help people who are unable to connect with existing relationships or have practical barriers, such as disabilities, that prevent them from getting out.

They can include:

- **befriending** – visits or phone contact, it may include assistance with small tasks such as shopping – **Good Neighbours Schemes & Age UK Tele-befriending – (Appendices B - Appendix 4)**
- **mentoring** – usually focused on helping an individual achieve a specific goal, generally short term – **Social Prescribing – (Appendices B - Appendix 5)**
- **buddying, partnering & navigating** – helping people re-engage with their social networks, often following a major life change such as bereavement - **Community Navigators – (Appendices B - Appendix 6)**

b) Group-based approaches

Structural enablers

Structural enablers are people or organisations that encourage communities or individuals to engage with and support, each other. Supporting structural enablers fits well within the work of councils, the VCS and partners to encourage community assets, capacity and resilience.

By making loneliness an explicit priority so communities can be better targeted. For example, community navigators could have a remit to help develop social networks and support. This will apply to whatever model of community development the council is taking.

Specific community approaches that support tackling loneliness include:

- establishing age-friendly, dementia-friendly and mental health-friendly communities
- developing volunteering, including people who might not ordinarily volunteer
- mobilising peer support, and intergenerational support in neighbourhoods.

Group-based approaches mainly offer social contact but can also be effective when there are additional benefits offered such as learning, health promotion, or support through difficult circumstances (mainly bereavement).

They can include services such as:

- Social Prescribers putting lonely residents in contact with those organisations that can help - **Social Prescribing – (Appendices B - Appendix 5)**
- Creating a Community Connector Service (e.g. Community Agents and Small Acts of Kindness Initiative) – **Community Navigators – (Appendices B - Appendix 6)**
- Enabling lunch clubs - Sheffield City Council has a Lunch Club Grant Fund to support older people's lunch clubs across the city, including parished areas, so that they can help alleviate loneliness and isolation for their members – this means they are close to where people live and reduces the reliance on transport and the need to drive to service provision – **Ampthill Town Council, Flitwick Town Council etc provide lunch clubs/community cafes as do other communities – Could CBC provide a specific grant for the set-up of lunch clubs/community cafes or focus Ward Councillor grants on their set-up in other areas - (Appendices B - Appendix 18)**
- information in accessible formats online or in community spaces such as libraries
- day centre services such as lunch clubs/community cafes for older people (e.g. Ampthill Community Café (every Thursday in Ampthill Methodist Church) - **(Appendices B - Appendix 18)**
- social groups which aim to help people broaden their social circle, these may focus on interests such as reading – **Social Groups – (Appendices B - Appendix 7)**
- initiatives that support people to increase their participation in cultural activities (eg use of libraries and museums) – **Libraries – (Appendices B - Appendix 8)**
- community arts and crafts activities (eg craft café)
- lifelong learning/adult education – **Lifelong Learning – (Appendices B - Appendix 9**)
- local history and reminiscence projects
- health related solutions (e.g. dementia, carers. respite etc) – **Health Related Solutions – (Appendices B - Appendix 10)**
- fitness classes and healthy eating classes
- projects that encourage people to volunteer in their local community (for example, local volunteer centres and time banks) – **Volunteering – (Appendices B - Appendix 11 & Timebanking – (Appendices B - Appendix 12)**
- social fairs – that promote volunteering opportunities within Central Beds Town and Parish Councils – **Social Fairs – (Appendices B - Appendix 13)**
- **An all-encompassing initiative using elements of all or some of the above, namely the Time2Connect Houghton Regis (which ran over three years) – a lot of learning can be taken from this – (Appendices B - Appendix 18)**

Assistance in setting up groups can be found from:

Starting up a new Group - Community Voluntary Service (can help set up a new community group) - https://www.cvsbeds.org.uk/starting - 01234 354366 - info@cvsbeds.org.uk

Action-planning checklist

Town & Parish Councils:

- Consider becoming an **'Age Friendly Community'** (https://ageing-better.org.uk/uk-network-age-friendly-communities) – Leighton Linslade Town Council have locally signed up to this initiative and other communities in Central Bedfordshire could consider signing up – An Age-friendly Community is a place that enables people to age well and live a good later life. Somewhere that people can stay living in their homes, participate in the activities they value, and contribute to their communities, for as long as possible. The UK Network of Age-friendly Communities is a growing movement, with 95 places across the country committed to making their community a better place to age in. The Age-friendly Communities approach was developed by the World Health Organisation in 2007. The process in becoming an Age Friendly Community is wide ranging and includes tackling social isolation. There is crossover with what is been considered here, including transport, communication & information, social participation and civic participation. We can learn from Leighton Linslade's experience if we wish to expand to other communities in Central Bedfordshire (see Leighton Linslade Town Council's '55 Up' project - https://www.leightonlinslade-tc.gov.uk/55up/)
- If you are supporting or delivering initiatives to tackle loneliness, share this with your principal authority and other agencies such as the NHS and voluntary sector partners in your area (e.g. a number of the Town Council's provide initiatives such as Ampthill, Flitwick, Dunstable, Leighton Linslade etc)
- Ask if they can promote these initiatives on your behalf through their communication channels or provide support/resources in any way – **Communications (Town & Parish Social Media & Newsletters) – (Appendices B - Appendix 14)**
- Record stories and testimonials from people who have used services provided in your area; would they be happy to share their experiences with people who are lonely, to encourage them, in a 'peer to peer' way to use the services and activities which are available locally.
- Map the activities and services which contribute towards tackling loneliness in your area and discuss opportunities for sharing resources, collaboration and partnership working.

Central Bedfordshire Council:

- Encourage partners to measure effectiveness and in particular capture evidence relating to tackling loneliness amongst children and younger adults (cf. https://whatworkswellbeing.org/loneliness#guidance).
- Create a directory of services that can offer support and advice around loneliness. This is a useful way to connecting people to local services that are available – **Community Voluntary Service are developing a Voluntary Sector Directory of Services to replace their previous directory (https://www.cvsbeds.org.uk/find) and the ICB are developing the MiDos Directory of Health & Social Care Services (including voluntary sector organisations working in this field, and this is already embedded in the CBC website at https://www.centralbedfordshire.gov.uk/midos)**
- Link the directory to national initiatives and resources such as those provided by Age UK (www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/how-to-overcome-loneliness) or the Campaign to End Loneliness (www.campaigntoendloneliness.org)

- Find out what is important to the target group you are wanting to support (eg young people, older people, stay at home parents) and consider ways in which you may be able to provide resources to help the voluntary and community groups who are supporting them.
- Use existing research and local knowledge from local councils to find out what services or activities are most needed to tackle loneliness in their area.
- Consider what role you can play in providing these services or commissioning/supporting delivery through stakeholder partners.

3) Linking Up

Gateway services

Gateway services are broad services like transport, technology, spatial planning and housing, which make it easier for communities to come together.

Examples include:

- identifying options for affordable and accessible transport
- age-friendly driving and parking
- considering social networks as a public health issue when considering major planning developments
- providing support to tackle digital exclusion.

Transport and technology are key in enabling people to maintain their existing relationships. The lack of access or availability of these services can be a serious barrier to an individual's social connections and their ability to engage with services.

a) The role of technology

As well as supporting existing relationships, interventions to reduce loneliness that involve technology can:

- themselves be the source of a new relationship eg telephone befriending
- enable, or create the catalyst for, new social connections
- create the opportunity for new face-to-face relationships, eg in the provision of IT training.

Beds Rural Communities Charity - Tackling Digital Exclusion - You Can Do IT! – delivered by BRCC for those digitally excluded - **https://bedsrcc.org.uk/you-can-do-it/**

Examples: Using video conferencing and tablets in Hampshire

b) Transport

Accessible and affordable transport is key to retaining connections and independence across all ages. Local commissioners should work closely with planning teams to develop and maintain an age-friendly approach to local transport.

Community transport, normally organised by voluntary organisations, offer transport services for activities including shopping assistance, or traveling to social activities. Community transport can be flexible and responsive, and be particularly useful in dispersed rural communities, where buses have fewer passengers and destinations can be more diverse.

Councils can play an important role in both identifying where such links are needed but also in funding the provision of these services.

Local councils, principal authorities and transport providers should work together to ensure that isolated people have affordable, accessible and safe access to public transport; public and community transport is not just about getting from one destination to another, it is an important and vital social activity and connector for many who are lonely.

When thinking about issues relating to transport and infrastructure, consideration needs to be given to:

- accessible transport should meet a range of mobility and sensory needs of older passengers and providers should to ensure adequate provision of information is available
- driving can be an essential transport option especially for older people, and those in rural and more remote residential areas
- poor road conditions, inadequate street lighting, lack of appropriate and accessible parking facilities and unclear signage, can all be barriers to confident driving, particularly for older and vulnerable people
- planning and transport commissioners should consider the full range of environmental factors that affect less-mobile people, for example parking bays being located close to buildings and increased drop-off and pick-up bays to improve accessibility.

Community Transport – (Appendices B - Appendix 15)

Action-planning checklist

Town & Parish Councils:

- Consider ways in which transport, technology or relocation of services can provide greater and more effective 'link up' opportunities between service provision and users.
- Find out what the key barriers are in your community for people experiencing loneliness who are not connecting regularly with local services.
- Consider what role your local council can play in addressing these barriers ie influencing the way in which residents can access services.
- Consider ways in which your local council can act as a broker or facilitator, between different service providers and users, suggesting or improving ways in which services can be accessed more effectively through technology, transport or location.

Central Bedfordshire Council:

- Benchmark the provision of public transport against the Department for Transport's solutions for older people and inclusive transport strategy achieving equal access for disabled people.
- Explore how technology is being used in your council to support service delivery and whether these methods can be used to reach out to people experiencing loneliness.
- Liaise with local councils to explore how issues relating to technology, transport and location barriers in rural or isolated communities can be addressed.
- Consider ways in which you can support local community transport services and improve access to services and activities for those who are lonely.

4) The Right Environment

a) An Asset Based Community Development

An Asset Based Community Development- (ABCD) approach is based on the principle that every community has a supply of assets and resources that can be used to build the community, solve problems, and sustain health and wellbeing.

When addressing loneliness in a local area, commissioners are encouraged to utilise local assets such as peoples' time, social connections, under used buildings (even in the private sector), land, mini-buses and library space.

This involves identifying and mobilising existing individual and community assets, rather than focusing on problems, needs, or 'deficits.'

The ABCD Institute (http://www.abcdinstitute.org/) outlines the key stages of Asset Based Community Development as being:

- mapping the capacities and assets in the area
- building relationships and connections between residents, and between resident and agencies, to change values and attitudes
- mobilising residents to become self-organising and active by sharing knowledge and resources and identifying common interests
- convening a core group of residents to identify, from the asset mapping and mobilising activities, the key theme or issue that will inspire people to get organised and to create a vision and a plan levering in outside resources only to do those things that the residents cannot do for themselves; they need to be in a position of strength in dealing with outside agencies.

In Northumberland a new approach to health and wellbeing is being delivered through the ABCD model (https://www.gov.uk/government/case-studies/asset-based-community-development-in-northumberland)

Local Assets include:

- **Village Halls & Community Centres – (Appendices B - Appendix 16)**
- **Libraries – (Appendices B - Appendix 8)**
- **Businesses – Chatty Café Initiative – (Appendices B - Appendix 17)**

b) Volunteering & Timebanking

Volunteering and Timebanking can directly prevent and alleviate loneliness, improving wellbeing and social connections for the volunteer. The use of volunteers is also likely to reduce the cost and therefore improve the cost-effectiveness of any intervention.

Local commissioners and service providers can work in partnership with their local council for Voluntary Service and/or Volunteer Centre who will have links with voluntary sector groups/providers in their area, and often administer a website that enables search and self-access activities and resources.

There are two aspects to this: recruiting volunteers to support people experiencing loneliness or encouraging people who are experiencing loneliness to become volunteers

Examples:

- Meet up Monday - The Meet up Mondays (http://www.meetupmondays.org.uk/) initiative relies on the local knowledge of councils at all levels and their 'brokering' role to succeed. This scheme encourages local hospitality businesses (eg cafes, restaurants and pubs) to offer a couple of hours of free teas, coffees, sandwiches (or whatever they choose) at lunchtime to people who are 'fed up with their own company'.
- The Frome Model -The Frome Model of Enhanced Primary Care is a collaborative model to address health issues related to loneliness and social isolation. The model is deployed within the boundaries of Mendip District Council which has a population of 112,500. There are various key partners involved with the project including: Mendip Health Connections, Frome Town Council, Mendip District Council, 12 Local GP practices across Mendip and Somerset CCG. The model was conceptualised by Dr Helen Kingston and Jenny Hartnoll to pool together the vast amount of resources available to people into one, easy to access place. A website, phone line, and conversation cafes were all set up to help spread the word about the services available to people. One-to-one health connectors were recruited to provide support to those who didn't feel comfortable speaking to people about requesting support. The model is an organic, grassroots attempt at addressing issues related to loneliness and is constantly evolving. It involves those who have used the services to become 'community connectors' to spread the word even further. This initiative is an excellent example of a collaborative approach including voluntary and public sector support as well as the contribution of local and district level councils to tackle loneliness and loneliness related health issues. Email Jenny Hartnoll (j.hartnoll@nhs.net) for more information on the model.

Locally:

- **Volunteering – (Appendices B - Appendix 11)**
- **Timebanking – (Appendices B - Appendix 12)**

Action-planning checklist

Town & Parish Councils:

- Carry out a community mapping exercise in your area to identify where people may be at most risk from loneliness.
- Use your local leadership to convene relevant stakeholders to work together to match community assets to community need

Central Bedfordshire Council:

- Engage with local councils to see if any resources or advice is needed to carry out a community mapping exercise in their area.
- Use 'impact volunteering' approaches to mobilise volunteers to address loneliness and social isolation.
- Facilitate workshops on the ABCD model to support stakeholders in building capacity and capabilities through grassroots community engagement and identifying local strengths and assets.

Implementation of a scheme to combat Loneliness & Social Isolation in Central Bedfordshire
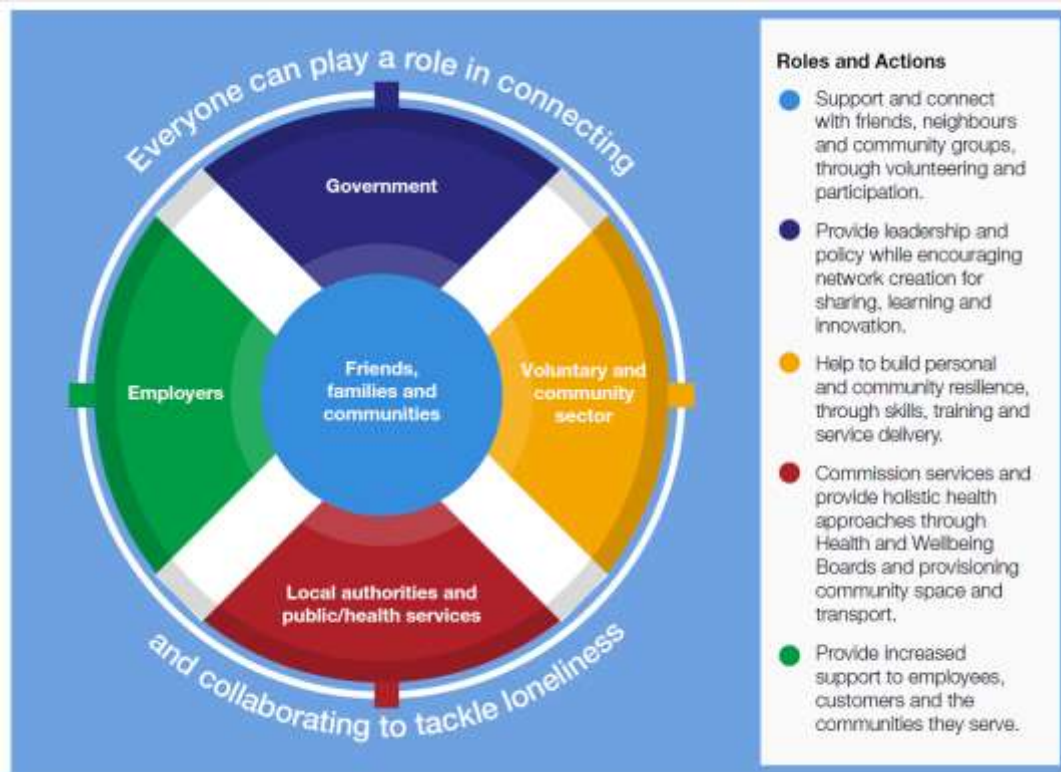
Having considered the 4 approaches set out by LGA in Reaching out - Guide to helping principal and local councils tackle loneliness' how could this be implemented in Central Bedfordshire?

In the implementation process we should look at what solutions are already are being delivered by partners and where the gaps are so that a complete solution can be found by statutory (Central Beds Council, Town Councils & Parish Councils), Voluntary Sector Groups and Businesses. In the following we look at what these sectors are already delivering and what gaps they could fill with fresh initiatives:

- **What Central Beds Councils is delivering?**

  o **Adopted Strategies** that commit to combat loneliness and social isolation – (Appendices B - Appendix 2)
  o **Contracts** with:
    ▪ Beds Rural Communities Charity (for Good Neighbours schemes, Social Prescribing & Time banking) – (Appendices B - Appendix 4, 5 & 12 respectfully)
    ▪ Age UK Bedfordshire (Tele-befriending) – (Appendices B - Appendix 4)
    ▪ Carers in Bedfordshire (support for isolated carers) – (Appendices B - Appendix 10)
  o **Grants** with:
    ▪ Community Voluntary Service (Volunteering) – (Appendices B - Appendix 11)
  o **Initiatives**:

- Time2Connect Houghton Regis (through Public Health funding) – ran for three years – learning can inform future developments – (Appendices B - Appendix 19)
  - o **Funding Opportunities**:
    - Ward Councillor Grants (see Funding)
  - o **Libraries** – as a place to meet and take place in social initiatives – (Appendices B Appendix 8)

- W**hat Central Beds Council could deliver to fill gaps in provision?**

  - o **Appoint an officer to oversee and map social isolation initiatives and source eternal funding for initiatives.**
  - o **Alternatively, a committee could be formed that could carry out these same tasks, comprising interested CBC Councillors, relevant CBC Officers, representatives of the Older Peoples Network etc). There may be consideration of governance structures.**
  - o **CBC to hold a Town and Parish Council Conference dedicated to what they can do in playing their part in combatting loneliness and social isolation.**
  - o **CBC to include details of this initiative in a future Voluntary Sector Networking Meeting.**
  - o **CBC Youth Parliament should consider how they can engage with this initiative.**
  - o **Set up a fund (similar to the Food Initiative Fund) from any excess funding, to get small initiatives off the ground. (HSF!!).**
  - o **CBC Economic Development to promote initiatives, such as Chatty Cafes to businesses across Central Bedfordshire.**
  - o **CBC to create a dedicated webpage on their website to host loneliness and combatting social isolation resources.**
  - o **Provide a template Welcome Pack for Town & Parishes to develop so their communities are better informed opportunities to combat loneliness and social isolation.**
  - o **CBC are maintaining their existing Library provision, that provide a warm place during the winter months, but more could be done around the loneliness agenda, supporting this initiative.**
  - o **A mapping exercise of local assets which could have a role in tackling loneliness should be undertaken.**
  - o **There should be consideration in decision making across directorates of how loneliness and social isolation can be combatted.**
  - o **Contracting should always take into consideration the issue of combatting loneliness and social isolation.**
  - o **Tackling loneliness should always be considered in any proposals to close services.**
  - o **Tackling loneliness should remain a public health priority for the area.**
  - o **The JSNA should identify the levels of loneliness in your area, overall, in specific communities, groups, and in relation to issues such as rurality going forward.**
  - o **More work needs to be undertaking into loneliness amongst children and young people, including students.**
  - o **Work needs to be undertaken with BLMK ICB to look into the strong connection between loneliness and GP visits, investigating what can be done to tackle**

loneliness identified in primary care and how this can be joined up with community support.

- **What Central Beds Town & Parish Councils are delivering?**

  - **Community Cafes/Lunches** (only a few town and parishes are delivering these) - (Appendices B - Appendix 18)
  - **Community Navigators** financed by Town & Parish Councils – only provided in Potton, Biggleswade and Leighton Buzzard (financed by the Towns and provided by Beds Rural Communities Charity – (Appendices B - Appendix 6)
  - **Social Fairs** – only Silsoe has delivered this type of event (Appendices B - Appendix 13)
  - **Communications** – via physical & virtual newsletter, websites and social media (Appendices B - Appendix 14)
  - **Age Friendly Communities** – Leighton Linslade Town Council are currently signed up to this initiative and this encompasses many of the proposals in this document.

- **What Central Beds Town & Parish Councils could deliver to fill gaps in provision?**

  - **Town & Parish Welcome Packs** (using the template develop one from CBC's Template – (Appendices B - Appendix 3)
  - **Community Cafes/Lunches** - (Appendices B – Appendix 18)
  - **Community Navigators** – other parishes and towns could finance a Community Agent for their community – (Appendices B - Appendix 6)
  - **Social Fairs** – (Appendices B - Appendix 13)
  - **Age Friendly Communities** – more Towns and villages in Central Beds should be encouraged to join the scheme

- **What Voluntary and Charity Sector Groups are delivering?**

  - **Good Neighbour Schemes** (Appendices B – Appendix 4)
  - **Time banking** – (Appendices B - Appendix 12)
  - **Social Prescribing** (Appendices B – Appendix 5)
  - **Village/Community Halls** (Appendices B – Appendix 16)
  - **Volunteering** – (Appendices B - Appendix 11)
  - **Educational Opportunities** – (Appendices B - Appendix 9)
  - **Health Related Solutions** (for loneliness through dementia, as carers and life limiting illness) – (Appendices B - Appendix 10)
  - **The Social –** Ampthill based running, walking, coffee shop, shared space initiative (Appendices B – Appendix 7**)**

- **What Voluntary and Charity Sector Groups could deliver to fill gaps in provision**

  - **Time banking** (greater expansion of the existing scheme) - (Appendices B - Appendix 12)

- **What Businesses are delivering?**

- o **Chatty Cafes** (at present only in Leighton Buzzard) - (Appendices B – Appendix 17)

- **What Businesses could deliver to fill gaps in provision?**

  - o **Chatty Cafes** (via Central Beds Coffee Shops and Pubs) – assigning a table at regular times that lonely individuals can go to and meet with other lonely individuals (Appendices B - Appendix 17)

Funding

Certain initiatives tackling Loneliness and Social Isolation are already funded through contracts and grants, whilst future initiatives may require funding. Here are details of those funds and contracts:

Central Bedfordshire Council (CBC)

Contracts

CBC contracts with the following local voluntary sector organisations that carry out work that combats loneliness and social isolation.:

Service	Primary Outcome	Wider Benefits	Value
Tele-befriending (Age UK)	Social interaction and engagement in the community	Preventing, reducing or delaying need for formal interventions	£9,668
Good Neighbour Scheme and Timebanking (BRCC)		Mental Wellbeing and Health	£73,897
Lunch and Day Activity Clubs (Salvation Army, Dunstable Town Council, Toddington Village)		Access to transport, hot meals, or help at home. Building social and practical skills Volunteering Opportunities	£19,165
		Total	£102,730

Through other contracts CBC also fund community transport, carers support, volunteering, social prescribing etc

CBC Ward Councillor Grants

Each Central Bedfordshire Councillor has been allocated £2,000 per annum to help their local community. The scheme will fund capital items relating to cultural, environmental, sporting or social projects and there is a match funding requirement. Applicants must be able to explain how their project will benefit the local community and must speak to their Ward Councillor before applying. https://www.centralbedfordshire.gov.uk/info/42/stronger_communities/678/community_grants/2

Other Grant Funding

- **Barchester Trust –** Tackling Loneliness Fund - We support applications from community health professionals, community groups and registered charities that combat isolation and loneliness and enable older people and adults with disabilities to be active and engaged. https://www.bhcfoundation.org.uk/apply

- **Home Instead Charities** – Small grants for projects that support 'its members through activities and projects that support wellbeing or reduce social isolation and loneliness - https://www.homeinstead.co.uk/charities/how-we-do-it/apply-for-a-grant/

Evaluating your impact

Services that aim to reduce loneliness can be evaluated for their effectiveness using a number of tools, regardless of their capacity or experience.

The Campaign to End Loneliness have produced guidance: 'Measuring your impact on loneliness in later life' that outlines the structure and design of four scales to measure impact, explains how to score and interpret the results, and set out their strengths and limitations.

Four loneliness scales are recommended:

- the Campaign to End Loneliness measurement tool
- the De Jong Gierveld loneliness scale
- the UCLA loneliness scale
- single-item 'scale'.

The four scales have a range of different strengths and limitations. For example, the Campaign to End Loneliness tool has been developed specifically for people providing services or running activities, whilst the Gierveld scale is a well-evaluated measure of different types of loneliness. See the guidance: 'Measuring your impact on loneliness in later life' for further information.

https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf

Conclusion & Next Steps

The report 'LGA framework 'Reaching out - Guide to helping principal and local councils tackle loneliness' provided the framework for this proposal to which I have added 'Approaches to Tackling Social Isolation – Locally & Nationally' and 'Evaluating your impact' (measuring outcomes of measures employed to combat social isolation).

The report proposes Central Beds Council and the members of the Health and Wellbeing Board investigate how they can best combat loneliness and social isolation using the models, guidance and resources contained in this document. At the same time financial implications of implementing measures must go hand in hand with this work.

Many of the components required to combat loneliness and social isolation are already in existence and could be scaled up to cover the whole of the area. The Time2Connect initiative in Houghton Regis could provide a template for other towns and villages across Central Bedfordshire and the lessons learnt in the recent evaluation can inform this implementation.

As a key aim of the Central Beds Council Strategic Plan and a Focus of the Central Beds Health and Wellbeing Board, this proposal and research provides a foundation for tackling social isolation and loneliness across Central Bedfordshire.

This report was born out of my involvement CBC's Older Peoples Network, and I thank the committee's co-chair Ruth Featherstone for supporting me in producing this report. It is fair to say its focus is mainly on combating loneliness and social isolation amongst older generations in Central Bedfordshire. I am conscious that loneliness and social isolation affects residents of all ages. I see this report as ever evolving and very much the start and not the conclusion. In addition, if successful it is also my hope that this would assist other areas in the country in adopting something similar.

'Anyone can be lonely, even in a crowd'. This initiative will bring hope to those individuals in Central Bedfordshire if implemented and has the potential to be a template for other authorities across the UK.

Report compiled and researched by:

Cllr Mark Smith

Central Beds Councillor

Executive Member for Adult Social Care

Deputy Leader of Central Bedfordshire Council

mark.smith@centralbedfordshire.gov.uk

0300 300 8541

Appendices A - Background

Causes

1. Victor, C., and Yang, K. (2011) The Prevalence of Loneliness Among Adults: A Case Study of the United Kingdom - https://pubmed.ncbi.nlm.nih.gov/22303614/
2. Aiden, H. (2016) Isolation and loneliness: An overview of the literature. British Red Cross - https://www.redcross.org.uk/-/media/documents/about-us/research-publications/health-social-care-and-support/co-op-isolation-loneliness-overview.pdf
3. Luhmann, M., & Hawkley, L. (2016). Age Differences in Loneliness From Late Adolescence to Oldest Old Age. Developmental Psychology. 50. 943-959 - https://pubmed.ncbi.nlm.nih.gov/27148782/
4. Perlman, D. and Peplau, L. (1998) Loneliness. In Friedman, H.S., Ed., Encyclopedia of Mental Health, Vol. 2, Academic Press, San Diego, 571-581 https://peplau.psych.ucla.edu/wp-content/uploads/sites/141/2017/07/Perlman-Peplau-98.pdf
5. Office for National Statistics (2018) What characteristics and circumstances are associated with feeling lonely? - https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/lonelinesswhatcharacteristicsandcircumstancesareassociatedwithfeelinglonely/2018-04-10#:~:text=People%20in%20poor%20health%20or,reported%20feeling%20lonely%20more%20often
6. Rokach, A., (2014). Loneliness of the Marginalized. Open Journal of Depression, 2014, 3, 147-153 - https://www.researchgate.net/publication/274738431_Loneliness_of_the_Marginalized
7. Lau, S., Gruen, G. E., (1992) The social stigma of loneliness: Effect of target person's and perceiver's sex. Personality and Social Psychology Bulletin, 18(2), 182-189 - https://www.deepdyve.com/lp/sage/the-social-stigma-of-loneliness-effect-of-target-person-s-and-o5NegNJG0R?key=sage
8. Rotenberg, K. J., Kmill, J. (1992) Perception of lonely and non-lonely persons as a function of individual differences in loneliness. Journal of Social and Personal Relationships, 9(2), 325-330 76 | A connected society: a strategy for tackling loneliness - https://www.researchgate.net/publication/237968151_Perception_of_Lonely_and_Non-Lonely_Persons_as_a_Function_of_Individual_Differences_in_Loneliness
9. Rotenberg, K. J., Bartley, J. L., & Toivonen, D. M. (1997) Children's stigmatization of chronic lonelinessin peers. Journal of Social Behavior and Personality, 12(2), 577 - https://www.proquest.com/docview/1292310546?sourcetype=Scholarly%20Journals
10. Mental Health Foundation (2010) The lonely society - https://www.choiceforum.org/docs/lonliness.pdf
11. Social Exclusion Unit (2003) Making the connections: final report on transport and social exclusion - https://www.ilo.org/sites/default/files/wcmsp5/groups/public/@ed_emp/@emp_policy/@invest/documents/publication/wcms_asist_8210.pdf
12. Boniface, S., Scantlebury, R., Watkins, S., et al (2014) Health implications of transport: evidence of effects of transport on social interactions Transport and Health Study Group - https://www.sciencedirect.com/science/article/abs/pii/S2214140515002224
13. Williams, J. (2005). Designing neighbourhoods for social interaction: The case of cohousing. Journal of Urban Design, 10(2), 195-227 -

https://www.researchgate.net/publication/32893817_Designing_Neighbourhoods_for_Social_Interaction_The_Case_of_Cohousing

14. Mazumdar, S., Learnihan, V., Cochrane, T., and Davey, R. (2018) The built environment and social capital: A systematic review, Environment and Behavior 2018, Vol. 50(2) 119-158 - https://journals.sagepub.com/doi/abs/10.1177/0013916516687343

15. Bynon, R., Rishbeth, C. (2015) Benches for everyone: Solitude in public, sociability for free - https://eprints.whiterose.ac.uk/id/eprint/103501/

16. Carers UK and Jo Cox Commission on Loneliness (2017) The World Shrinks - https://tacklinglonelinesshub.org/wp-content/uploads/2021/12/The-world-shrinks-carer-loneliness.pdf

Other Recent Research:

- Frontiers of Public Health – Research - Gendered associations of situational and dispositional factors with exclusion from social relations and loneliness in older age (2025) - https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2025.1445662/full?s=03

- Sheffield Hallam University - Understanding Chronic/Harmful Loneliness: A Delphi Poll (2025)
  - https://shusls.eu.qualtrics.com/jfe/form/SV_01TzHVL4HRz31dk

- National Library of Medicine - Loneliness and cognition in older adults: A meta-analysis of harmonized studies from the United States, England, India, China, South Africa, Mexico, and Chile (2025) - https://pubmed.ncbi.nlm.nih.gov/39973056/

- Science Direct - Adverse childhood experiences and loneliness: A systematic review and meta-analysis (2025) - https://www.sciencedirect.com/science/article/pii/S0277953625001893?ref=pdf_download&fr=RR-2&rr=91b2aa1a9c756ab5

- Office for National Statistics (2018) What characteristics and circumstances are associated with feeling lonely? - https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/lonelinesswhatcharacteristicsandcircumstancesareassociatedwithfeelinglonely/2018-04-10

- Valtorta et al. (2017) Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies (2017) - https://pubmed.ncbi.nlm.nih.gov/27091846/

- Jeffrey, K., Abdallah, S., & Michaelson, J. (2017) The cost of loneliness to UK employers. New Economics Foundation - https://neweconomics.org/2017/02/cost-loneliness-uk-employers

- Nowland, R., Necka, E.A., Cacioppo, J.T. (2017) Loneliness and Social Internet Use: Pathways to Reconnection in a Digital World? Perspectives on Psychological Science Vol 13, Issue 1, pp. 70-87 - https://pubmed.ncbi.nlm.nih.gov/28937910/

Evidence

17. Holt-Lunstad et al. (2015) Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review - https://pubmed.ncbi.nlm.nih.gov/25910392/
18. Shankar, A. et al. (2011) Loneliness, Social Isolation, and Behavioral and Biological Health Indicators in Older Adults - https://pubmed.ncbi.nlm.nih.gov/21534675/
19. Valtorta et al. (2017) Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies (2017) - https://pubmed.ncbi.nlm.nih.gov/27091846/
20. Steptoe, A. et al. (2004) Loneliness and neuroendocrine, cardiovascular, and inflammatory stress responses in middle-aged men and women - https://pubmed.ncbi.nlm.nih.gov/15041083/
21. Cacioppo, J. T., & Hawkley, L. C. (2009) Perceived Social Isolation and Cognition. Trends in Cognitive Sciences, 13, 447-454 - https://pubmed.ncbi.nlm.nih.gov/19726219/
22. Hawkley, L., & Cacioppo, J. (2010) Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms. Annals of behavioral medicine: a publication of the Society of Behavioral Medicine. 40. 218-227 - https://pmc.ncbi.nlm.nih.gov/articles/PMC3874845/
23. Valtorta, N. et al. (2018). Older Adults' Social Relationships and Health Care Utilization: A Systematic Review. American Journal of Public Health. April 2018, 108(4) - https://pubmed.ncbi.nlm.nih.gov/29470115/
24. Social Finance (2015) Investing to tackle loneliness - a discussion paper - https://www.socialfinance.org.uk/assets/documents/investing_to_tackle_loneliness.pdf
25. Ozcelik, H., & Barsade, S. (2011) Work loneliness and employee performance. In Academy of management proceedings Vol. 2011, No. 1, pp. 1-6. Briarcliff Manor, NY 10510: Academy of Management - https://www.researchgate.net/publication/274754680_Work_loneliness_and_employee_performance
26. Olguin, D., Waber, B.N., Kim, T., Mohan, A., Ara, K., Pentland, A. (2009) Sensible organizations: technology and methodology for automatically measuring organizational behavior. IEEE Trans Syst Man Cybern Part B. 39(1): 43-55 https://dspace.mit.edu/handle/1721.1/62024
27. Jeffrey, K., Abdallah, S., & Michaelson, J. (2017) The cost of loneliness to UK employers. New Economics Foundation - https://neweconomics.org/2017/02/cost-loneliness-uk-employers

The Connected Community: Discovering the Health, Wealth, and Power of Neighbourhoods: Cormac Russell & John McKnight

In their book 'The Connected Community: Discovering the Health, Wealth, and Power of Neighbourhoods', Cormac Russell & John McKnight advocate that a connected community is a healthier community both mentally and physically. Their philosophy can be followed in addressing loneliness and social isolation, with an emphasis on connecting existing and new resources with those experiencing loneliness and social isolation, whilst addressing gaps in provision.

Reference Books

Loneliness Books -Marmalade Trust Recommendations:

- On Connection - Kae Thempest - £7.45 - https://tinyurl.com/3zwm2cxw
- Together- Vivek H. Murthy - £9.50 - https://tinyurl.com/5vpjewj4
- The Lonely City - Olivia Laing - £6.93 - https://tinyurl.com/2hxhm68c
- You're Not Listening - Kate Murphy - £9.85 - https://tinyurl.com/3np4acwk
- The Cure for Loneliness - Dr. Bill Howatt - £6.57 - https://tinyurl.com/mwzmzj8y
- A Sense of Belonging - Dr Holan Liang - £10.74 - https://tinyurl.com/ykffeeub
- Navigating Loneliness - Cheryl Rickman - £8.99 - https://tinyurl.com/3sdc6z2w
- Loneliness - John T. Cacioppo, William Patrick - £12.85 - https://tinyurl.com/yc3et8nw
- Lost Connections - Johann Hari - £8.99 - https://tinyurl.com/yz6ufnjw
- Atlas of the Heart - Brené Brown - £32.68 - https://tinyurl.com/yana52zx

More details: https://www.marmaladetrust.org/post/loneliness-books?s=03

Appendices B – Existing Resources

Appendix 1 - Town & Parish Councils:

Including resources within these communities:

- **Ampthill Town Council** - https://www.ampthill-tc.gov.uk/ - council@ampthill-tc.gov.uk – https://www.facebook.com/ampthilltc - runs a Community Café every Thursday at Ampthill Methodist Church
- **Arlesey Town Council** - https://arlesey-tc.gov.uk/ - clerk@arlesey-tc.gov.uk – https://www.facebook.com/arleseytc/ - operates Arlesey Resource Centre including a wide range of activities
- **Aspley Guise Parish Council** - https://www.aspleyguiseparishcouncil.gov.uk/ - clerk@aspleyguiseparishcouncil.gov.uk
- **Aspley Heath Parish Council** - https://www.aspleyheathparishcouncil.org/ - clerk@aspleyheath.org.uk - https://www.facebook.com/aspleyheathparish/
- **Astwick Parish Meeting** - leemoll@aol.com
- **Barton-Le-Clay Parish Council** - https://bartonleclay-pc.gov.uk/ - theparishclerk@bartonleclay.co.uk - https://www.facebook.com/BartonleclayParishCouncil/
- **Battlesden Parish Meeting** - 01525 210708
- **Biggleswade Town Council** - https://biggleswadetowncouncil.gov.uk/ - peter.tarrant@biggleswadetowncouncil.gov.uk - https://www.facebook.com/BiggleswadeTC/
- **Billington Parish Council** - http://www.spanglefish.com/billington/news.asp - bpc-bedfordshire@outlook.com
- **Blunham Parish Council** - https://blunham-pc.gov.uk/ - clerk@blunham-pc.gov.uk - https://www.facebook.com/Blunhamparishcouncil/
- **Caddington Parish Council** - https://caddington.com/ - clerk@caddington.com
- **Campton and Chicksands Parish Council** - https://camptonandchicksands-pc.gov.uk/ - clerk@camptonandchicksands-pc.gov.uk
- **Chalgrave Parish Council** - https://chalgrave-pc.gov.uk/ - clerk@chalgrave-pc.gov.uk - https://www.facebook.com/chalgravepc/posts/
- **Chalton Parish Council** - https://chalton-pc.gov.uk/ - clerk@chalton-pc.gov.uk
- **Clifton Parish Council** - https://clifton-beds.co.uk/ - clerk@cliftonbeds-pc.gov.uk - https://www.facebook.com/cliftonbedspc/
- **Clophill Parish Council** - https://clophill-pc.gov.uk/ - clerk@clophill-pc.gov.uk - https://www.facebook.com/clophillparishcouncil/
- **Cranfield Parish Council** - https://cranfield-pc.gov.uk/ - clerk@cranfield-pc.gov.uk - https://www.facebook.com/pages/category/Government-Organization/Cranfield-Parish-Council-1724900497724051/
- **Dunstable Town Council** - https://www.dunstable.gov.uk/ - info@dunstable.gov.uk - https://www.facebook.com/Dunstablecouncil - provide services for older people - https://www.dunstable.gov.uk/older-people/
- **Dunton Parish Council** - https://dunton-pc.gov.uk/ - clerk@dunton-pc.gov.uk - https://www.facebook.com/pages/category/Government-Organization/Dunton-Parish-Council-509844746069605/

- **Eaton Bray Parish Council** - https://www.ebpc.co.uk/ - clerk@ebpc.co.uk - https://www.facebook.com/EatonBray/
- **Edworth Parish Meeting** - e.m.f@farmline.com
- **Eggington Parish Council** - https://eggington-pc.gov.uk/ - clerk@eggington-pc.gov.uk - https://www.facebook.com/pg/EggingtonVillage/posts/
- **Eversholt Parish Council** - https://www.eversholtvillage.co.uk/council-matters/ - 1karenbarker@gmail.com
- **Everton Parish Council** - https://everton-pc.gov.uk/ - clerk@everton-pc.gov.uk
- **Eyeworth Parish Meeting** – No details
- **Fairfield Parish Council** - https://www.fairfieldparishcouncil.gov.uk/ - enquiries@fairfieldparishcouncil.gov.uk
- **Flitton & Greenfield Parish Council** - https://flittonandgreenfieldparishcouncil.gov.uk/ - clerk@flittonandgreenfieldparishcouncil.gov.uk
- **Flitwick Town Council** - https://www.flitwick.gov.uk/ - stacielockey@flitwick.gov.uk - https://www.facebook.com/FlitwickTC/ - host regular activities for older people at the Rufus Centre - https://www.flitwick.gov.uk/whats-on/regular-activities/
- **Gravenhurst Parish Council** - https://gravenhurst-pc.gov.uk/ - clerk@gravenhurst-pc.gov.uk - https://www.facebook.com/GravenhurstParishCouncil/
- **Harlington Parish Council** - https://harlington-pc.gov.uk/ - clerk@harlington-pc.gov.uk
- **Haynes Parish Council** - https://haynes-pc.gov.uk/ - clerk@haynes-pc.gov.uk
- **Heath and Reach Parish Council** - https://heathandreach.org.uk/ - parish-clerk@heathandreach.org.uk - https://www.facebook.com/heathandreachpc/
- **Henlow Parish Council** - https://henlow-pc.gov.uk/ - clerk@henlow-pc.gov.uk - https://www.facebook.com/HenlowBeds/
- **Hockliffe Parish Council** - https://hockliffepc.org.uk/ - hockliffepc@outlook.com - https://www.facebook.com/hockliffepc
- **Houghton Conquest Parish Council** - https://houghtonconquest-pc.gov.uk/ - clerk@houghtonconquest-pc.gov.uk
- **Houghton Regis Town Council** - https://www.houghtonregis.org.uk/ - clare.evans@houghtonregis.org.uk - https://www.facebook.com/hrtowncouncil/ - provides Later Living Social Group - https://www.houghtonregis.org.uk/later-living-social-group
- **Hulcote and Salford Parish Council** - https://www.hulcoteandsalfordparishcouncil.org/ - lizzie_barnicoat@hotmail.com
- **Husborne Crawley Parish Council** - https://www.husbornecrawleyparishcouncil.org/ - lizzie_barnicoat@hotmail.com
- **Hyde Parish Council** - helenmatthews1@outlook.com
- **Kensworth Parish Council** - https://kensworthparishcouncil.gov.uk/ - clerk@kensworthparishcouncil.gov.uk
- **Langford Parish Council** - https://langford-pc.gov.uk/ - clerk@langford-pc.gov.uk
- **Leighton Linslade Town Council** - https://www.leightonlinslade-tc.gov.uk/ - info@leightonlinslade-tc.gov.uk - https://www.facebook.com/LLTCNews/ - includes the 55 Up initiative - https://www.leightonlinslade-tc.gov.uk/55up/
- **Lidlington Parish Council** - lidlingtonpc@gmail.com
- **Marston Moreteyne Parish Council** - https://marstonmoreteyne-pc.gov.uk/ - clerk@marstonmoreteyne-pc.gov.uk
- **Maulden Parish Council** - https://maulden-pc.gov.uk/ - clerk@maulden-pc.gov.uk - https://www.facebook.com/Maulden-Parish-Council-527173747475185/

- **Meppershall Parish Council** - https://meppershall-pc.gov.uk/parish-council/ - clerk@meppershall-pc.gov.uk
- **Millbrook Parish Meeting** - https://www.millbrookvillage.org.uk/ - millbrook-pm@outlook.com
- **Milton Bryan Parish Meeting** - 1karenbarker@gmail.com
- **Moggerhanger Parish Council** - clerk@moggerhanger-pc.gov.uk
- **Northill Parish Council** - https://northillparishcouncil.gov.uk/ - clerk@northillparishcouncil.gov.uk
- **Old Warden Parish Council** - https://oldwarden-pc.gov.uk/ - clerk@oldwarden-pc.gov.uk
- **Potsgrove Parish Meeting** – No Details
- **Potton Town Council** - https://www.pottontowncouncil.co.uk/ - pottoncouncil@btconnect.com - https://www.facebook.com/PottonTownCouncil/
- **Pulloxhill Parish Council** - https://pulloxhillparishcouncil.gov.uk/ - clerk@pulloxhillparishcouncil.gov.uk - https://www.facebook.com/Pulloxhill-Parish-Council-1003824162987025/
- **Ridgmont Parish Council** - https://www.ridgmontparishcouncil.org/ - ridgmontparishclerk@gmail.com
- **Sandy Town Council** - https://www.sandytowncouncil.gov.uk/ - admin@sandytowncouncil.gov.uk - https://www.facebook.com/Sandytowncouncil/
- **Shefford Town Council** - https://sheffordtowncouncil.gov.uk/ - towncouncil@sheffordtown.co.uk - https://www.facebook.com/Shefford-Town-Council-700955756687736/
- **Shillington Parish Council** - https://shillington-pc.gov.uk/ - clerk@shillington-pc.gov.uk - https://www.facebook.com/shillingtonparishcouncil/
- **Silsoe Parish Council** - https://silsoeparishcouncil.org/ - info@silsoeparishcouncil.org - https://www.facebook.com/SilsoePC/
- **Slip End Parish Council** - https://slipendparishcouncil.co.uk/ - clerk@slipendparishcouncil.co.uk
- **Southill Parish Council** - https://southillparishcouncil.gov.uk/ - clerk@southillparishcouncil.gov.uk
- **Stanbridge Parish Council** - https://stanbridgeparishcouncil.gov.uk/ - clerk@stanbridgeparishcouncil.gov.uk
- **Steppingley Parish Council** - https://www.steppingley.org/parish-council - steppingley-pc@outlook.com
- **Stondon Parish Council** - https://stondon-pc.gov.uk/ - clerk@stondon-pc.gov.uk
- **Stotfold Town Council** - http://www.stotfoldtowncouncil.gov.uk/ - enquiries@stotfoldtowncouncil.gov.uk - https://www.facebook.com/StotfoldTC/
- **Streatley Parish Council** - https://streatley-pc.gov.uk/ - streatley.p.c@hotmail.com
- **Studham Parish Council** - https://www.studhamparish.co.uk/ - clerk@studhamparish.co.uk
- **Sundon Parish Council** - https://sundon-pc.gov.uk/ - clerk@sundon-pc.gov.uk - https://www.facebook.com/sundonparishcouncil/
- **Sutton Parish Council** - colin.osborne@codo.co.uk
- **Tempsford Parish Council** - https://www.tempsford.online/ - Clerk@tempsford.org
- **Tilsworth Parish Council** - https://tilsworth-pc.gov.uk/our-parish-council/ - Clerk@tilsworth-pc.gov.uk
- **Tingrith Parish Meeting** - http://www.parish-council.com/tingrith/ - tingrith-pm@outlook.com

- **Toddington Parish Council** - https://toddingtonparishcouncil.gov.uk/ - info@toddingtonparishcouncil.gov.uk
- **Totternhoe Parish Council** - https://www.totternhoe.com/ - parishclerk@totternhoe.com
- **Westoning Parish Council** - https://www.westoningparishcouncil.org/ - parish_clerk_westoning@outlook.com
- **Whipsnade Parish Council** - https://whipsnadeparishcouncil.org.uk/ - clerk@whipsnadeparishcouncil.org.uk
- **Woburn Parish Council** - https://woburn-pc.gov.uk/ - clerk@woburn-pc.gov.uk - https://www.facebook.com/woburnparishcouncil/
- **Wrestlingworth & Cockayne Hatley Parish Council** - https://wrestlingworthandcockaynehatley-pc.gov.uk/ - wrestlingworthch@gmail.com - https://www.facebook.com/Wrestlingworth-and-Cockayne-Hatley-133053967226/

Commentary: Mapping exercises of what initiatives Town & Parish Councils are providing for socially isolated residents should be carried out.

Appendix 2 – Adopted Strategies

Central Bedfordshire & their partners are already committed to combat loneliness and social isolation, as evidenced by the adoption of the following:

Central Bedfordshire Joint Health & Wellbeing Strategy 2024 – 2029

Priority 2: Tackling Social Isolation & Loneliness across all sectors of society

Social isolation and loneliness can have a significant impact on people's health and wellbeing so we want to do all we can to reduce this

Tackling social isolation and loneliness across all sectors of society will be an area of focus for the Board. We will:

- Gain a deeper insight into the extent of social isolation and loneliness in Central Bedfordshire, including assessing how to better measure and monitor it at a local level.
- Understand how social isolation and loneliness is currently being tackled in our health and care services, and to identify and address any gaps.
- Work with health and care partners and our social prescribers to create a well-publicised network of opportunities for residents of all ages to address social isolation and loneliness, and to consider how to empower people to participate.
- Consider how we can encourage our health and care services to 'Make Every Contact Count'[13] to identify and support residents who are feeling lonely or isolated.
- Encourage local employers to consider how they can provide employment or apprenticeship opportunities for young people, and people with mental health needs, disability or neurodiversity.
- Understand how services commissioned by the Council have demonstrated social value[14] in terms of how they enhance the local community and improve residents' wellbeing.

Furthermore, Central Beds Council has adopted a Strategic Plan for 2024 to 2027 that has a core aim of 'Tackling Loneliness amongst our residents':

Core aim 5: Enable people to live active, healthy, and independent lives.

We will do this by:

- Tackling loneliness amongst our residents.

Commentary: CBC already recognises that combating isolation is a key determinant in residents on going health as witnessed by the inclusion in these two key strategies. Should this be included in other local strategies and incorporates in Central Beds Joint Strategic Needs Assessment (https://bmkjsna.org/central-bedfordshire/)

Appendix 3 – Development of Town & Parish Welcome Packs

- **CBC Welcome Pack Template for Towns & Parishes** - This template can be used as a guide to help you create your own 'welcome pack' for people new or old to your town or village. The template comes from Community First Yorkshire, and we have their permission to use this as a basis for ours, as long as we acknowledge them - https://www.communityfirstyorkshire.org.uk/resources/toolkits/welcome-pack-for-your-community/
- **Ampthill Welcome Pack** – this was something I developed for Ampthill to welcome new residents to the Town and includes details of the Town's History, the different levels of government, and the many sport clubs, social groups in the Town. A resource for residents new and old. **Download**: Ampthill Welcome Pack - http://marksmith.org.uk/wp-content/uploads/2021/04/AmpthillWelcomePack2021.pdf

Appendix 4 - Befriending

- **Good Neighbour Schemes**

    - **AMPTHILL AND FLITWICK GOOD NEIGHBOURS** (Includes Maulden, Millbrook, Tingrith, Westoning) - 07833 314903
    - **ARLESEY GOOD NEIGHBOURS** – chris.gravett@btinternet.com - (NOT A BEDSRCC GNS NETWORK GROUP MEMBER) - 01462 732210
    - **ASPLEY GUISE – 'HELPING HANDS IN ASPLEY GUISE'** - 07923 490001
    - **BARTON HELPING HANDS** - 07855 070074
    - **BIGGLESWADE GOOD NEIGHBOURS GROUP** (Includes Broom, Dunton, Old Warden, Upper Caldecote) - 07771 104255
    - **BLUNHAM GOOD NEIGHBOUR SCHEME** - 07480 999601
    - **CADDINGTON – 'CADDINGTONCARE'** - (also caddingtoncobra@gmail.com) - 07548 264672
    - **CLIFTON GOOD NEIGHBOURS SCHEME** (Includes Stanford) - 07817 614654
    - **CLOPHILL COMMUNITY CARE** - 07791 773705
    - **CRANFIELD – 'HANDS ACROSS CRANFIELD'** - 07789 701252
    - **DUNSTABLE GOOD NEIGHBOURS** - 07491 455777
    - **EATON BRAY GOOD NEIGHBOURS** (Includes Totternhoe, Edlesborough and Northal) - 07930 987064
    - **FLITTON & GREENFIELD GOOD NEIGHBOURS** (Includes Pulloxhill, Wardhedges) - 07594 578741
    - **HARLINGTON NEIGHBOURHOOD HELP** - 07849 835410
    - **HAYNES GOOD NEIGHBOURS** - 01234 381532
    - **HOCKLIFFE HELPING HANDS** - 07972 868819
    - **HOUGHTON CONQUEST CARE** - 07969 982970
    - **HOUGHTON REGIS HELPERS** (includes Chalton) - 07587 004514

- o **LANGFORD FRIENDS** - 07884 046741
- o **LEIGHTON LINSLADE HELPING HANDS** (includes Heath & Reach) - 07581 799273
- o **LIDLINGTON HELPING HANDS** - 07894 986697 and 07817 258279
- o **MARSTON MORETAINE – "HANDS ACROSS THE VILLAGE"** - 07761 080611
- o **MEPPERSHALL GNOMES** - 07760 793921
- o **POTTON GOOD NEIGHBOURS SCHEME** (includes Sutton) - 07484 301289
- o **SANDY GOOD NEIGHBOURS** (includes Beeston, Moggerhanger) - 07810 213935
- o **SHEFFORD GOOD NEIGHBOURS** - 07599 937811
- o **SHILLINGTON** – informal group of residents (NOT A BEDSRCC GNS GROUP) - 01462 711084
- o **SILSOE OFFERS SUPPORT** - 07747 827642
- o **'SKAW' - STUDHAM, KENSWORTH & WHIPSNADE** - 07563 135895
- o **SLIP END GOOD NEIGHBOUR SCHEME** - 07513 372415
- o **STONDON GOOD NEIGHBOURS** - 07856 810273
- o **STOTFOLD GOOD NEIGHBOUR GROUP** - 07599 925587
- o **TODDINGTON AREA HELPING HANDS** (includes Chalgrave, Tebworth, Wingfield) - 07882 988270
- o **WOBURN SANDS – 'HELPING HANDS IN WOBURN SANDS'** (includes Aspley Heath) - 07934 287255

Commentary: There is near complete coverage of Central Bedfordshire. 80% of what volunteers do relates to transporting residents to appointments and around 5% in terms of befriending. An aspiration would be that 100% coverage is achieved.

- **Age UK Bedfordshire – Telephone Befriending** - https://www.ageuk.org.uk/bedfordshire/our-services/telephone-befriending/ - Tel: 01234 360510 - Email: enquiries@ageukbedfordshire.org.uk - In writing: Jo Rising, Age UK Bedfordshire, 78-82 Bromham Rd, Bedford, MK40 2QH
- **Friends for Life** – Befriend care home residents – currently do this in 4 of Central Bedfordshire Care Homes – there is potential for expansion - Room1, 2nd Floor, CVS, 43 Bromham Road, Bedford MK40 2AA - hello@friendsforlife.org.uk - 07460 575410

Appendix 5 - Social Prescribing

- **Beds Rural Communities Charity – Social Prescribing** - https://bedsrcc.org.uk/what-we-do/health-wellbeing/community-referral-social-prescribing/ - Your Wellbeing Bedfordshire - https://yourwellbeingbedfordshire.org.uk/

- **Your Wellbeing Bedfordshire** - If you are feeling isolated and lonely then connecting with a local group or activity can really help - https://yourwellbeingbedfordshire.org.uk/

- **Green Wellbeing Directory** - This directory features lots of groups, activities and places throughout Bedfordshire where you can enjoy spending time in nature - https://yourwellbeingbedfordshire.org.uk/green-wellbeing/green-wellbeing-directory/

Commentary: The extent of coverage across Central Beds is unclear. What would be the financial implication of extending this to offer wider coverage?

Appendix 6 - Community Navigators

Community Agents (Beds Rural Communities Charity) – cover Potton, Leighton Linslade & Biggleswade - https://bedsrcc.org.uk/what-we-do/health-wellbeing/village-community-agents/ - operate in Potton, Leighton Linslade, Biggleswade (BRCC).

Commentary: Only covers 3 Towns in Central Bedfordshire. What would be the financial implication to extend this to all Market Towns in Central Bedfordshire?

Small Acts of Kindness

Covering Hertfordshire & Bedfordshire

Small Acts of Kindness is a registered charity (No. 1178546) aiming to reduce isolation and loneliness for older people by connecting communities with kindness. With a special interest in helping those who are cold in their homes, we source, pack and distribute Warm in Winter gift bags. They contain essential, practical keep warm items as well as a Purple Pages Information Pack full of literature that signposts older people to relevant activities and services. We also work with other organisations to provide Christmas boxes and gifts for those who will be on their own. Gift bags are distributed FREE OF CHARGE to anyone aged over 55 and living in Hertfordshire or Bedfordshire. To nominate someone to receive a gift bag, or order one for yourself, please contact Frances at giftbags@smallactsofkindness.co.uk, call 01923 372717 or visit our website.

01923 372717

PO Box 305, Radlett

WD7 0FD

info@smallactsofkindness.co.uk

https://www.smallactsofkindness.co.uk/

Appendix 7 - Social Clubs

- **The Social – Ampthill** – walking, running, coffee shop (86 Dunstable St, Ampthill, Bedford MK45 2JP) & Shared Hotdesking Space (Kings Arms Yard, Ampthill) - https://www.thesocialampthill.com/
- **Good Companions Club – Dunstable** - 10 am to 2 pm and are available on a Monday at Beecroft Community Centre, Westfield Road, Dunstable. A referral is necessary. For further information on the Beecroft sessions, please contact Elaine McGarrigle, Older People's Support Officer, on 01582 891435 -
- **Men in Sheds – Dunstable** - 07972 299630 or Email: dunstablemeninsheds@gmail.com - https://www.dunstable.gov.uk/community-services/good-companions-club/

Commentary: This illustrates a couple of local social clubs. Some further mapping needs to be done to discover the full extent and coverages of social and lunch clubs. CBC and Town/Parish could be facilitators and enablers of further clubs through small seed grants.

Appendix 8 - Libraries

Libraries typically provide activities for older people. See the following links for details at each library:

- **Ampthill Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=50
- **Arlesey Resource Centre (Library Access Point) -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=51
- **Barton Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=52
- **Biggleswade Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=30
- **Dunstable Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=20
- **Flitwick Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=210
- **Home Library Service -** https://virtual-library.culturalservices.net/webingres/bedfordshire/vlib/0.beds_libraries/home_library.htm
- **Houghton Regis Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=61
- **Leighton Buzzard Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=21
- **Potton Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=75
- **Sandy Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=77
- **Shefford Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=40
- **Stotfold Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=79
- **Toddington Library -** https://virtual-library.culturalservices.net/cgi-bin/vlib.sh?enqtype=LIBINFO&enqpara1=DEFAULT&libno=80

Commentary: Mapping of the types of social activities that CBC Libraries provide should be carried out and further initiatives within libraries should be explored as they are CBC assets that lend themselves to venues for greater social interaction.

Appendix 9 - Education (Lifelong)

- **University of the Third Age (U3A)**
  - **Dunstable U3A -** https://u3asites.org.uk/dunstable/home
  - **U3A – Flitwick & District -** https://u3asites.org.uk/flitwick/home
  - **Ivel Valley U3A (Biggleswade)** - 01767 835003 - josiet9@icloud.com
  - **Leighton-Linslade u3a -** https://leighton-linslade.u3asite.uk/
  - **Toddington U3A -** https://u3asites.org.uk/toddington/home

- **Rothsay Education Centre** - https://recbedford.co.uk/ - based at 6 Rothsay Gardens, Bedford, MK40 3QB, but easily accessible for Central Beds residents and offering courses for older residents

Commentary: Participation in lifelong learning can assist in combatting social isolation. However, there may be other educational opportunities to map.

Appendix 10 – Health Related Solutions

Carers

- **Carers in Bedfordshire** - https://carersinbeds.org.uk/ - Groups & Workshops - https://carersinbeds.org.uk/how-we-help/groups-and-workshops/
- **Mobilise** - https://support.mobiliseonline.co.uk/central-bedfordshire - carers guide on overcoming loneliness (following consultation of their community of carers): https://www.mobiliseonline.co.uk/post/carers-guide-for-overcoming-loneliness

Healthwatch Central Bedfordshire

- **Just Ask -** Our Just Ask events are held across Central Bedfordshire, in partnership with Healthwatch Central Bedfordshire. Throughout several months, every year, we visit various towns to provide information, advice and guidance about social care, health and

housing. We can also advise on most other services so, as the name suggests, just ask! - https://www.centralbedfordshire.gov.uk/info/18/health_and_social_care/322/getting_involved/6

Respite

- **Life Limiting Illness:**
  - **Respite at Home Volunteers – Mid Beds & Ivel Valley -** https://www.respiteathomevolunteers.org.uk/
  - **Hospice at Home Volunteers** (Leighton Buzzard) **–** https://www.hospiceathomevolunteers.co.uk/
- **Dementia:**
  - **Tibbs Dementia Foundation -** https://tibbsdementia.co.uk/
  - **Carers in Bedfordshire -** https://memoryinbeds.org.uk/

Commentary: It is very important that the social isolation that some carers feel in caring for loved ones is recognised and that groups that support carers are supported financially.

Appendix 11 - Volunteering

- **Community Voluntary Service (Volunteer Centre covering the whole of Bedfordshire & Luton) - https://www.cvsbeds.org.uk/volunteer - 01234 354366 - volunteering@cvsbeds.org.uk**

Commentary: One of the benefits of volunteering is new social interactions and the making of friends. CVS needs to be sufficiently supported to carry out its role of promoting local volunteering opportunities to potential volunteers.

Appendix 12 - Timebanking

- **Timebanking Central Bedfordshire**
    - **Facebook Page** - https://www.facebook.com/TimebankingCentralBedfordshire
    - **Timebanking Central Bedfordshire** (Beds Rural Communities Charity Page) - https://bedsrcc.org.uk/what-we-do/community-engagement/timebanking/ - 07392722296 - timebanking@bedsrcc.org.uk — Separate areas with in Central Beds Set Up for residents to join:
        - **Northill - Join Give and Take Time**
        - **Ivel Valley Timebank** - Biggleswade, Sandy, Shefford, Stotfold or surrounding area.
        - **Chiltern Vale Timebank** - Dunstable, Houghton Regis or surrounding area.
        - **Leighton-Linslade Timebank** - Linslade, Leighton Buzzard, Billington, Stanbridge, Tilsworth, Hockliffe, Heath and Reach or surrounding area.
        - **Ampthill and Flitwick Timebank** - Ampthill, Flitwick, Millbrook, Houghton Conquest, Maulden, Flilton, Greenfield, Westoning, Tingrith, Eversholt or Steppingley.

Commentary: One of the benefits of timebanking is new social interactions and the making of friends. This is currently a facilitated by Beds Rural Communities Charity. My perception is that this is actually only really operating in Houghton Regis and Leighton Buzzard. It is also unclear how many individuals are signed up through the Timebanking UK portal to actual make exchanges of time with fellow residents. Again, can this be scaled up and would there be financial implications resulting from this?

Appendix 13 - Social Fairs

- Silsoe recently held a Social Fair where residents could learn more about the voluntary groups operating in their community:

What's going on in Silsoe?

You can find out at the Silsoe Social Fair

It doesn't matter whether you're new to Silsoe or you've lived here for years, you can find out more about your village at this event, which has been organised by the Parish Council to keep you informed about what's available.
Around 20 clubs, societies and organisations will be there, representing hobbies, sports, children's groups, community services and other interests. Entry is free and all are welcome to attend.

Weds April 10th 2024 , 7pm to 9pm
Silsoe Community Sports Centre
Chestnut Avenue, MK45 4GP

Commentary: This could be replicated across other Towns and Villages across Central Beds as a means of creating more connected communities and to allow those experiencing social isolation to join these groups and make new social connections.

Appendix 14 - Communication

Social Media Links – Central Bedfordshire:

- Central Bedfordshire Council - www.facebook.com/letstalkcentral/
- Ampthill - www.facebook.com/Ampthill.Info/
- Biggleswade - www.facebook.com/groups/welovebiggleswade/ (We Are Biggleswade)
- Biggleswade – www.facebook.com/Biggleswade-OnLine-345220475626624/ (Online)
- Chicksands - www.facebook.com/groups/3286129631/
- Clophill - www.facebook.com/groups/321022751425974/
- Clifton - www.facebook.com/groups/CliftonBedfordshire/
- Cranfield - www.facebook.com/groups/cranfieldcommunity/
- Cranfield (Bedfordshire) Community Group - https://www.facebook.com/groups/557012570989781
- Flitton & Greenfield - www.facebook.com/groups/1530511493920957/
- Harlington – www.facebook.com/search/top/?q=harlington%20village
- Haynes - www.facebook.com/HaynesCommunityPage/
- Houghton Conquest - www.facebook.com/Houghton-Conquest-Online-a-social-hub-of-news-and-views-543552332424124/
- Leighton Be-Buggered (Uncensored) - https://www.facebook.com/groups/535088280162391
- Lidlington - www.facebook.com/Lidlington/
- Marston - www.facebook.com/groups/1415773062011814/
- Marston Moretaine Villagers Group - https://www.facebook.com/groups/1415773062011814
- Maulden - www.facebook.com/groups/mauldenvoice/
- Meppershall - www.facebook.com/groups/355123461344945/
- Millbrook - www.facebook.com/millbrookvillage/
- Potton - www.facebook.com/groups/WeLovePotton/
- Ridgmont - www.facebook.com/ridgmontvillage/
- Sandy - www.facebook.com/groups/2655755870/
- Shefford - www.facebook.com/groups/652957491488492/
- Shillington - www.facebook.com/groups/187361628139681/
- Steppingley - www.facebook.com/SteppingleyVillage/
- Woburn - www.facebook.com/WoburnVillage/?ref=br_rs

Town & Parish Newsletters:

- **Ampthill – Around the Pump** – https://www.ampthilltowncouncil.org.uk/amenities/around-the-pump--councils-newsletter
- **Biggleswade – Bigg News -** https://www.biggleswadecommunitynews.uk/
- **Clophill Spotlight -** https://www.clophillspotlight.co.uk/
- **Flitwick Papers -** https://www.flitwick.gov.uk/latest-news/flitwick-papers/
- **Stotfold & Arlesey News Magazine -** www.facebook.com/stotfoldnews/

Commentary: These lists are by no means exhaustive and these communication avenues can be used to promote social events, community cafes etc

Appendix 15 - Transport

- **Central Bedfordshire Good Neighbours Schemes** (see Befriending details above)
- **Dial-a-Rides:**
  - **Greensand Country Community Transport** – Covers Ampthill, Arlesey, Biggleswade, Blunham, Cranfield, Flitwick, Houghton Conquest, Lidlington, Marston Moretaine, Potton, Sandy, Shefford, Shillington, Silsoe, Southill, Stotfold, Tempsford and all villages between & into Bedford - https://bedsrcc.org.uk/what-we-do/community-transport/road/greensand-country-community-transport/
  - **Buzzer Buses -** covers Leighton Buzzard, Linslade, Heath and Reach, Billington, Eaton Bray, Stanbridge, Tilsworth, Eggington, Hockliffe, Battlesden, Milton Bryan, Ridgemont, Husbourne Crawley and Aspley Guise - https://www.buzzerbuses.co.uk/
  - **South Beds Dial-a-Ride** – covers Dunstable, Houghton Regis, Leighton Buzzard and Linslade, and the villages of Aley Green, Aspley Guise, Barton-le-Clay, Battlesden, Billington, Caddington, Chalton, Eaton Bray, Eggington, Heath and Reach, Hockliffe, Husborne Crawley, Kensworth, Milton Bryan, Pepperstock, Potsgrove, Ridgmont, Slip End, Stanbridge, Streatley, Studham, Sundon, Tebworth, Tilsworth, Toddington, Totternhoe, Whipsnade, Wingfield, and Woburn - https://www.sbdar.co.uk/
- **Scheduled Services/Dial-a-Ride**:
  - **Flittabus** – Covers Ampthill, Bedford (Corn Exchange), Bedford (Tesco Cardington Road), Brogborough, Clophill, Cotton End, Flitton, Eversholt, Flitwick, Greenfield, Harlington, Haynes, Haynes West End, Houghton Conquest, Lidlington, Marston Moretaine, Maulden, Millbrook, Milton Bryan, Milton Keynes (John Lewis), Pulloxhill, Shortstown, Silsoe, Steppingley, Tingrith, Toddington, Westoning and Wilstead - https://flittabus.co.uk/
  - **Wanderbus –** Covers the villages centred on Shefford **-** https://wanderbus.org.uk/

Commentary: Where are there gaps in Community Transport across and scheduled bus services across Central Bedfordshire that hinder social interaction? What would the financial implications be of extending coverage? Also, there seem to be a perception these community bus services are only available for older and disabled residents. More needs to be done to dispel this perception

Appendix 16 - Village Halls & Community Centres:

- **Ampthill - Parkside Community Hall** - http://www.parksidehall.org.uk - enquiries@parksidehall.org.uk
- **Arlesey Village Hall** - https://arlesey-tc.gov.uk/arlesey-town/village-hall/ - townclerk@arleseytc.co.uk
- **Aspley Guise Village Hall** - http://aspley-guise.org.uk - villagehall@aspley-guise.org.uk
- **Barton Unity Hall** - https://bartonunityhall.wixsite.com/home or https://unityhallblog.wordpress.com/
- **Barton Village Hall** - http://bartonleclayvillagehall.co.uk/
- **Biggleswade - The Weatherley Centre** - https://www.theweatherleycentre.co.uk/ - enquiries@theweatherleycentre.co.uk
- **Billington Village Hall** - https://billingtonvillagehall.info/
- **Blunham Village Hall** - https://blunhamvillagehall.com/ - blunhamvillagehall@gmail.com

- **Brogborough Village Hall Trust** - mtwhite78@btinternet.com
- **Broom Village Hall** - https://broomvillagehall.wordpress.com/
- **Caddington - Lyons Community Centre** - https://casetrust.org.uk/lyons-community-centre/ - lyonscommunitycentre@casetrust.org.uk
- **Campton Village Hall** - http://www.camptonandchicksands-pc.gov.uk/the-parish/village-hall/ - camptonvh@outlook.com
- **Chalgrave Memorial Hall** - http://www.chalgravememorialhall.org.uk/
- **Chalton Village Hall** - https://chaltonvillagehall.co.uk/
- **Clifton Community Centre** - http://www.cliftoncommunitycentre.yolasite.com/
- **Clophill Village Hall** - https://clophill-pc.gov.uk/the-parish/village-hall/ - villagehallclophill@gmail.com
- **Cranfield Village Hall** - https://cranfieldvillagehall.org.uk/ - info@cranfieldvillagehall.org.uk
- **Dunton Memorial Hall** - https://duntonmemorialhall.co.uk/ - duntonvillagehallbookings@gmail.com
- **East Hyde Village Hall** - https://hydeparish.wordpress.com/hall-for-hire/ - easthydevillagehallbookings@gmail.com
- **Eaton Bray Village Hall** - https://eatonbray.com/village-hall/ - bookings@ebvh.co.uk
- **Eggington Village Hall** - lindaandharrysear@yahoo.co.uk
- **Eversholt Village Hall** - https://www.eversholt-hall.co.uk/
- **Everton Village Hall** - http://www.evertonvillagehall.org.uk - evertonvillagehall@gmail.com
- **Eyeworth Village Hall** - https://venues4hire.org/venue/details/13389/eyeworth-village-hall - eyeworthvh@yahoo.com
- **Fairfield Community Hall** - https://www.fairfieldcommunityhall.co.uk/ - admin@fairfieldcommunityhall.co.uk
- **Flitton & Greenfield Village Hall** - https://flittongreenfieldvillagehall.com/ - email4villagehall@gmail.com
- **Flitwick Village Hall** - https://www.flitwickvillagehall.co.uk/ - flitwickvillagehallbookings@gmail.com
- **Gravenhurst Village Hall** - https://gravenhurstvillagehall.weebly.com/
- **Harlington Village Hall** - https://www.harlingtonvillagehall.com/ - Harlingtonvillagehall@gmail.com
- **Haynes Village Hall** - https://haynesvillagehall.weebly.com/ - haynesvillagehallbookings@gmail.com
- **Heath & Reach The Barn -** https://heathvillagebarn.co.uk/
- Henlow Parish Hall - https://henlow-pc.gov.uk/the-parish/parish-hall/
- **Henlow Park Pavillion** - https://henlow-pc.gov.uk/the-parish/the-pavilion/
- **Hockliffe Village Hall** – 01525210067 - mike.y@btinternet.com
- **Houghton Conquest Village Hall** - https://houghtonconquest-pc.gov.uk/the-parish/village-hall/ - hcvillagehall@gmail.com
- **Houghton Regis Memorial Hall** - www.HoughtonRegisMemorialHall.com - info@houghtonregismemorialhall.com
- **Husborne Crawley Reading Room** - https://www.husborne-crawley.co.uk/ - info@husborne-crawley.co.uk
- **Ickwell Village Hall** - http://www.northill-parish.info/ivh.htm
- **Kensworth Village Hall** - https://www.kensworthvillagehall.com/

- **Langford Village Hall** - https://langford-pc.gov.uk/the-parish/village-hall/ - langfordvillagehall@gmail.com
- **Lidlington Village Hall** - https://lidlingtonvillagehall.co.uk/ - lidlingtonvillagehall@gmail.com
- **Marston Moretaine Village Hall** - https://venues4hire.org/venue/details/13682/marston-village-hall?fbclid=IwAR1U3GuLDUxtEugfxdTyaSjn2ivpF0c2JTXF_JE39fCCpeJWZX4GbaX8jgo - marstonmoretainevillagehall@outlook.com
- **Marston Moreteyne Community Centre** - https://marstonmoreteyne-pc.gov.uk/the-parish/community-centre/ - admin@marstonmoreteyne-pc.gov.uk
- **Maulden Village Hall** - https://maulden-pc.gov.uk/the-parish/village-hall/ - mvhbookings@outlook.com
- **Meppershall Village Hall** - https://www.meppershallvillagehall.co.uk/ - enquiries@meppershallvillagehall.co.uk
- **Millbrook Village Hall** - https://www.millbrookvillagehall.co.uk/ - bookings@millbrookvillagehall.co.uk
- **Milton Bryan Village Hall** - https://www.miltonbryan.org/village-hall
- **Moggerhanger Village Hall** - https://moggerhanger.uk/villagehall/
- **Northill Village Hall** - http://www.northill-parish.info/Villagehall.htm
- **Old Warden Village Hall** - https://oldwarden-pc.gov.uk/the-parish/village-hall/ - oldwardenvillagehall@gmail.com
- **Potton Community Centre** - https://www.pottontowncouncil.co.uk/venues-for-hire/ - pottoncounciladmin@btconnect.com
- **Potton Hall For All** - www.pottonhallforall.co.uk - hall4allpotton@gmail.com
- **Sandy Village Hall** - https://www.facebook.com/sandyvillagehall - svhbarmanagement@outlook.com
- **Shefford Town Memorial Hall** - https://www.stma.info/ - Shefford.stma@gmail.com
- **Shillington Village Hall** - http://www.shillington.org.uk/villageHall.htm - shillingtonvillagehall@yahoo.com
- **Silsoe Village Hall** - https://silsoevillagehall.co.uk/ - silsoevillagehall@outlook.com
- **Slip End Village Hall** - https://slipendparishcouncil.co.uk/halls/village-hall/ - villagehall@slipendparishcouncil.co.uk
- **Southill Parish Hall** - enquires@southillparishhall.co.uk
- **Steppingley Village Hall** - https://www.steppingley.org/village-hall - bookings@steppingley.org
- **Stondon Village Hall** - https://stondonvillagehall.org.uk/ - bookings@stondonvillagehall.org.uk
- **Stotfold Memorial Hall** - http://www.stotfoldtowncouncil.gov.uk/Memorial_Hall_22394.aspx - enquiries@stotfoldtowncouncil.gov.uk
- **Streatley Village Hall** - http://www.streatleyvillagehall.co.uk/ - streatleyvh@gmail.com
- **Studham Village Hall** - https://www.studhamparish.co.uk/local-amenities/ - bookingstudham@gmail.com
- **Sundon Village Hall** - sundonhall@gmail.com
- **Sutton Village Hall** - https://www.suttonvillagehall.org.uk/ - bookings@suttonvillagehall.org.uk
- **Tempsford Stuart Memorial Hall** - https://www.tempsford-stuart-memorial-village-hall.co.uk/
- **Toddington Village Hall Association** - https://www.tvh.org.uk/ - info@tvh.org.uk

- **Westoning Village Hall** - http://westoningvillagehall.co.uk - enquiries.wvh@gmail.com
- **Woburn Village Hall** - https://www.woburnvillagehall.co.uk/ - woburnvillagehall@outlook.com
- **Wrestlingworth Memorial Hall** - https://wrestlingworthandcockaynehatley-pc.gov.uk/memorial-hall-trustees/ - wrestlingworthmemorialhall@gmail.com

Further details of Central Bedfordshire Community Venues: https://www.centralbedfordshire.gov.uk/directory/92/a_to_z

Beds Rural Communities Charity – provide support to all the village halls across Central Bedfordshire - https://bedsrcc.org.uk/what-we-do/community-places/community-buildings/

Commentary: Village Halls and Communities are often the social hubs of our communities. It would be worthwhile mapping what social events hall put on for their communities in terms of community lunches, social clubs etc

Appendix 17 - Businesses

Central Beds hosts a good many café's and pubs that could sign up to the Chatty Café initiative:

The Chatty Cafe Scheme

The Chatty Café Scheme is the UK's leading non-profit organisation tackling loneliness.

We offer three services, all designed to reduce loneliness and/or social isolation. They include;

- Face to face meet ups where venues offer 'Chatter & Natter' tables, where customers can get together and chat. We have hundreds of venues around the UK, many Chatter & Natter tables are hosted by Chatty Table Volunteers.

- Online Chatty Cafe Sessions held every Tuesday and Thursday from 1pm – 1:30pm. Anyone over 18 can join, simply to chat to others.

- Telephone Friendship Service for anyone over 18 who is experiencing loneliness and could benefit from a weekly chat on the phone.

https://thechattycafescheme.co.uk/

Businesses or community cafes can host a 'Chatter & Natter table'. Find out more:

https://thechattycafescheme.co.uk/register/

The Benefits for Businesses:

The Chatty Café Scheme is a fantastic initiative that helps combat loneliness by creating spaces where people can connect and chat. A simple idea like designating a Chatter & Natter table in cafés, pubs, libraries, or other venues provides a regular, welcoming spot for people to meet and talk, fostering community connections. 💬

With the success of the #1MillionMinutes campaign, we need more venues across the UK to join the scheme. Trained volunteers are now available nationwide to host sessions and ensure the initiative thrives locally. 😊

By becoming part of the scheme, your venue can benefit in many ways, including:

💛 Increased Footfall & Business: Attract more visitors, particularly during quieter periods.

💛 Community Engagement: Show your customers that you care about tackling loneliness and supporting the local community.

💛 Positive PR: Gain valuable exposure through social media, blogs, and press coverage.

How It Works -

⭐ A Chatter & Natter table is set up as a designated area where people are encouraged to talk.

⭐ Volunteers trained through the scheme will promote and host these sessions to ensure they run smoothly.

It's easy, impactful, and rewarding! Join the Chatty Café Scheme today and help make a difference in your community.

Want to get started?

🖥️ https://thechattycafescheme.co.uk

📧 michelle@thechattycafescheme.co.uk

It costs £30 per annum to join.

Appendix 18 – Community Lunches and Community Cafes

A number of Town & Parish Council's, Village Halls and Churches run Community Lunches and Cafés

For example, in Ampthill Town Council runs a Community Café (every Thursday in Ampthill Methodist Church), Ampthill Baptist Church run a Community Lunch and St Andrew's Church run a Soup Lunch

This is an area where more mapping should be undertaken to gain a comprehensive picture of the current provision and where there gaps perhaps funding incentives to set Community Lunches and Café's up in those localities.

This ties in with the expansion of Chatty Cafes in the area.

Appendix 19 - Time2Connect Houghton Regis

Time2Connect was a Central Bedfordshire Council project that was developed with the Health and Wellbeing Board and commissioned by Public Health.

The three-year project started in May 2020, but due to the Covid-19 pandemic there were difficulties in mobilising the project and establishing the relationships and connections that were envisaged. In light of this, the funding had been extended until May 2024. This funded from the Public Health Strategic Reserve.

There were two community connection advisors who ran drop-in sessions from Monday to Wednesday as well as carrying out further outreach work with other organisations.

Houghton Regis had been identified by the Health and Wellbeing Board as a starting point and the evaluation would inform the next steps, such as where it could be rolled out next and what areas should stop and those that should continue.

'An evaluation of Time2Connect Community Development in Houghton Regis' conducted by Apteligen Ltd was published in November 2023 and does for example indicate this could be replicated in other Central Beds Towns. Martin Westerby (Head of Public Health Programmes) advises that they have looked at the evaluation and feel that they can't continue to fund T2C in its current form. They are working with BRCC to both look at a sustainable model that is consistent with CBC's strategic approach to community engagement and to work with existing T2C service users to ensure a smooth transition.

- **Beds Rural Communities Charity - Time2Connect Houghton Regis -** https://bedsrcc.org.uk/what-we-do/community-engagement/time2connect-houghton-regis/

- **Contacts:** 07392 722296 or time2connect@bedsrcc.org.uk

- **Facebook:** https://www.facebook.com/Time2ConnectHoughtonRegis

- **Website:** https://time2connect.org.uk/

- **Stakeholder Briefing - https://time2connect.org.uk/wp-content/uploads/2022/01/Stakeholder-Briefing-BRCC-for-website.pdf**

- **Flyer - https://bedsrcc.org.uk/wp-content/uploads/2021/09/A5-flyer-2021-low-res-updated-version.pdf**

Commentary: Could this be scaled up across the whole of Bedfordshire, taking the learning from this pilot project?

'The evaluation of Time2Connect Community Development in Houghton Regis' needs to be studied to establish how we can learn from the approach and to see whether it has been effective, both in terms of intended aims and providing other benefits. We can then work with a range of stakeholders, initially internal, to look at a number of implications, including whether the Project is sustainable, scalable to deliver wider in CBC and how it fits with this strategic approach to tackle loneliness and to build greater community connections.

I believe it does provide a potential model in tackling social isolation and combatting loneliness and investigations should be made into its scalability and the financial implications that follow.

Appendices C – Additional Tackling Loneliness & Isolation Resources

Campaigning Groups

Campaign to End Loneliness

Loneliness and Isolation: Guidance for Local Authorities and Commissioners

- https://campaigntoendloneliness.org/guidance/

This guidance takes you through step by step how to approach the issue of loneliness effectively; from using national policy levers, to developing a strategy, and evaluating your impact.

Promising approaches to reducing loneliness and isolation in later life

- https://www.campaigntoendloneliness.org/wp-content/uploads/Promising-approaches-to-reducing-loneliness-and-isolation-in-later-life.pdf

Measuring Your Impact on Loneliness in Later Life

- https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf

Exploring the legacy of the Campaign to End Loneliness

- https://www.campaigntoendloneliness.org/document/exploring-the-legacy-of-the-campaign-to-end-loneliness/

Local Government Association

Combating loneliness - A guide for local authorities

- https://www.local.gov.uk/publications/combating-loneliness
- Download: https://www.local.gov.uk/sites/default/files/documents/combating-loneliness-guid-24e_march_2

Reaching out - Guide to helping principal and local councils tackle loneliness

- https://www.local.gov.uk/publications/reaching-out
- Download: https://www.nalc.gov.uk/library/our-work/health/3035-reaching-out-supporting-principal-and-local-councils-to-tackle-loneliness/file

Joseph Rowntree Foundation

Can a neighbourhood approach to loneliness contribute to people's well-being?

- https://www.jrf.org.uk/can-a-neighbourhood-approach-to-loneliness-contribute-to-peoples-well-being

Loneliness resource pack

- https://www.jrf.org.uk/loneliness-resource-pack

Jo Cox Commission

Combatting loneliness - one conversation at a time

https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/active-communities/rb_dec17_jocox_commission_finalreport.pdf

Voluntary Groups Encompassing Loneliness

Age UK

Testing Promising Approaches to Reducing Loneliness

- https://www.ageuk.org.uk/our-impact/programmes/reducing-loneliness/

Blueprint for improving the lives of older people

The challenges facing o

lder people and our policy recommendations for how the next Government can tackle them.

- https://www.ageuk.org.uk/discover/2024/april/general-election-older-peoples-priorities/

Age UK's blueprint for improving the lives of older people - General Election 2024/5

- https://www.ageuk.org.uk/globalassets/age-uk/documents/campaigns/ge-202425/general_election_manifesto_2425.pdf

Mind

Mind has information about dealing with loneliness and offers tips and advice on coping with these feelings.

- https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/

NSPCC

NSPCC Building Connections programme - offers a free 11 week course to help young people understand and manage loneliness with a trained befriender

- https://learning.nspcc.org.uk/services/building-connections

Sense Virtual Buddying

Sense Virtual Buddying volunteers make a real difference to supporting young people and adults who may be lonely or isolated. Sense matches volunteers with disabled people to meet for an hour a week on Zoom, over phone, by email, text or letter writing.

- https://www.sense.org.uk/

Mobilise

Mobilise has produced a carers guide to enable carers to overcome loneliness after consulting with their community of carers on the subject:

- https://www.mobiliseonline.co.uk/post/carers-guide-for-overcoming-loneliness

Royal Voluntary Service - Virtual Village Hall

Brought to you by the charity, Royal Voluntary Service, the Virtual Village Hall is a free, online activity hub and community. It's designed to help people stay physically and mentally active, socially connected and having fun, as well as supporting them to better manage their health, including long-term health conditions. It is open to everyone and can be used by health & social care professionals to support patients, clients and residents.

From Art to Zumba, there are 12-15 free live sessions every week and a library of 2,200 free sessions to choose from, all led by expert tutors and presenters, including some well-known faces. New sessions are added regularly. Visit:

- https://virtualvillagehall.royalvoluntaryservice.org.uk/flex-page/about

Visit the Virtual Village Hall for their programme of themed online sessions led by expert tutors, Royal Voluntary Service activity coordinators & volunteers.

- https://www.facebook.com/VirtualVillageHall

Independent Age

Independent Age - How to cope when you're feeling lonely:

- https://www.independentage.org/get-advice/health-wellbeing/loneliness/how-to-cope-when-youre-feeling-lonely

If you're feeling lonely - How to stay connected in later life Guide:

- https://www.independentage.org/get-advice/advice-guides-factsheets-leaflets/if-youre-feeling-lonely

Re-engage – Reducing Loneliness in Later Life

Re-engage provides vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing. Re-engage is making life less lonely for thousands of older people every year. Older people tell us that our volunteer-led activities make them happier and more able to trust others.

- https://reengage.org.uk/

Centre for Ageing Better

https://ageing--better-org-uk

Includes:

UK Network of Age-friendly Communities

The UK Network of Age-friendly Communities is a growing movement, with 95 places across the country committed to making their community a better place to age in. Over 30 million people are living in an Age-friendly Community, including places like Greater Manchester, Cardiff and Leighton Linslade.

The World Health Organization (WHO)'s Age-friendly Cities model provides a useful framework for urban and rural place shaping that supports health, wellbeing and active living:

Source: Global Age Friendly Cities Guide, WHO, 2007.

https://ageing-better.org.uk/uk-network-age-friendly-communities
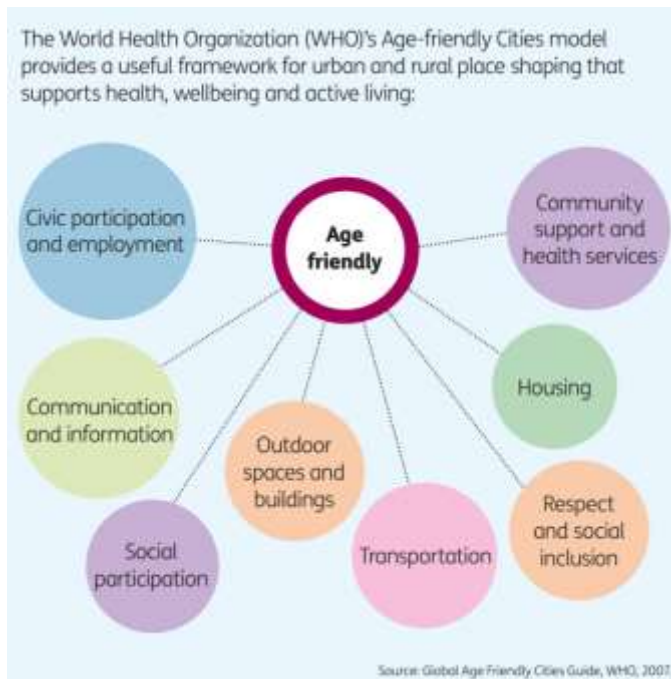
Health

Public Health England - Reducing social isolation across the lifecourse

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/461120/3a_Social_isolation-Full-revised.pdf

NHS – Better Health – Every Mind Matters – Dealing with Loneliness

Includes tips on dealing with loneliness

https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/

Healthwatch

Proposal to link Loneliness and "safe" hospital discharge as this a missed opportunity. Nationally, Healthwatch called for a strengthened application of rules and policies around hospital discharge - their evidence shows hospital discharge is failing many patients when they should be signposted to informal community support.

https://www.healthwatch.co.uk/news/2023-11-20/our-position-safe-hospital-discharge#:~:text=Emphasising%20that%20people%20should%20not,signposted%20to%20informal%20community%20support

Proposal to link Loneliness and "safe" hospital discharge - missed opportunity - Healthwatch calling for strengthened application of rules and policies around hospital discharge - their evidence shows hospital discharge is failing many patients

https://www.healthwatch.co.uk/news/2023-11-20/our-position-safe-hospital-discharge#:~:text=Emphasising%20that%20people%20should%20not,signposted%20to%20informal%20community%20support

National Institute for Health & Care Research

HR Telephone-based care can prevent loneliness and depression finds major study

- https://www.nihr.ac.uk/news/telephone-based-care-can-prevent-loneliness-and-depression-finds-major-study/35387#:~:text=Structured%20telephone-based%20psychological%20care,out%20during%20the%20COVID%20pandemic

How can we reduce the toll of loneliness in older adults?

- https://evidence.nihr.ac.uk/collection/how-can-we-reduce-the-toll-of-loneliness-in-older-adults/

BLMK ICB – Bletchley Integrated Neighbourhood Pilot

Integrated Neighbourhood Working is the approach being used to bring together teams from across different and diverse organisations to wrap the right care and support around residents within their neighbourhoods. Integrated neighbourhood working is being rolled out differently across the four places and 19 neighbourhoods in BLMK – the approach being taken is organic and based on the demonstrated need and priorities in each neighbourhood.

Milton Keynes Borough Council - https://www.milton-keynes.gov.uk/health-and-wellbeing/bletchley-pathfinder-information-pack

BLMK ICB - https://work-learn-live-blmk.co.uk/introducing-the-blmk-training-hub/about-us/what-we-do/blmk-fuller-programme/integrated-neighbourhood-working/

Housing

The Housing Learning and Improvement Network (LIN)

- Combating loneliness and reducing social isolation - https://www.housinglin.org.uk/Topics/browse/loneliness-and-isolation/?s=03

Media

BBC Report

Loneliness- Inside Health - BBC Radio

- https://www.bbc.co.uk/sounds/play/b03vf0fc?partner=uk.co.bbc&origin=share-mobile

Awareness

Loneliness Awareness Week

An initiative from the Marmalade Trust. Loneliness Awareness Week is a week dedicated to raising awareness of loneliness. It's all about creating supportive communities by having open, honest

conversations. Loneliness is a natural human emotion - we are hardwired to need social connections. By talking about it, we can support ourselves and others.

Loneliness Awareness Week 2024 takes place from 10th - 16th June. Our theme, Random Acts of Connection, encourages everyone to increase those simple, everyday moments of connection which help us feel happier, less lonely and increase our sense of belonging.

https://www.lonelinessawarenessweek.org/

Other Councils in the UK

- **Durham County Council - All the lonely people: social isolation and loneliness in County Durham** - https://democracy.durham.gov.uk/documents/s48104/Item%2016%20-%20Appendix%203%20-%20DPH%20Annual%20Report%20-%20All%20the%20Lonely%20People%20Social%20Isolation%20and%20Loneliness%20in.pdf
- **Age friendly Coventry** - https://www.coventry.gov.uk/downloads/download/3785/coventry_age_friendly_city
- **Leeds Neighbourhood Networks -** https://www.local.gov.uk/case-studies/leeds-city-council-using-neighbourhood-networks-connect-communities & https://www.opforum.org.uk/projects-and-campaigns/neighbourhood-networks/ - reducing social isolation and loneliness, increased contribution and involvement, increased choice and control and enhanced health and wellbeing:

There are 34 Neighbourhood Networks which together serve the whole Leeds City Council area. They aim to meet local needs and provide services, activities and opportunities that older people want, including:

- information and advice
- advocacy
- activities to improve health and wellbeing
- social opportunities and social activities

Each Neighbourhood Network has a management committee drawn from the local community, including older people. They are connected to people and organisations in their area. As members of Leeds Older People's Forum, they meet regularly for networking, sharing skills and learning. Local volunteers are a key part of the Neighbourhood Networks.

Neighbourhood Networks are commissioned by Leeds City Council to:

- reduce social isolation and loneliness
- increase the contribution and involvement of older people
- increase choice and control
- enhance health and wellbeing.

Commentary: CBC should certainly assess where the approaches adopted by these councils could be replicated in Central Bedfordshire.

Flitwick Village Hall - Hub Car Park

I am formally requesting that the fence that was removed this year between the 2 car parks and replaced with a white line be reinstated.

We have experienced so many near misses- cars currently do not have anything to stop them from entering the market area on a Friday - we have purchased cones and signs but this does not stop people ignoring them and driving through.

FTC do not pay a fee for the lease of the parking spaces and I understand that several barriers have been installed- however the barriers have always been too low and driver cannot see them - hence knocking them down.

The white line is best described as a white elephant as it does not separate the two parks.

I am requesting that a fence with a gate is put back at a height that can be seen by the motorist.

Flitwick Town Council Community Committee Financial Summary 25/26

01 April to 31st May 2025

	YTD Income	Income Budget	+/- EMR Mvts	% Budget Achieved		YTD Expenditure	Expenditure Budget	+/- EMR Mvts	% Budget Spent
Community Services	£ 55,570	£ 37,477	£ -	148%		£ 121,492	£ 617,459	£ 18,122	17%

TOLERANCES: spend against budget			
Income	**0% to 24%**	**RED**	
	25% to 74%	**AMBER**	
	75% to 100%+	**GREEN**	
Expenditure	**0% to 74%**	**GREEN**	
	75% to 99%	**AMBER**	
	100%	**BLACK**	
	101%+	**RED**	

Community Services Summary 25/26

		01-31 May 25		2025/26 Year to date								
		Income	Expenditure	Income	Budget	+/- EMR Mvts	% Budget Achieved	Expenditure	Budget	+/- EMR Mvts	% Budget Spent
4001/300, 4002/300, 4014/300	**Staff Costs**		£ 27,345					£ 53,423	£ 407,572		**13%**
4005/300, 4006/300, 4008/300, 4063/300	**Vehicle/Truck Costs**		£ 1,431					£ 5,906	£ 17,850		**33%**
4064/300, 4103/300	**Other Costs** (CCTV & Internal Hire)		£ 40					£ 131	£ 5,300		**2%**
1004/301, 1013/301, 4015/301, 4068/301	**Burial Grounds** (301)	£ 7,059	£ 360	£ 7,059	£ 5,000	£ -	**141%**	£ 505	£ 650		**78%**
1005/302, 4015/302, 4072/302, 4088/302, 4103/302	**Allotments** (302)	£ 237	£ 630	£ 414	£ 4,500	£ -	**9%**	£ 922	£ 2,350	£ 515	**17%**
1014/302, 1177/303, 1191/303 4013/303, 4015/303, 4078/303, 4084/303, 4085/303, 4110/303, 4128/303, 4132/303, 4137/303, 4140/303, 4700/303, 4701/303, 4702/303	**Local Amenities & Tractor Store** (303)	£ -	£ 1,710	£ -	£ 1,100	£ -	**0%**	£ 9,356	£ 29,730	£ 4,650	**16%**
1012/305, 4075/305,4098/305, 4122/305	**Play Areas / Millennium Park** (305)	£ -	£ 9,718	£ 320	£ 1,700	£ -	**19%**	£ 10,976	£ 9,300	£ 9,994	**11%**
4096/306, 4097/306	**Street Lighting**		£ 597					£ 597	£ 9,609		**6%**

Community Services Narrative

Apr-25	Public Realm Casual Staff	4014/300	Casual Public Realm team member in place to cover staff shortages.
	Allotments Portaloos	4088/302	Spending for Allotment Portaloos directly from Allotments Earmarked Reserve (EMR 324) as per Council Resolution, negating any overspend.
	Public Realm Equipment	4084/303	Spending for supply and fit of Flail (£4,650) from Nature Park Annual Grant Earmarked Reserve (EMR 317) as per Council Resolution, negating any overspend.
May-25	Play Areas Repairs and Maint.	4075/305	Spending for Hinksley Music Park (£9,994) directly from Hinksley Music Park Earmarked Reserve (EMR 323) as per Council Resolution, negating any overspend.

Community Activities & Events Summary 25/26

		01-31 May 25		2025/26 Year to date							
		Income	Expenditure	Income	Budget	+/- EMR Mvts	% Budget Achieved	Expenditure	Budget	+/- EMR Mvts	% Budget Spent
1148/310, 1177/310 4003/310, 4005/310, 4008/310, 4012/310, 4071/310, 4102/310, 4103/310, 4619/310	**Food Hub** *(including Van Costs)*	£ -	£ 1,637	£ 18,025	£ 192		**9388%**	£ 19,373	£ 3,096	£ 2,852	**534%**
1041/311, 4049/311	**Youth Activities**	£ -	£ -	£ 15,000	£ 15,000		**100%**	£ 13,063	£ 52,250		**25%**
1035/311, 4013/311, 4015/311, 4016/311, 4082/311, 4128/311, 4132/311, 4134/311, 4138/311, 4140/311, 4151/311	**Youth Hub**	£ -	£ 324	£ 315	£ 1,000		**32%**	£ 4,189	£ 15,786		**27%**
1177/312 4611/312, 4617/312	**Flitwick Heritage**	£ -	£ 111	£ 7,000	£ -		n/a	£ 160	£ -	£ 111	n/a
1032/312, 1036/312, 1120/312, 1147/312, 1177/312, 1181/312 4103/312, 4554/312, 4558/312, 4606/312, 4613/312, 4614/312, 4621/312, 4625/312	**Community Activities (312)**	£ 98	£ 217	£ 353	£ 3,200		**11%**	£ 739	£ 16,530		**4%**
1127/313, 1142/313, 1165/131, 1169/313 4043/313, 4200/313, 4204/313, 4211/313, 4213/313, 4540/313, 4551/313, 4618/313	**Community Events (313)**	£ 140	£ 155	£ 7,085	£ 4,785		**148%**	£ 2,152	£ 47,466		**5%**

Community Activity Narrative

Apr-25	Food Hub Van Costs	4005/310 4008/310 4012/310	Purchase and costs relating to Food Hub Van offset by funding received from TM Charities (1177/310) negating any overspend. Ongoing running costs for the van (fuel etc) are included in revenue budgets for cost centre 310.
	Flitwick Living History	4617/312	Spending for Flitwick Living History Project for costs relating to drop in sessions (£40) and Otter AI Subscription (£78) directly from dedicated Earmarked Reserve (EMR 321) and grant funding.
	Easter Egg Trail	4211/313	Spending on Easter Egg Trail fully grant funded (1142/313) negating any overspend.
May-25	Food Hub FTC Internal Hire	4103/310	No budget set for FTC internal Hire for Food Hub related meetings. To be review for 26/27 budgets
	General Community Fridge Costs	4619/310	Spending for Replacement Display Fridge (£1,250), new trolley (£68) and Whiteboard (£71) from Cost of Living earmarked reserve (EMR 330) negating any overspend

FTC Projects Review 2025-26

(315)	Central Project Fund Opening Balance	£	92,164
315	**PLUS** 2025/26: Agreed CPF Precept Funding	£	89,747 *(1st Instal £44,874 rec'd April & 2nd instal £44,873 received Sep)*
800s	**LESS:** 25/26 Projects Opening Balance	£	181,912
	LESS Projects Overspend	£	-
	PLUS Projects Underspend	£	-
(315)	Central Project Fund **YTD Funds Available**	**-£**	**0** *Working balance (315) less 2nd precept instal (Oct)= -£44,874*

Accepted Project budget variance at 5%.   Last Updated: **31 May 2025**

2025-26 Capital Projects Funding

As at April 25, the Central Project Fund is committed spend to 3 Station Road project.

All identified capital projects to be considered on a case-by-case basis and funded through the Operations Reserves (EMR 319).

	Project Code	N/C	Project Description	Committee	Minute Ref	Project Start Date	Whole Project Funds Committed	Previous Year's Project Spend	25/26 Opening Project Balance	GRANT Received	25/26 Project Spend to Date	Overspend Funded by CPF	Underspend Returned to CPF	Project Commitment Remaining YTD		TOTAL Approved Grants/ Funding	Prev Yrs Funds Received	25/26 Funds Received	Grants/ Funding Budget Remaining	Comments
Ongoing Projects	800	4212 110	Proj - Nature Park	Community	Del. Auth	Apr-21	£ 3,000	£ 13,490	£ -	£ -	£ -			£ -	0%	£ 283,385	£ 10,490	£ -	£ 272,895	*S106 remaining: Phase 1 £7,106.89, Phase 2 £274,728 & Plans £1,550 (CBC to be invoiced for S106 once works completed). SL 7/9/22. Planning Consultant RCF approved July 23.* **Jan 25** *: CPF Fund & 24/25 Grant Instal complete. Outstanding approved grant fund (£272,895) not yet claimed. No further CPF spend committed. £10,490 received on FTC858A June 2024.*
	801	4819 110	Proj - Flitwick Town Sq Defib	Community	5213d	Feb-22	£ 1,770	£ 1,048	£ 722	£ -	£ -			£ 722	41%					*Defib Purchased and installed March 2024. Further costs anticipated due to possible relocation fees.*
	802	4823 110	Proj - Heritage Website	Corporate	753a 5252a)i	Jun-23	£ 3,800	£ -	£ 3,800	£ -	£ 1,580			£ 2,220	58%					
	803	4837 110	Proj - Rural Match Fund Benches	Community	5226e	Mar-22	£ 2,000	£ -	£ 2,000	£ -	£ -			£ 2,000	100%					*Resolution made at Council March 2022 confirmed March 2023 to be match funded by CBC - amount TBC*
	808	4853 110	Proj - Nature Park Planning	Community	5622c	Apr-24	£ 23,673	£ 21,859	£ 1,814	£ -	£ 1,650			£ 164	1%					
	814	4859 110	Proj - Skate Park Extension	Community	5681gii	Jul-24	£ 9,600	£ 9,600	£ 36,100	£ -	£ 36,100			£ -	0%	£ 64,900	£ 64,900	£ -	£ -	*£38,400 match funding from CBC UKSPF Community Grant £26,500 from CBC S106 Funding* **PROJECT COMPLETED & CLOSED - June 25**
NEW Projects: 2025/26	106		3 Station Road Project	FTC			£ 137,476		£ 137,476											Please refer to full project schedule for details

13/06/2025

16:45

Flitwick Town Council 2025/26: CURRENT YEAR

Detailed Income & Expenditure by Budget Heading 31/05/2025

Page 1

Month No: 2

Committee Report

		Actual Current Mth	Actual Year To Date	Current Annual Bud	Variance Annual Total	Committed Expenditure	Funds Available	% Spent	Transfer to/from EMR
COMMUNITY Services									
300	CORE SERVICES								
4001	Salaries & Wages	26,477	51,872	406,942	355,070		355,070	12.7%	
4002	Uniform	61	61	600	539		539	10.2%	
4005	Vehicle/Trucks Maintenance	252	426	750	324		324	56.8%	
4006	Fuel	447	794	5,000	4,206		4,206	15.9%	
4008	Vehicle/Trucks Insurance	0	3,221	3,200	(21)		(21)	100.7%	
4014	CASUAL STAFF Wages	807	1,490	0	(1,490)		(1,490)	0.0%	
4063	Vehicle/Truck Lease Repayments	732	1,465	8,900	7,435		7,435	16.5%	
4064	Town Centre CCTV	0	0	2,800	2,800		2,800	0.0%	
4103	FTC Internal Hire	40	131	2,500	2,369		2,369	5.2%	
	CORE SERVICES :- Indirect Expenditure	**28,816**	**59,460**	**430,692**	**371,232**	**0**	**371,232**	**13.8%**	**0**
	Net Expenditure	**(28,816)**	**(59,460)**	**(430,692)**	**(371,232)**				
301	BURIAL GROUNDS								
1004	Burial Grounds (No VAT)	7,059	7,059	5,000	(2,059)			141.2%	
1013	CBC-Closed Burial Ground	0	0	1,000	1,000			0.0%	
	BURIAL GROUNDS :- Income	**7,059**	**7,059**	**6,000**	**(1,059)**			**117.6%**	**0**
4015	Utility - Water	0	0	150	150		150	0.0%	
4068	Burial Ground	360	505	500	(5)		(5)	101.0%	
	BURIAL GROUNDS :- Indirect Expenditure	**360**	**505**	**650**	**145**	**0**	**145**	**77.7%**	**0**
	Net Income over Expenditure	**6,699**	**6,554**	**5,350**	**(1,204)**				
302	ALLOTMENTS								
1005	Allotment Rents	237	414	4,500	4,086			9.2%	
	ALLOTMENTS :- Income	**237**	**414**	**4,500**	**4,086**			**9.2%**	**0**
4015	Utility - Water	111	111	500	389		389	22.1%	
4072	Allotments Maintenance	225	252	1,500	1,248		1,248	16.8%	
4088	Portaloo Hire	275	515	0	(515)		(515)	0.0%	515
4103	FTC Internal Hire	19	45	350	305		305	12.8%	
	ALLOTMENTS :- Indirect Expenditure	**630**	**922**	**2,350**	**1,428**	**0**	**1,428**	**39.2%**	**515**
	Net Income over Expenditure	**(393)**	**(508)**	**2,150**	**2,658**				
6000	plus Transfer from EMR	275	515	0	(515)				
	Movement to/(from) Gen Reserve	**(118)**	**7**	**2,150**	**2,143**				

13/06/2025

16:45

Flitwick Town Council 2025/26: CURRENT YEAR

Detailed Income & Expenditure by Budget Heading 31/05/2025

Page 2

Month No: 2

Committee Report

		Actual Current Mth	Actual Year To Date	Current Annual Bud	Variance Annual Total	Committed Expenditure	Funds Available	% Spent	Transfer to/from EMR
303	LOCAL AMENITIES/TRACTOR STORE								
1014	Phone Mast (Station Rd)	0	0	1,100	1,100			0.0%	
	LOCAL AMENITIES/TRACTOR STORE :- Income	**0**	**0**	**1,100**	**1,100**			**0.0%**	**0**
4013	Utility - Electric	132	132	1,000	868		868	13.2%	
4015	Utility - Water	0	0	1,000	1,000		1,000	0.0%	
4078	Planting/Weeding	40	40	1,500	1,460		1,460	2.7%	
4084	Plant/Equip -PURCHASE	0	5,548	2,000	(3,548)		(3,548)	277.4%	4,650
4085	Plant/Equip- MAINTENANCE	63	556	2,500	1,944		1,944	22.3%	
4110	Tree Maintenance	600	600	4,000	3,400		3,400	15.0%	
4128	Waste Disposal	509	884	7,000	6,116		6,116	12.6%	
4132	Building Maintenance	0	0	1,000	1,000		1,000	0.0%	
4137	Water Dispenser Maintenance	0	0	300	300		300	0.0%	
4140	Maintenance Contracts	0	870	1,430	560		560	60.8%	
4700	FLITWICK MANOR PARK	366	726	7,000	6,274		6,274	10.4%	
4701	Flit Valley Maintenance	0	0	500	500		500	0.0%	
4702	Flitwick Nature Park	0	0	500	500		500	0.0%	
	LOCAL AMENITIES/TRACTOR STORE :- Indirect Expenditure	**1,710**	**9,356**	**29,730**	**20,374**	**0**	**20,374**	**31.5%**	**4,650**
	Net Income over Expenditure	**(1,710)**	**(9,356)**	**(28,630)**	**(19,274)**				
6000	plus Transfer from EMR	0	4,650	0	(4,650)				
	Movement to/(from) Gen Reserve	**(1,710)**	**(4,706)**	**(28,630)**	**(23,924)**				
305	PLAY AREAS								
1012	Millennium Park Hire	0	320	1,700	1,380			18.8%	
	PLAY AREAS :- Income	**0**	**320**	**1,700**	**1,380**			**18.8%**	**0**
4075	Play Areas Repairs & Maint.	9,666	10,480	8,000	(2,480)		(2,480)	131.0%	9,994
4098	Skate Park Lighting	19	19	650	631		631	2.9%	
4122	Changing Rooms - Hinksley Rd	33	477	650	173		173	73.4%	
	PLAY AREAS :- Indirect Expenditure	**9,718**	**10,976**	**9,300**	**(1,676)**	**0**	**(1,676)**	**118.0%**	**9,994**
	Net Income over Expenditure	**(9,718)**	**(10,656)**	**(7,600)**	**3,056**				
6000	plus Transfer from EMR	9,500	9,994	0	(9,994)				
	Movement to/(from) Gen Reserve	**(218)**	**(662)**	**(7,600)**	**(6,938)**				
306	STREET LIGHTING								
4096	Electricity - Street Lights	597	597	7,609	7,012		7,012	7.8%	
4097	Street Lighting Maintenance	0	0	2,000	2,000		2,000	0.0%	
	STREET LIGHTING :- Indirect Expenditure	**597**	**597**	**9,609**	**9,012**	**0**	**9,012**	**6.2%**	**0**
	Net Expenditure	**(597)**	**(597)**	**(9,609)**	**(9,012)**				

13/06/2025

16:45

Flitwick Town Council 2025/26: CURRENT YEAR

Page 3

Detailed Income & Expenditure by Budget Heading 31/05/2025

Month No: 2

Committee Report

		Actual Current Mth	Actual Year To Date	Current Annual Bud	Variance Annual Total	Committed Expenditure	Funds Available	% Spent	Transfer to/from EMR
310	**FOOD HUB**								
1148	Comm Fridge Mileage Reimbursem	0	20	192	172			10.4%	
1177	Grants & Donations Received	0	18,005	0	(18,005)			0.0%	
	FOOD HUB :- Income	**0**	**18,025**	**192**	**(17,833)**			**9388.0%**	**0**
4003	Travel Costs	71	184	1,200	1,016		1,016	15.4%	
4005	Vehicle/Trucks Maintenance	0	345	0	(345)		(345)	0.0%	
4008	Vehicle/Trucks Insurance	0	1,463	0	(1,463)		(1,463)	0.0%	1,463
4012	Vehicle/Trucks PURCHASE	0	15,666	0	(15,666)		(15,666)	0.0%	
4071	FUEL - Community Fridge	0	0	400	400		400	0.0%	
4102	FTC Internal Rent	108	216	1,296	1,080		1,080	16.7%	
4103	FTC Internal Hire	61	61	0	(61)		(61)	0.0%	
4619	General Community Fridge Costs	1,397	1,438	200	(1,238)		(1,238)	718.8%	1,389
	FOOD HUB :- Indirect Expenditure	**1,637**	**19,373**	**3,096**	**(16,277)**	**0**	**(16,277)**	**625.7%**	**2,852**
	Net Income over Expenditure	**(1,637)**	**(1,348)**	**(2,904)**	**(1,556)**				
6000	plus Transfer from EMR	1,389	2,852	0	(2,852)				
	Movement to/(from) Gen Reserve	**(248)**	**1,504**	**(2,904)**	**(4,408)**				
311	**YOUTH HUB/ACTIVITIES**								
1035	Youth Hub Hire	0	315	1,000	685			31.5%	
1041	Youth Activities	0	15,000	15,000	0			100.0%	
	YOUTH HUB/ACTIVITIES :- Income	**0**	**15,315**	**16,000**	**685**			**95.7%**	**0**
4013	Utility - Electric	129	129	1,173	1,044		1,044	11.0%	
4015	Utility - Water	0	0	4,500	4,500		4,500	0.0%	
4016	Business Rates	0	1,921	2,113	192		192	90.9%	
4049	Youth Activities	0	13,063	52,250	39,188		39,188	25.0%	
4082	Youth Hub CCTV	0	0	1,000	1,000		1,000	0.0%	
4128	Waste Disposal	28	55	400	345		345	13.8%	
4132	Building Maintenance	0	75	1,500	1,425		1,425	5.0%	
4134	Cleaning Costs	84	324	1,850	1,526		1,526	17.5%	
4138	Equipment	0	9	500	491		491	1.8%	
4140	Maintenance Contracts	0	1,592	2,200	608		608	72.4%	
4151	Broadband Costs	84	84	550	466		466	15.3%	
	YOUTH HUB/ACTIVITIES :- Indirect Expenditure	**324**	**17,252**	**68,036**	**50,784**	**0**	**50,784**	**25.4%**	**0**
	Net Income over Expenditure	**(324)**	**(1,937)**	**(52,036)**	**(50,099)**				

13/06/2025

16:45

Flitwick Town Council 2025/26: CURRENT YEAR

Page 4

Detailed Income & Expenditure by Budget Heading 31/05/2025

Month No: 2

Committee Report

		Actual Current Mth	Actual Year To Date	Current Annual Bud	Variance Annual Total	Committed Expenditure	Funds Available	% Spent	Transfer to/from EMR
312	**COMMUNITY ACTIVITIES**								
1120	Keep Fit / Dance Fitness	98	353	3,200	2,848			11.0%	
1177	Grants & Donations Received	0	7,000	0	(7,000)			0.0%	
	COMMUNITY ACTIVITIES :- Income	**98**	**7,353**	**3,200**	**(4,153)**			**229.8%**	**0**
4103	FTC Internal Hire	206	700	11,500	10,801		10,801	6.1%	
4554	Stitchers	0	0	200	200		200	0.0%	
4558	Keep Fit / Dance Fitness	0	0	1,850	1,850		1,850	0.0%	
4606	Cost of Living Intiative	0	15	500	485		485	3.0%	
4613	Recycle / Reuse	0	0	130	130		130	0.0%	
4614	Proud AF Initiative	0	0	1,500	1,500		1,500	0.0%	
4617	Flitwick Living History	111	160	0	(160)		(160)	0.0%	111
4625	Forget Me Not Group	12	24	850	826		826	2.8%	
	COMMUNITY ACTIVITIES :- Indirect Expenditure	**328**	**899**	**16,530**	**15,631**	**0**	**15,631**	**5.4%**	**111**
	Net Income over Expenditure	**(231)**	**6,454**	**(13,330)**	**(19,784)**				
6000	plus Transfer from EMR	111	111	0	(111)				
	Movement to/(from) Gen Reserve	**(120)**	**6,565**	**(13,330)**	**(19,895)**				
313	**COMMUNITY EVENTS**								
1127	Flitwick Fun Day	140	6,735	4,500	(2,235)			149.7%	
1142	Easter Egg Trail	0	350	0	(350)			0.0%	
1165	Christmas Lights EVENT	0	0	285	285			0.0%	
	COMMUNITY EVENTS :- Income	**140**	**7,085**	**4,785**	**(2,300)**			**148.1%**	**0**
4043	Remembrance Event	0	0	890	890		890	0.0%	
4200	Christmas Lights Installation	0	0	20,475	20,475		20,475	0.0%	
4204	Flitwick TownSq Chritsmas Tree	0	0	1,500	1,500		1,500	0.0%	
4211	Easter Egg Trail	0	350	0	(350)		(350)	0.0%	
4213	Summer Programme	0	0	1,400	1,400		1,400	0.0%	
4540	Christmas Lights EVENT	0	0	5,201	5,201		5,201	0.0%	
4551	Flitwick Fun Day	75	1,703	16,000	14,297		14,297	10.6%	
4618	COMMUNITY Events Expense	80	99	2,000	1,901		1,901	5.0%	
	COMMUNITY EVENTS :- Indirect Expenditure	**155**	**2,152**	**47,466**	**45,314**	**0**	**45,314**	**4.5%**	**0**
	Net Income over Expenditure	**(15)**	**4,933**	**(42,681)**	**(47,614)**				
	COMMUNITY Services :- Income	**7,533**	**55,570**	**37,477**	**(18,093)**			**148.3%**	
	Expenditure	**44,277**	**121,492**	**617,459**	**495,967**	**0**	**495,967**	**19.7%**	
	Net Income over Expenditure	**(36,744)**	**(65,922)**	**(579,982)**	**(514,060)**				
	plus Transfer from EMR	**11,275**	**18,122**	**0**	**(18,122)**				
	Movement to/(from) Gen Reserve	**(25,469)**	**(47,800)**	**(579,982)**	**(532,182)**				

13/06/2025

16:45

Month No: 2

Flitwick Town Council 2025/26: CURRENT YEAR

Detailed Income & Expenditure by Budget Heading 31/05/2025

Committee Report

Page 5

	Actual Current Mth	Actual Year To Date	Current Annual Bud	Variance Annual Total	Committed Expenditure	Funds Available	% Spent	Transfer to/from EMR
Grand Totals:- Income	**7,533**	**55,570**	**37,477**	**(18,093)**			**148.3%**	
Expenditure	**44,277**	**121,492**	**617,459**	**495,967**	**0**	**495,967**	**19.7%**	
Net Income over Expenditure	**(36,744)**	**(65,922)**	**(579,982)**	**(514,060)**				
plus Transfer from EMR	**11,275**	**18,122**	0	(18,122)				
Movement to/(from) Gen Reserve	**(25,469)**	**(47,800)**	**(579,982)**	**(532,182)**				

Flitwick Town Council

Community Services Committee – 1st July 2025
Officer Update – Amenities

1. **Skatepark Extension Update**
   The extension to the skatepark was finally completed at the beginning of June. There has been positive feedback to the new addition and is being benefited by all age groups. There appears to be an increase in usage of the park and the rescheduled SkateJam event will take place on Sunday 21st September.

2. **Manor Park**
   Officers have been in contact with the new owners and management of Flitwick Manor hotel and had positive conversations. The Council retain management of the Haha and the Amenities Officer is meeting with a building restoration specialist to receive advice on restoring the Haha.

   Officers have also motioned the idea of adding an entrance into Manor Park from Church Road at the bottom of the hotel's driveway.

   The Scout's completed one of their sessions in the park and cleared some debris from the stream as well as clearing logs and branches from the pathway to create wildlife habitats.

   The MPWG are due to meet again in July. The group will be focusing on the Management Plan and Community Engagement with the hope for a 'schools' session at the park in September/October.

   The cattle have now been in Manor Park for over a month and have settled into their new home. Feedback from users of the park has been positive and the grazier is happy. He would like to explore other areas to graze and we are looking into the possibility of grazing the Nature Park in conjunction with the Management Plan that is currently being drafted for site.

3. **Burial Ground**
   Members are aware that space is rapidly running out at the burial ground. The last full burial plot is not booked for an interment on Wednesday 9th July after which there are no more new burial plots. We do have some vaults left for burial of ashes. There are currently 9 vaults remaining, but I anticipate these will be full by the end of the year/beginning of next.

   The old section of the cemetery has a maintenance plan in progress with a focus on the war graves.

4. **Public Realm**
   The Public Realm team have been working hard planting out the summer bedding. The planters at Station Square have been rejuvenated.

   A regular maintenance scheme is now in place for all amenity areas and the team are responding well to this structure.

   Watering has been a priority with the dry weather we have been having and is a time-consuming task. Waterbags have been purchased for the 4 larger trees newly planted at Sation Road recreation ground.

1

Flitwick Town Council

Community Services Committee – 6th May 2025

Officers Update

1. Community Fridge April May and June 2025

April (partial)
Number of collections: 26
Total food collected: 4,061.62
Total waste: 57.7
Number of visits: 631
Number of use by visits:32
Number of individual addresses visiting: 351
% of visits from Flitwick: 50.55%

May (full)
Number of collections: 78
Total food collected: 6808.61
Total waste: 396.26
Total to Animal Edge: 174.68
Number of visits: 1,427
Number of individual addresses visiting: 544
% of visits from Flitwick: 51.58%

June (partial, taken on 26th June)
Number of collections: 71
Total food collected: 6,498.95
Total waste: 65.2
Total to Animal Edge: 142.3
Number of visits: 1,436
Number of use by visits: 181 (the Kingsmoor visits are still going in as 'use by')
Number of individual addresses visiting: 577

2. Fridge Update

The most important development has been the purchase of the van; and an electric charging point has been installed at Rufus.

We moved over to a digital programme mid-April. This enables us to enter fridge visits, collections, transfers and waste on an app. The process is being refined and is allowing us to map postcodes, identifying the households in the IMD area of deprivation and how regularly people are using the fridge.

The membership scheme will start in the next 2 weeks with residents who are on benefits in the first tranche. A specific session for them will be run on a Wednesday morning, during which we can make some of the high value goods, such as meat, will be available to them. The general membership scheme will roll out during July with visitors able to sign up online.

The details of membership will not be available to volunteers in the hub, as visitors will have membership number and this will be entered on the app when they visit.

The pop-up session has been running for 3 weeks at Kingsmoor with an average of 51 parents taking advantage of the session which runs from 3 – 4pm. We will review this service at the end of term.

We have been advertising for more volunteers. The roles of the volunteers have changed dramatically over the past 6 months. The volume of food being collected means that not all the volunteers are able to lift the crates that are delivered and need to be moved from the storage fridges. Previously this was only an issue on the evening shifts, but it is now relevant during the day.

1. **Hinksley Music Park**

   The Park is now complete, and we held an opening with the Mayor and children from Kingsmoor School on 21st May. Acoustic Arts provided a day of music at the school on June 11th with 50 children taking part

2. **Flitwick Living History Application**

   Tenders for the work have been received and we are shortlisting next week. We have met with the Scouts and Guides who have expressed interest in being involved with the project

3. **Family Fun Day**

   We have requested feedback from stall holders on their experience, it was positive and they are keen to attend next year. However, they felt the day was too long and wanted to be offsite at 4.30pm. They had been informed they could leave but would have to walk offsite as no cars would be allowed on the site. Only one stall holder ignored this advice.

   There were no issues raised over costs being introduced for the fun fair and everyone gave positive feedback on the live music. We will review all comments as we start planning for next year.

4. **Remembrance 9th November**

   Tasks have been allocated and planning in progress

5. **Christmas Lights 30th November**

   Planning has started for Christmas Lights, tasks have been allocated and a rota for Councillor support to help with the event will be available shortly.