

Flitwick Papers

Autumn 2026



Autumn colour at The Rufus Centre

What's Inside...

- **Volunteers wanted for Nature Park**
- **News from Flitwick Surgery**
- **Flitwick Scarecrow Festival**
- **Neighbourhood Litter Pick Competition**

What's On...

- **The Halloween Spooktacular**
Friday 30th October
- **Flitwick Comedy Night**
Saturday 21st November
- **Charity Christmas Quiz Night**
Friday 27th November



Flitwick Town Council

The Rufus Centre
Steppingley Road
Flitwick
Bedfordshire
MK45 1AH

Follow Us:



t: **01525 631900**

e: info@flitwick.gov.uk

w: flitwick.gov.uk

HOW TO GET IN TOUCH

Your Town Councillors

Contact your Town Councillors via email: firstname.surname@flitwick.gov.uk or call using the numbers below.

Ward	Name	Contact
W	Ian Blazeby	634585
W	Lorraine Bandy	631900
W	Patricia Earles	07929 638404
W	Toby Harald	07739 937624
E	Leigh Hart	07891 248157
E	Howard Hodges	717778
W	Sharon Long	631900
E	Tim Parsons	07754 663986
W	Fraser Patterson	631900
W	Martin Platt	713017
E	John Roberts	716360
W	Dan Toinko	649992
E	Clare Thompson	07734 866479
W	Robert Wilsmore	07986 847632

Central Bedfordshire Councillors

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

Flitwick Papers is published by Flitwick Town Council on a quarterly basis. The next edition will be Winter 2026 which will be distributed in November.

To share your news and events in Flitwick Papers call **01525 631900** or email beverleyjones@flitwick.gov.uk

Contact Flitwick Town Council:

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

Call: **01525 631900**

Email: info@flitwick.gov.uk

Contact Central Bedfordshire Council:

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

Call: 0300 300 8000

Hello everyone and welcome to the autumn edition of Flitwick Papers. I hope you are all keeping well. One of the best parts of being Mayor

is getting invited to visit local organisations and meeting the people involved. So, it has been a pleasure to be invited, along with Deputy



Mayor Cllr Lorraine Bandy, to visit a number of care homes in Flitwick including Red Kite Meadows, Baycroft and Orchid Lawns. The homes provide a vital service for the community, and I really enjoyed meeting and chatting with many of the residents and the amazing staff who look after them.



There has been a lot happening in Flitwick over the summer despite the hot weather. One of the key events is of course the Family Fun Day and this year's event was one of the busiest yet with lots of people and stallholders attending. A big thank you to the local companies and organisations who sponsored the event and to everyone who helped ensure the event was such a success.

The Flitwick Car Show was held again in August organised by local resident Jim Snook. This year's event attracted a record number of visitors with even more cars displayed and it was a great day. A big thank you as ever to Jim and his team of volunteers.

As I know many of you are interested, a quick update on 3 Station Road, the former Barclays Bank building. We are talking to a potential tenant for the restaurant part of the building and are in the process of agreeing the legalities. Hopefully, we will be able to make an announcement very soon.



Events to look out for over the next few months include a Men's Health event on Friday 13th November at The Rufus Centre which I am organising with Healthwatch Central Bedfordshire and the charity For Men to Talk. It will include several speakers talking about their life experiences and health related organisations offering help and advice to encourage men to engage positively with both their physical and mental wellbeing.

I am also arranging, as part of the Town Mayor's Charity fundraising events, a Christmas lunch for our older residents on 15th December at The Rufus Centre, Bingo on 12th October in the afternoon and a Christmas Quiz on 27th November, again at The Rufus Centre.

There is a lot to look forward to including the Christmas Lights Switch On at Flitwick Town Square on Sunday 29th November – I hope to see you there.

With Best Wishes, Cllr John Roberts
Flitwick Town Mayor

Meet Your New Town Councillor

Flitwick Town Council is delighted to welcome Sharon Long as a new Town Councillor for Flitwick West following co-option at the Town Council meeting in July.

Commenting on her co-option, Cllr Long said: *"I have lived in Flitwick since December 2013, having moved here with my family from North London. My children both attended local schools and various groups and clubs and have enjoyed taking part in the events and activities arranged by the Council over the years.*

"I have worked within the local council sector for a number of years. Most recently,

I spent four years as Chief Executive Officer and Clerk to Chorleywood Parish Council, where I was responsible for strategic and operational management. I also have extensive knowledge of town and country planning law, having formerly practiced as a solicitor specialising in this area, and am aware of the implications of the recent legal and planning policy developments have for towns like Flitwick.

"I am committed to supporting the town's continued success and wellbeing and am looking forward to serving a community and the personal satisfaction that brings me."



Meetings Calendar

October	
Tues 6th	Community Services
Tues 20th	Town Council
November	
Tues 3rd	Community Services
Tues 17th	Town Council
Tues 24th	Business Development & Finance
December	
Tues 1st	Community Services
Tues 15th	Town Council

Meetings start at 7.45pm

View the full meetings
calendar at

www.flitwick.gov.uk



Everyone is welcome to attend meetings

Joining instructions can be found on the meeting agenda or contact: **info@flitwick.gov.uk**



Remembrance Parade

Join the Flitwick community for the Remembrance Parade and Service on **Sunday 8th November** at Flitwick Town Square as we come together to remember and honour all those who made the ultimate sacrifice.

The parade will assemble at the Royal British Legion Hall at 2.30pm before marching to the War Memorial at 2.50pm. The service will commence at 3pm.

Work with Us

WE HAVE TWO EXCITING OPPORTUNITIES TO JOIN US AT FLITWICK TOWN COUNCIL AND THE RUFUS CENTRE

We are seeking a **Community & Environmental Officer** to help support community initiatives and environmental projects across the town. This position is initially offered as a five-month contract, with the potential to become permanent.

The Rendezvous Café is looking for a full-time **Catering Assistant** to join its friendly team and support the day-to-day running of the café.

For full details, including job descriptions, person specifications and application forms, visit the vacancies page on the Town Council website at www.flitwick.gov.uk/vacancies or scan the QR code. Alternatively call 01525 631900 to request an application pack.



Social Media

Keep up to date
with all the Town Council news and events by following our Facebook and Instagram pages



Making a Difference

Town Mayor Cllr John Roberts has chosen Magpas Air Ambulance as his nominated charity for the 2026/27 mayoral year. Funds raised through a series of special events and activities will support the lifesaving work of Magpas.

Operating 24 hours a day, seven days a week, Magpas Air Ambulance provides lifesaving emergency care across Cambridgeshire, Bedfordshire, and the East of England. Last year alone, the team responded to 1,872 emergency calls across the region.

The Flitwick Town Mayor's Charity also supports community projects within Flitwick, helping to make a positive difference locally.

The first fundraising event of the mayoral year was an 'Afternoon Tea with the Mayor', held in The Rufus Centre Wedding Garden. Blessed with glorious weather, the event raised more than £500 for charity, with guests also enjoying a colourful 'Best Dressed Hat' competition.



There is plenty more opportunities to get involved over the coming months, including the return of the Older People's Christmas Lunch, a Bingo Afternoon, the Christmas Quiz, and a Coffee Morning at the Village Hall. We hope residents will join us in supporting these worthwhile causes while enjoying a variety of community events throughout the year.



Town Mayor's Charity Coffee Morning

RAFFLE

FRIDAY 27TH NOVEMBER
9AM TO 12 NOON

*Join us at Flitwick Village Hall
and enjoy coffee, cake & great
company, all in aid of
Flitwick Town Mayor's Charity.*



**Flitwick
Town Council**



Funding from:

Magpas  **AIR AMBULANCE**

FLITWICK
TOWN MAYOR'S CHARITY
COMMUNITY FUND
Rm 100404

For more information, please contact:
Flitwick Town Mayor's Charity, Flitwick Village Hall, Flitwick, Bedfordshire, MK43 0JF
Tel: 01455 611160 Email: flitwickmayorscharity@bt.com Website: www.flitwickmayorscharity.co.uk

The Flitwick Scarecrow Festival 2026

SATURDAY 26TH SEPTEMBER -
SUNDAY 4TH OCTOBER

THIS YEAR'S THEME:

Fairytale Heroes & Villains

Scan the QR code below to follow the
Flitwick Scarecrow Festival interactive map.

Flitwick
Town Council



Scan
QR code
for more
details



Take Pride in Your Street

This autumn, residents are invited to help keep Flitwick clean, tidy and welcoming by taking part in our Neighbourhood Litter Pick Competition.

Taking place over two weekends, on **24th - 25th October** and **31st October - 1st November**, the competition encourages neighbours to come together and litter pick in their local area. Simply choose a street, park or neighbourhood space and gather a team of friends, family and neighbours to help make a difference.

All equipment will be provided, and prizes will be awarded to the team that collects the most litter during the competition.

Further details on how to register your



chosen area and take part will be shared on our social media channels in the coming weeks. In the meantime, if you would like more information, please call us on 01525 631900.

Halloween Fun

Spooky season is almost here, and we've got plenty of Halloween fun lined up for October half term!

Join us for free pumpkin carving at The Hub from 10am to 12 noon on **Tuesday 27th October**. Then head to The Rufus Centre on **Wednesday 28th October** for a Halloween Movie Day. The film line-up will be revealed soon!

Looking for something a little different? Don't miss our interactive Halloween Pantomime, followed by an after-show neon party at The Rufus Centre on **Friday 30th October**. Tickets are £14.95 and include entry for one adult and one child, with additional tickets available at therufuscentre.ticketsolve.com.

Dan and the team will also be at The Hub on **Monday 26th October** with games, music, chill 'n' chat sessions, mentoring and support plus 'The Game In Pod'.



In association with



Men's Health Event – Flitwick

Friday 13th November 2026

Time: 9.30am to 2.00pm

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

Men can sometimes delay seeking help for physical or mental health concerns. This event offers practical support, expert insights, and the chance to take positive steps towards better wellbeing.

**Free Lunch
will be
provided**

What's happening on the day

- ◆ A marketplace of local organisations offering advice, support, and services to men and their families.
- ◆ Guest speakers sharing lived experience stories and expert knowledge on men's health and wellbeing.
- ◆ Information on routine health checks and how to access support locally.

This is a diverse and all-inclusive event. Please advise when booking if you have any specific requirements, such as wheelchair access or interpreter required.

Supported by:



Scan the QR code for more information or to book your place



Please contact us at info@healthwatch-centralbedfordshire.org.uk
or call 0300 303 8554 to book your place.

Dress up &
compete for
best costume!

THE HALLOWEEN SPOOKTACULAR: THE HEART OF HALLOWEEN

FRIDAY 30TH OCTOBER

DOORS 1.00PM

SHOW 1.30PM

*A live, interactive Halloween Pantomime,
where children become part of the story!*

PLUS! A Neon After-Show Party!

Tickets

Standard ticket - £14.95*

(Includes 1 child & 1 adult*)

Add-on Child £7.50*

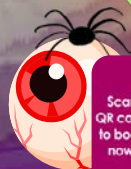
Add-on Adult £6.50*

*All Children's tickets include a
glow stick!*

Flitwick
Town Council



THE RUFUS CENTRE
FLITWICK, MK45 1AH



Scan
QR code
to book
now!



Book online at:
therufuscentre.ticketsolve.com

*Booking fee applies

The Rufus Centre
Meet, Work, Celebrate

01525 631905



Events@flitwick.gov.uk



[TheRufusCentre](https://www.facebook.com/TheRufusCentre)



[Therufuscentre](https://www.instagram.com/Therufuscentre)



therufuscentre.co.uk

The Great Flitwick Cake & Cinema Club

The Great Flitwick Cake & Cinema Club got off to a fantastic start this summer, with a great turnout in both July and August. Residents enjoyed a relaxed afternoon of coffee, cake, good company and a classic film.



Following the success of the first screenings, we have more favourites lined up for the autumn. On **Friday 9th October**, we'll be showing the timeless classic *The African Queen*, followed by *The Best Exotic Marigold Hotel* on **Thursday 19th November**, taking audiences on a cinematic journey to India with plenty of fun and drama along the way.

THE GREAT

Cake & Cinema

CLUB

**FILM & COFFEE SOCIAL
FOR OLDER PEOPLE**

Coffee and cake will be served from 1pm,
with the film starting at 1.30pm

**To book your place, please call
01525 631900**

Forget Me Not

A group to support carers and people with memory problems or Dementia run by volunteers

Are you caring for somebody or know someone with Dementia or memory problems?
Come and join us at our monthly meetings

If you want to speak to people in a similar situation to you, Flitwick Forget Me Not group is a good place to start

Carers can spend time sharing their experiences and supporting one another

Carers who come regularly say they get a lot of support and help from the sessions

We meet on the second Monday of the month

1.30pm - 3.30pm

**THE RUFUS CENTRE
FLITWICK**

Free Refreshments

Everyone welcome!

Flitwick Town Council

Forget Me Not

If you know or care for someone with dementia or memory problems, why not come along to our Forget Me Not group, which supports people in a similar situation and provides carers with an opportunity to share experiences and advice with others.

Run by a dedicated team of volunteers, the group meets on the second Monday of the month at The Rufus Centre. Enjoy tea, coffee and cake during the afternoon. A warm welcome awaits everyone.

A Summer to Remember

Summer programme gives young people 85 hours of free holiday activities

Children and young people enjoyed 85 hours of free activities over the holidays as part of the Town Council's summer programme.

The programme offered a wide range of opportunities, including creating a play in

a week, mosaics, graffiti, boxing, dance, environmental projects, circus skills, movie days and sports activities delivered with our youth provider. Feedback forms showed that many of the children and young people attending were trying these activities for the first time.



The first 'Play in a Week' project was particularly well received, with children sharing how much they had enjoyed working together, making new friends and creating something of their own.

"At the start of the week I didn't think I would like it, but by the end I loved it."

"Really fun and enjoyable."

"I liked that we could make up the show and it didn't already exist."

"I've got a new friend group now."

"So proud of what we've made."

Parents and carers also welcomed the local provision, with comments highlighting how valued the activities were during the school holidays.

"Thank you for helping us parents."

"What a lovely provision for young people. We had a great time making a mess."

"Would like more arts and crafts activities — really grateful this is available locally."

The summer programme helped children and young people build confidence, try something new and enjoy positive experiences close to home. We would like to thank everyone who took part, as well as the partners and providers who helped make the programme possible.



If you've visited Manor Park recently, you may have noticed more activity among the trees. From trainee arborists high in the canopy to volunteers hard at work in the woodland, there is plenty happening behind the scenes to care for one of our most treasured green spaces.

A new partnership between Flitwick Town Council and The Arborist Academy UK is helping to do just that. The academy is using Manor Park as a real-world training environment, giving students valuable hands-on experience in tree management and aerial rigging. Council officers have worked closely with tutors to identify suitable trees and locations, ensuring all activities support the objectives set out in the Manor Park Management Plan.

The partnership not only helps train the next generation of arborists but also brings additional tree management benefits to the park, supporting the long-term health of its impressive collection of trees.

And what a collection it is.

We are working with local tree expert David Alderman to create an updated Flitwick Manor Park Tree Trail, giving visitors the opportunity to discover more about the remarkable trees that make the park so special. Among them is a magnificent

Western Yellow Pine, believed to be the largest of its kind in Bedfordshire. The revised trail will highlight this and other notable specimens to explore.

Volunteers also continue to play a vital role in maintaining and enhancing Manor Park. The Manor Park Working Group has been busy this summer removing ragwort to help control its spread. Taking a balanced approach, some areas have been left untouched to provide a valuable food source for the cinnabar moth and other wildlife.

The group has also been helping with woodland management, preparing timber for processing and clearing brash piles. To maintain a healthy woodland environment, selected piles have been left in place to provide important habitat and shelter for insects, birds and small mammals.

From caring for veteran trees and supporting wildlife habitats to providing educational opportunities and volunteering projects, every effort helps maintain a park that benefits both people and nature.

If you would like to get involved with the Manor Park Working Group, please contact sarahburgess@flitwick.gov.uk



To view the Manor Park Management Plan visit www.flitwick.gov.uk or scan the QR code.

Nature Park

Nature Park Needs You

As Flitwick Papers went to print, preparations were underway for a volunteer information evening at The Rufus Centre on 23rd September, giving residents the chance to learn more about Flitwick Nature Park and how they can get involved in its future.

The session explored the history of the site and the Town Council's plans to enhance the woodland and develop a rich and varied habitat for wildlife. Covering 27.7 hectares, including 7 hectares of protected grassland for ground-nesting birds, the park provides an important natural space for both wildlife and the community.

We are now looking to establish a Nature Park Working Group, similar to the successful group at Manor Park. This is part of the management plan for the park. Volunteers will help monitor, maintain and care for the site, while contributing ideas and supporting projects that enhance the park for future generations.



Interest in the group is already growing. Earlier this year, residents joined a guided walk led by Guy Lambourne of Wassledine, who shared information about the park's habitats and demonstrated traditional hazel coppicing, a sustainable woodland management technique that will be introduced at the site.

Volunteering at Flitwick Nature Park offers an opportunity to learn new skills, spend time outdoors and play a practical role in caring for one of the town's most valuable green spaces.

If you were unable to attend the volunteer information evening but would like to find out more about volunteering opportunities, please email sarahburgess@flitwick.gov.uk



To learn more about Flitwick Nature Park and view the presentation, scan the QR code or visit www.flitwick.gov.uk





FLITWICK REMEMBRANCE PARADE & SERVICE



WE
WILL
REMEMBER
THEM



Sunday 8th November
Flitwick Town Square

- 2.30pm Parade assembles at the RBL hall
- 2.50pm Parade marches to the memorial
- 3pm Memorial service



ORGANISED IN
PARTNERSHIP BY:

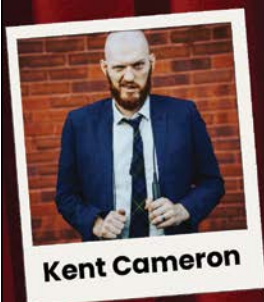


Flitwick Town Council

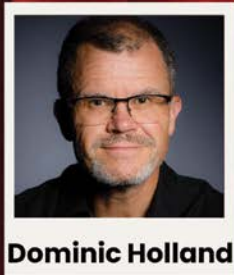


FLITWICK COMEDY NIGHT

WITH CASTLE COMEDY



Kent Cameron



Dominic Holland



Esther Manito



Paul Revill

SATURDAY 21ST NOVEMBER

DOORS 7PM SHOW 8PM

TICKETS
FROM
£15*

WITH:



OVER 18S
LICENSED BAR

Scan
QR code
to book
now!



Book online at:
therufuscentre.ticketsolve.com

*Booking fee applies

Flitwick
Town Council



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

The Rufus Centre
Meet, Work, Celebrate

Flitwick Community Fridge

Community Fridge Welcomes New Volunteers and Continues to Tackle Food Waste

Flitwick Community Fridge has welcomed new volunteers to the team as it continues to help reduce food waste and support local families.

The team is still keen to hear from anyone who can spare a few hours each month to help with opening sessions, sorting food donations or collecting food from local partners.

Anyone who has not yet visited is encouraged to drop in, meet the volunteers and find out more about becoming a member. Membership is free, and every new member helps prevent good food

from going to waste.

Over the last quarter, the Community Fridge made 354 collections and redistributed 13,287kg of food. During the summer holidays, the team was also able to provide additional support to families facing extra costs while children were not receiving school meals.

Friday and Sunday sessions help ensure food with upcoming use-by dates is shared with the community rather than wasted. Residents can follow the Community Fridge Facebook page and WhatsApp Channel for regular updates on available stock and use-by sessions.

If you are interested in helping, please email communityfridge@flitwick.gov.uk



**FLITWICK
COMMUNITY
FRIDGE**

Opening Times:

Saturday 9.30am to 11.30am

Monday, Tuesday, Thursday
9.30am to 11.30am and 3pm to 4.30pm

Friday 9.30am to 11.30am

Wednesday *Supported Tier Only* 2pm to 4.30pm
Friday & Sunday Use By Session

Community News & Events

Flitwick Gardeners' Autumn Show

Make a date in the diary for the Flitwick Gardeners' Autumn Show at the Village Hall on **Saturday 10th October**. The show is open to the public from **3pm to 4pm**. Free entry.

Come along and see the winners and view the range of produce grown in the town. Refreshments available plus raffle.



Flitwick Parish Church - Craft Fair

Flitwick Village Hall on **Saturday 14th November** from **11am to 3pm**

Raffle • Tombolas • Craft • Food

Admission free - Lots of independent stalls - Everyone welcome

Flitwick Combined Charities

Flitwick Combined Charities provide support to Flitwick residents who are in financial need and offer grants for specific items throughout the year, as well as gifts at Christmas time.

You can visit the charity's website at www.flitwickcombinedcharities.org.uk for more information and to download an application form. The deadline date for receipt of applications for a 'Relief in Need' Grant is **31st October**.

If you need any more information please contact Ann Lutley, Flitwick Combined Charities' Treasurer, on 01525 712837.

Get Involved

Flitwick and District Youth & Community Association (The Old School, Dunstable Road) and Flitwick Combined Charities are currently looking for new trustees to support their valuable work in the community. Contact Ann Lutley for information on 01525 712837.



Citizens Advice in Flitwick

Did you know Citizens Advice Bedford visit The Rufus Centre every other Monday to provide free, impartial advice between 9.30am and 12 noon - no appointment needed!

From benefits and housing to debt, employment, and energy advice, their friendly team is here to help you find a way forward. October dates for the diary: **12th and 26th October**.

citizens
advice

Maulden Art Group Exhibition & Sale

at Maulden Village Hall

Sunday 11th October

10am - 4pm

Children's Activities

Refreshments

Raffle

Working Artists

ADMISSION FREE

FLITWICK HALLOWEEN TRAIL

31/10/26

4-8pm

HOUSES ALL AROUND THE TOWN

PLEASE SEE FACEBOOK

'FLITWICK HALLOWEEN TRAIL'

FOR FURTHER DETAILS AND
LOCATIONS ON THE TRAIL.



Amphill & Flitwick

Good Neighbours

Volunteer Car Scheme

Volunteer Drivers Needed

Tel: 07833 314903



To provide a Safe affordable Door to Door service, for those in need of help to attend:

Hospitals, Doctors, Dentists, Opticians,
Audiology

Hairdressers, Visiting Care Homes and Social
Events.

Email: amphillgn@gmail.com

www.afgn.org.uk

Registered Charity No 1208704



You Can Do IT! @home

Volunteers needed!



Do you enjoy IT?

Could you help local people with basic IT?

You Can Do IT!@home is a digital inclusion project working to improve people's lives by getting them online and accessing services that will improve their wellbeing.

You will support local people with personalised one-to-one support at home for one hour a week, up to 6 sessions as a Digital Champion, helping them feel more comfortable and confident using their phones, tablets or laptop. Topics might include using email, booking GP appointments, ordering repeat prescriptions, using WhatsApp.

You will receive training, have opportunities to link with other local volunteers and have ongoing support from the YCDIT! Support Officer.

WOULD YOU LIKE TO VOLUNTEER?

Find us at: ywb.org.uk/IT or contact: Debra: 07951 175241
Voicemail: 01234 838771



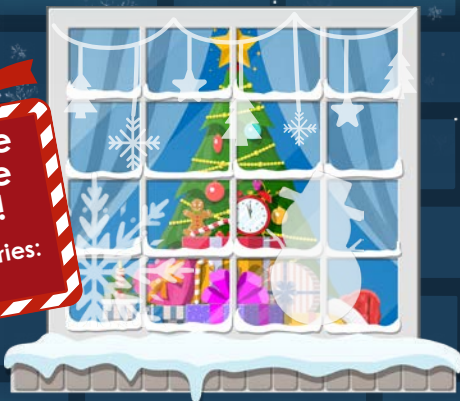
Bedfordshire Rural Communities Charity is a registered charity (1045138). Registered office: The Old School, Carington, Bedford, MK44 3JX



FESTIVE WINDOW COMPETITION

Winners will be
chosen by the
Town Mayor!

Closing date for entries:
20th December



WINNERS ANNOUNCED 22ND DECEMBER

Send a photo of your Festive Window Display by
scanning the QR Code below

RESIDENTS & BUSINESSES

JOIN THE FESTIVE FUN!
DECORATE YOUR WINDOW &
BE PART OF FLITWICK'S
CHRISTMAS CELEBRATIONS!

Flitwick
Town Council



Scan
QR code
for more
details



Christmas Lights Switch On

Get ready to celebrate the festive season as Flitwick Town Square lights up on **Sunday 29th November** for the annual Christmas Lights Switch On.

Bring family and friends along to join the countdown and sing traditional carols around the Christmas tree as the town comes together for this magical community event. There will be plenty to enjoy throughout the afternoon, including festive character appearances, music, a visit from Father Christmas, stalls, delicious food, mulled wine, mince pies and funfair.

Festivities begin at 3pm, with the Christmas Lights Switch On taking place at 5pm. With something for everyone, it's the perfect way to start the Christmas celebrations.



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Flitwick Jewellers

Visit us at www.flitwickjewellers.co.uk
01525 712597 | 1 Station Square, Flitwick, MK45 1DP

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FORD SPECIALIST
IN AMPHILL

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8AM TO 5:30PM
(Closed weekends and bank holidays)

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- Brake Repairs and Servicing • Tyres



CALL NOW

01525 716111 / 01525 840038

www.one-o-oneservicecentre.co.uk
Unit 7E, Station Road, Ampthill, Bedfordshire, MK45 2FQ



Over 60s Christmas Lunch Returns

We are delighted to announce that the popular Over 60s Christmas Lunch will be returning this year on **Tuesday 15th December** at The Rufus Centre.

We know how much residents have missed this special annual celebration from feedback we received from the Annual Residents' Survey and are looking forward to welcoming everyone back for another memorable afternoon. This year's event will support the Town Mayor's Charity, helping to raise funds for Magpas Air Ambulance and community projects.

Guests will enjoy a traditional Christmas dinner, great entertainment and fabulous company, making it the perfect way to get into the festive spirit.

Full details will be announced soon, but for now, save the date in your December calendar. It is an event you will not want to miss!



**SHARE:**
Flitwick and Ampthill



Want to save money and space? The 'Library of Things' can help!

EXAMPLES OF THINGS YOU CAN BORROW:

- ✓ A large range of DIY tools to tackle jobs from hanging a picture to building a deck
- ✓ Gardening equipment - scarifiers, rotavator, brush cutter, pole hedge trimmers etc
- ✓ Camping equipment such as tents, sleeping mats, stoves...
- ✓ Items for parties - crockery, karaoke machine, hot water urns, disco lights etc



Borrow items for a small fee
Run by volunteers for the benefit of the community

email: info@shareflitwickandampthill.org
www.shareflitwickandampthill.org



Find out more on our website

**SHARE:**
Flitwick and Ampthill



REPAIR CAFE

Our next Repair Cafe is at...

PARKSIDE HALL, AMPHILL

3RD OCTOBER 2026, 1-5PM

THINGS THAT WE CAN LOOK AT:

- ✓ Small household electricals
- ✓ Clothing, fabric and soft toy repairs
- ✓ Small leather goods - cleaning and repair
- ✓ Computers/laptops
- ✓ Watches
- ✓ Minor bike repairs

Register your item here or via our website!



Repairs are free - donations welcome

email: info@shareflitwickandampthill.org
www.shareflitwickandampthill.org



Rebecca L Faret Solicitors

Private Client

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

Conveyancing

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

Business and Employment

Commercial Leases, Sale of Businesses,
Settlement Agreements

Your local friendly and approachable Solicitors

01525 712112 | rlfaret.co.uk

rlfadmin@rlfaret.co.uk

Rebecca L Faret Solicitors is moving to the Rufus Centre!

With a long history in Flitwick, Rebecca L Faret Solicitors are pleased to announce that they will be moving to the Rufus Centre on **Monday 14th September 2026**.

The Firm can trace its roots back to the 1960s, when the Flitwick office was part of the multi-site firm of Williams & Co, and located in the old bakery on Station Square. Fast forward a few decades and in 2011, the business moved to new location at the top of the Avenue, a location which provided better parking and disabled access.

With this move to the Rufus Centre, the Firm has offices (with space for both staff and meeting facilities) within the multi business site with a number of other local Firms.

"Being in the heart of the Community is important to us" Penelope Derosaire (Managing Partner) commented, "and this move places us in the centre of a lot of commercial activity, serviced with unrivalled parking facilities, excellent disabled access, as well as banking facilities and even a cafe for our hardworking team".

Danielle Conley (who manages our Conveyancing and Private Client teams) added "the move will enable us to reach out to a number of people who regularly use the Rufus Centre, and will make us even more accessible to a large proportion of local people, many of whom we have already served when they moved house, or needed a will or Lasting Powers of Attorney. We look forward to seeing you all in our new location very shortly!"

The Rufus Centre

If you're looking for the perfect venue for a party, wedding, or celebration, The Rufus Centre should be at the top of your list!

Next February, you'll have the opportunity to explore everything we have to offer at a special Weddings & Events Showcase. Bringing together inspiring room displays and a wide range of trusted suppliers, the showcase offers everything you need to bring your dream celebration to life, all under one roof. Guests will receive a warm welcome and a complimentary glass of fizz while discovering the possibilities available for their special celebration. Be sure to save the date for **Sunday 21st February**.

Before then, there are plenty of exciting events to enjoy. The ever-popular Murder Mystery Evening returns, challenging guests to follow the clues and solve the case before the night's dramatic conclusion. Tickets include a delicious three-course meal (see the menu on page 25).

Halloween sees the arrival of a fun-filled, interactive children's pantomime, complete with plenty of spooky surprises. Fancy dress is actively encouraged, especially for the after-show neon party, so have those glow sticks at the ready!

HOW TO BOOK

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

Ticketsolve
is in place for
all our events



bookings@therufuscentre.co.uk
www.therufuscentre.co.uk

f 01525 631905 in

The Christmas Party Night on **Friday 4th December** is the place to celebrate with colleagues, family and friends, while the magical Breakfast with Santa promises festive fun for the whole family on the Saturday before Christmas.

For theatre lovers, NT Live screenings continue throughout the autumn season. Highlights include *Misanthrope*, starring award-winning actress Sandra Oh (*Killing Eve*) in a razor-sharp reimagining of Molière's classic dark comedy, and the American classic *Golden Boy*, featuring Josh O'Connor (*The Crown*, *Challengers*) in the leading role.

Whether you're planning a milestone celebration, searching for wedding inspiration, or simply looking for a memorable night out, The Rufus Centre offers an exciting programme of events throughout the year.

Upcoming Events	
8/9/28/29 Oct	NT Live: <i>Misanthrope</i>
24 Oct	Murder Mystery Night
30 Oct	Halloween Spooktacular
11/12/25/26 Nov	NT Live: <i>Golden Boy</i>
21 Nov	Comedy Night
27 Nov	Christmas Quiz Night
4 Dec	Christmas Party Night
9/10 Dec	NT Live: <i>Golden Boy</i>
19 Dec	Breakfast with Santa
2027	
16 Jan	<i>The Soul Man</i>
21 Feb	Weddings & Events Showcase

MURDER MYSTERY DINNER

A Night of Intrigue, Deception & Dark Secrets...

Dress to Impress!

SATURDAY 24TH OCTOBER

Tickets include: Immersive, interactive experience & three course sit down meal

OVER 165
LICENSED BAR

Flitwick Town Council

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

The Rufus Centre
Hemel Hempstead, Herts

Doors: 6.45pm
Dinner: 7.30pm

Tickets: £46*

Scan QR code to book now!
Book online at therufuscentre.co.uk
*Booking fee applies

01235 431105 | bookings@therufuscentre.co.uk | TheRufusCentre | therufuscentre | therufuscentre.co.uk

THE Dinner MENU

THE RUFUS CENTRE

STARTERS

"SUSPICIOUS BEGINNINGS"

Ardennes Pâté served on a bed of crisp lettuce with crusty bread
or
Vegetable Soup accompanied by a freshly baked roll & butter

MAIN COURSE

"THE CRIME SCENE"

Roast Topside of Beef with traditional accompaniments & roast gravy
or
Chicken Parmigiana served with seasonal vegetables & potatoes
or
Aubergine Parmigiana (V) served with seasonal vegetables & potatoes

DESSERT

"DEADLY DELIGHTS"

Sticky Toffee Pudding served with Ice Cream
or
Chocolate Profiteroles

Breakfast with Santa

ho ho ho

10 AM - 12 NOON

SATURDAY 19TH DECEMBER

£15.50* CHILD TICKET INCLUDES:
DELICIOUS BREAKFAST
LETTER WRITING
BAUBLE MAKING
FESTIVE COLOURING
CHOCOLATE TREAT
MEET & GREET WITH SANTA & A GIFT.

£13.50* ADULT TICKET INCLUDES:
DELICIOUS HOT BREAKFAST
HOT DRINK

Flitwick Town Council

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

The Rufus Centre
Hemel Hempstead, Herts

Scan QR code to book now!
Book online at therufuscentre.co.uk
*Booking fee applies

01235 431105 | bookings@therufuscentre.co.uk | TheRufusCentre | therufuscentre | therufuscentre.co.uk

Christmas PARTY

FRIDAY 4TH DECEMBER | 7PM

LIVE MUSIC FROM A 5-PIECE SHOW BAND,
INCLUDING SAXOPHONIST & DJ!

TWO COURSE FESTIVE MEAL & GLASS OF FIZZI!

OVER 185
LICENSED BAR

Flitwick Town Council

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

The Rufus Centre
Hemel Hempstead, Herts

TICKETS £48*

Scan QR code to book now!
Book online at therufuscentre.co.uk
*Booking fee applies

01235 431105 | bookings@therufuscentre.co.uk | TheRufusCentre | therufuscentre | therufuscentre.co.uk

Flitwick Surgery

A Message from the Flitwick Surgery Team Stay Well This Autumn

As the weather gets colder, autumn is a good time to prepare for the winter months ahead. A few simple steps can help you stay well and reduce your risk of seasonal illnesses.

Book Your Vaccinations

At Flitwick Surgery, we offer RSV, pneumococcal and shingles vaccinations all year round to eligible patients.

Our seasonal flu and COVID-19 vaccinations are available from 1 October to eligible patients, including pregnant women and eligible children aged 2–3 years.

We send invitations to eligible patients when they are due for their vaccinations. If you think you may be eligible but have not received an invitation, please contact the surgery to speak to a member of our team. We can check your eligibility and advise you further.

Look After Your Health

If you have a long-term condition such as asthma, COPD, diabetes or heart disease, remember to take your medication as prescribed, attend your routine reviews and order repeat prescriptions before you run out.



If you have been invited for an NHS Health Check, cervical screening, bowel cancer screening or a long-term condition review, please book your appointment. These checks can help detect health problems early.

Support for Healthier Lifestyles and Wellbeing

Did you know our Health Coach can help you make positive lifestyle changes? Whether you'd like support with healthy eating, increasing physical activity, managing your weight or setting realistic health goals, our Health Coach can work with you to build healthy habits that last.

Have Your Say – Join Our Patient Participation Group (PPG)

We are looking for more patients, particularly younger people, to join our Patient Participation Group (PPG). The PPG provides an opportunity to share your views and ideas and help us improve our services. Interested in getting involved? Please contact the surgery to find out more.

www.flitwicksurgery.co.uk

Tel: 01525 715300

TOWN MAYOR'S CHARITY

Christmas QUIZ NIGHT

?

£16.50*
per
person

Teams of
up to 6

FRIDAY 27TH NOVEMBER

DOORS OPEN: 6.00pm FOOD SERVED: 6.30pm

Followed by the Quiz

CHOICE OF FOOD INCLUDED IN TICKET PRICE:

FISH & CHIPS, BATTERED SAUSAGE & CHIPS

VEGGIE BURGER OR VEGAN SAUSAGE & CHIPS

ALL SERVED WITH CURRY SAUCE OR MUSHY PEAS

LICENSED BAR

Flitwick
Town Council



THE RUFUS CENTRE
FLITWICK, MK45 1AH



*Booking fee applies

Fundraising for:

Magpas 
AIR AMBULANCE

FLITWICK
TOWN MAYOR'S CHARITY
COMMUNITY FUND

RCN: 1205483

FLITWICK CHRISTMAS LIGHTS SWITCH ON



SUNDAY 29TH NOVEMBER

Flitwick Town Square

3pm - 6pm

LIGHTS SWITCH ON 5PM

**followed by
Carols round the
Christmas Tree**



**Flitwick
Town Council**



**Street Entertainment,
Funfair, Stalls, Food &
Drink & More!**