

# Flitwick Papers

## Autumn 2024



*Autumn on its way in Manor Park!*

## What's Inside...

- Remembrance Sunday Parade
- Living History Project
- New Food Hub
- October Half Term Fun

## What's On...

- Town Mayor's Quiz Night  
Friday 4th October
- Forever Elton & Band  
Saturday 16th November
- Comedy Night  
Saturday 23rd November



### Flitwick Town Council

The Rufus Centre  
Steppingley Road  
Flitwick  
Bedfordshire  
MK45 1AH

### Follow Us:



t: 01525 631900

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

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

# HOW TO GET IN TOUCH

## Your Town Councillors

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

Ward	Name	Contact
W	Andy Snape	07590 572440
W	Clare Copelstone	631900
W	Dan Toinko	649992
W	Fraser Patterson	631900
W	Ian Blazeby	634585
W	Martin Platt	713017
W	Patricia Earles	07929 638404
W	Robert Wilsmore	712139
W	Tina Connell	07951 567136
W	Toby Harald	07739 937624
E	Clare Thompson	07734 866479
E	Howard Hodges	717778
E	James Gleave	07958 350159
E	John Roberts	716360
E	Sue Livens	07804 359419
E	Tim Parsons	07754 663986

## Central Bedfordshire Councillors

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

## Contact Flitwick Town Council:

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

Call: **01525 631900**

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

## Contact Central Bedfordshire Council:

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

**Call: 0300 300 8000**

Flitwick Papers is published by Flitwick Town Council on a quarterly basis. The next edition will be Winter 2024 which will be distributed in December.

To share your news and events in Flitwick Papers call **01525 631900** or email **[beverleyjones@flitwick.gov.uk](mailto:beverleyjones@flitwick.gov.uk)**

## Hello and welcome to the Autumn edition of Flitwick Papers!

Summer has been a busy time in Flitwick with lots of great events for everyone to enjoy. The largest was the Family Fun Day which drew even bigger crowds this year proving its popularity. A big thank you to everyone who helped organise and support the Fun Day and made it such a great event.

Jim Snook and colleagues also deserve special praise for organising another successful Flitwick Car Show at which I (along with hundreds of other petrol heads) had a great time indulging our passion for cars, trucks and motorbikes.



Thanks to funding from the National Lottery, Flitwick Town Council was pleased to be able to offer a programme of free activities during the school holidays which included a Circus Skills Workshop, Adult and Child Cookery Sessions, Mini Olympics, Street Dance, Build a Bug Hotel, and a Graffiti Workshop.

Over 660 parents and children attended so many thanks to staff and volunteers for organising these events and, of course, to those who attended (especially the young people who I had the pleasure of meeting at the Graffiti workshop).

I have represented Flitwick at a number of events during the summer including the Annual Service of Thanksgiving at Priory Church in Dunstable, Bedfordshire Games 2024, Respite at Home Silver Anniversary, Army Benevolent Fund Summer Concert and the Flitwick & Ampthill Sea Cadets parade in July.

As you will see later in this edition, Patricia Earles has been co-opted as a new Councillor. Patricia was previously a Councillor for 4 years and it's great to have her back.

Coming up in the autumn we have a Coffee Morning and Quiz being held in aid of my two charities, Keech Hospice Care and the Flitwick Town Mayor's Charity Community Fund. It would be great to see residents coming along to support these events and helping raise as much money as we can for these worthy causes.

The Community Fridge has moved to its new dedicated home, to the side of The Rufus Centre. It continues to do great work with now 29 volunteers who last month distributed enough food to make almost 1800 meals. Most of this food would previously have been wasted but now helps those people in our community who are still struggling to meet everyday living expenses. As ever a huge thank you to the volunteers, staff and the local food suppliers for making it such a success.

Finally, you will find lots of information in this issue about upcoming events, including the Remembrance Parade, Christmas Lights Switch On and October half term activities which includes some free Pumpkin Carving Sessions. There is also an update on the former Barclays Bank building at 3 Station Road where there have been some developments.

**Cllr John Roberts**  
Town Mayor

# Meet Your New Town Councillor

Flitwick Town Council is delighted to welcome back **Patricia Earles** as a Town Councillor for Flitwick West following co-option at the June Town Council meeting.

**Commenting on her co-option Councillor Earles said:**

*"I have lived in Flitwick with my husband Gordon and our Springer Spaniel Yogi for almost 12 years and have no plans to relocate as feel this small town offers us all we need and want and also blessed that my youngest son, daughter in law and also my eldest sister and her husband have relocated to join us in Flitwick.*

*I have in the past, served as a Town Councillor for 4 years and have decided to return as I miss being involved in all the amazing events and projects that are carried out in our town."*



**"I have no political persuasion and will be voting for what I feel is best for Flitwick – not too much housing and hopefully working to improve the schools and doctors' surgeries."**

## Meetings Calendar

October	
1st	Community Services
14th	Finance & General Purposes
15th	Town Council
November	
5th	Community Services
18th	Finance & General Purposes
19th	Town Council
December	
3rd	Community Services
10th	Business
17th	Town Council

## Everyone is welcome to attend meetings

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

## New Town Centre Focal Point Moves a Step Closer

At the end of July, the Town Council formally submitted a planning application for its flagship project to transform 3 Station Road, the former Barclays Bank building, into a two-storey casual dining restaurant and a retail space. Plans to modernise and upgrade the building's frontage will enhance the town centre, and the restaurant will bring a new business to Flitwick, offering an exciting, new casual dining experience for residents and visitors.



A core aim of the project is to see the return of a post office counter to the town as part of the retail offering. While not guaranteed, the Council has been working with Post

Office Ltd to ensure the retail space meets the requirements of any business operating a post office counter. We anticipate that the process of advertising to commercial tenants will begin in the New Year.

You can view and comment on the plans on Central Bedfordshire Council's planning portal Ref: CB/24/02184/FULL. Alternatively, scan the QR code to go straight to the page. In the meantime, you will notice work commencing on replacing the roof of the building as phase one of the construction work begins.

The original surveys completed at the time of the original purchase of the site showed the roof required replacement. The building has suffered from water ingress and these works will make the building watertight and drastically improve energy efficiency.

This work is funded by the UK Government's Community Ownership fund, with work commencing now to comply with the grant funding requirements. Following a full tender process, the Council is delighted to announce that the roof works contract has been awarded to Flitwick-based Accurate Flat Roofing.

We will keep you updated on the project's progress on social media and the next edition of Flitwick Papers.



## Social Media

**Follow our  
social media**



**pages for the latest Town  
Council news and events**



## Grant funding kick starts Flitwick Living History project

An exciting project to create an interactive website that will document the people, places and events which relate to the Flitwick area is now underway thanks to £24,500 received from the UK government through the UK Shared Prosperity Fund (UKSPF).



The first part of the project is to train a dozen volunteers in how to interview, record and edit the oral history of key long-term residents. If you are interested in getting involved and learning new skills along the way, please email [flh@flitwick.gov.uk](mailto:flh@flitwick.gov.uk) or call **01525 631900**. Initial training will be at The Rufus Centre in October.

As part of the wider project, we are looking for people of all ages, backgrounds and interests to get involved in shaping, creating and managing content that will eventually be available on the website.

The aim is to document the social history of Flitwick through the people, organisations and events that shaped our community and to create the opportunity for residents, local businesses and other groups or organisations to add their own content to the website.



There are lots of ways to get involved with the project going forward, from testing the concept website, writing copy, collecting content, and moderating memories through to uploading and managing social media promotion.

If you would like to know more, scan the QR code to visit the 'Flitwick - A Living History' page on the Town Council website.

The initiative is also supported by Flitwick Town Council in partnership with Central Bedfordshire Council and the University of Bedfordshire.

**TO FIND OUT HOW YOU CAN  
GET INVOLVED SCAN THE  
QR CODE OR VISIT**

[www.flitwick.gov.uk/  
flitwick-a-living-history](http://www.flitwick.gov.uk/flitwick-a-living-history)

## 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 grants at Christmas time. You can visit the charity's website at [www.flitwickcombinedcharities.org.uk](http://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 **31<sup>st</sup> October**.

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



# FLITWICK REMEMBRANCE PARADE & SERVICE



WE  
WILL  
REMEMBER  
THEM



ON SUNDAY  
10TH NOVEMBER 2024  
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:



# September Fun

If you are looking for something to do on the last weekend of September, we have not one but three free events going on in the town!

The popular Flitwick Scarecrow Festival returns with a theme that really captures the imagination – 'Children's Films'. Over the whole weekend of **28<sup>th</sup> and 29<sup>th</sup> September** you can explore the creations across the town using the interactive map on the Town Council's website.

At the same time, on **Saturday 28<sup>th</sup>** the first ever Town wide Garage Sale is on from **10am to 2pm**. We've arranged this special event across town to help reduce landfill and

encourage residents to recycle and reuse by selling unwanted goods in their garden and buy 'new for you' items.

The weekend finishes with action in Millennium Park with the second Flitwick Skate Jam of the year on **Sunday 29<sup>th</sup> September** in partnership with Rollback World. Head to the park at **12 noon** to register or come along from **1pm to 4pm** and watch the amazing tricks and turns.

**A great way to end the month!**



**FREE FLITWICK SCARECROW Festival**

**28th & 29th September 2024**

**THEME: CHILDREN'S FILMS**

Scan the QR code to view the interactive map of Scarecrows across the town!



**Recycle & Reuse TOWN WIDE SALE**

**Saturday 28th September: 10am to 2pm**

Join in with the first Flitwick Garage Sale

Help the environment and reduce landfill by buying 'New for You' items or selling your unwanted goods from your front garden or venue!

Scan the QR code to view the list of locations





# Quiz Night

£15\* per  
person

Teams  
of up  
to 6

In aid of  
**Flitwick Town Mayor's Charity CIO**

&  
**Keech Hospice Care**

**FRIDAY 4th October**

CHOICE OF FOOD INCLUDED IN TICKET PRICE:

**FISH & CHIPS OR BATTERED SAUSAGE & CHIPS**

**OR VEGGIE BURGER & CHIPS**

*ALL SERVED WITH CURRY SAUCE & MUSHY PEAS*

**DOORS OPEN: 6.00pm – FOOD SERVED: 6.30pm**

**FOLLOWED BY THE QUIZ**

**LICENSED BAR AVAILABLE**

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

**BOOK VIA TICKETSOLVE\***  
(\*BOOKING FEE APPLIES)



(Flitwick Town Mayor's Charity CIO - Charity Number 1205683 / Keech Hospice Care - Charity Number 1035089)



**Organised by Flitwick Town Council**

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

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📷 /flitwicktowncouncil

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

# Autumn at Flitwick Library

For the adults

## Autumn workshop with Jenny from Hillside Market!

There will be **three** sessions on **Tuesday 15<sup>th</sup> October** with an option of making a door hanging decoration OR a candle centerpiece!



- 10 - 12noon - Door hanging decoration
- 2 - 4pm - Candle table decoration
- 6.30 - 8.30pm combination of both – choose from either door hanging decoration OR candle centerpiece.

Door hanging decoration £22.50

Candle centerpiece £25

Tickets being released soon!



For the kids

## Half-term Halloween!

Come along to the library during the half term to take part in our activities!

- Tuesday 29<sup>th</sup> October – **Spooky Scavenger Search**
- Wednesday 30<sup>th</sup> October – **Pumpkin craft**
- Thursday 31<sup>st</sup> October – **Halloween best dressed competition!**

Come to Flitwick Library in your best costume and enter our best dressed competition!

- Friday 1<sup>st</sup> November – **Firework Paint Party (ticketed event)**





# Summer Programme Success

A jam-packed programme of activities for young people in Flitwick over the summer holidays saw over 660 children and adults getting involved with the free events on offer. Funded by the National Lottery Community Fund, there was a great range of activities to try including Street Dance Workshops, Circus Workshops, Movie Days, Graffiti Workshops, Bug Hotel, Mini Olympics, Punch in the Park boxing at Millennium Park and Cooking sessions. Thanks to everyone who joined in. We had a great time.



## Halloween Fun

**FREE HALLOWEEN  
PUMPKIN CARVING  
SESSIONS**

**29TH & 30TH OCTOBER  
10AM - 1PM  
CHILDREN MUST BE  
SUPERVISED BY AN ADULT**

**The HUB  
Dunstable Road**

Pumpkins subject to availability

Pumpkins kindly  
donated by Tesco Flitwick

A Halloween-themed graphic featuring pumpkins, ghosts, spiders, and spider webs. The text is centered and uses a mix of bold and regular fonts. The background is white with various Halloween icons scattered around the text.

Pumpkin carving returns to The Hub for the October half term. Make sure you don't miss out on the chance to carve your own spooky pumpkin. We'll be at The Hub, Dunstable Road on **Tuesday 29<sup>th</sup> and 30<sup>th</sup> October** so just drop in from **10am to 1pm**. Children must be supervised by an adult throughout the free sessions. Thank you to Tesco Flitwick for kindly donating the pumpkins.

Flitwick Town Council  
**Free Community**  
**MOVIE DAY**  
**Thursday 31st October**  
The Rufus Centre, Flitwick  
**FREE EVENT!**

**Film Showings:**  
Hocus Pocus (PG) 11am  
Addams Family Values (PG) 2pm

Scan to book free tickets  
or visit [therufuscentre.ticketssolve.com](http://therufuscentre.ticketssolve.com)

Please note: Under 14s must be accompanied by an adult

A poster for a free community movie day. It features a large red movie camera icon with the text 'Free Community MOVIE DAY'. Below the camera, it lists the date 'Thursday 31st October' and the location 'The Rufus Centre, Flitwick'. It also states 'FREE EVENT!' and lists two film showings: 'Hocus Pocus (PG) 11am' and 'Addams Family Values (PG) 2pm'. At the bottom, there is a QR code and a note about booking tickets and supervision. The right side of the poster shows a vertical strip of images from the movies 'Hocus Pocus' and 'Addams Family Values'.

Our free Community Movie Day also returns on **Thursday 31<sup>st</sup> October**. Join us for two great films with a Halloween theme at The Rufus Centre.



## Amphill Banking Hub

*Cash and banking services in the heart of your community.*

A new shared Banking Hub, set up by Cash Access UK, is now open at **8 Church St, Amphill, MK45 2EH**

### Opening hours:

9am – 5pm, Monday – Friday

The Hub has a counter service operated by the Post Office, where customers of all major banks and building societies can carry out regular cash transactions, whenever the hub is open.

### Transactions available at the counter:

- ✓ Withdraw cash
- ✓ Deposit cash
- ✓ Deposit cheques
- ✓ Pay utility bills
- ✓ Check your account balance
- ✓ Collect change (registered business customers)

There is also a private space where you can speak to a Community Banker from your own bank about more complicated banking issues like account management, payments and transfers, card issues, managing Power of Attorney and support through bereavement, on the day your bank is in the hub.

### Community Banker availability:

Monday:	NatWest
Tuesday:	Barclays
Wednesday:	Santander
Thursday:	Lloyds
Friday:	HSBC

The Banking Hub will offer you quick and convenient access to cash and face-to-face banking services.

Visit us today, scan the QR code or visit our website to find out more.



[CashAccess.co.uk](https://www.cashaccess.co.uk)



JOIN US FOR A  
NIGHT OF LIVE MUSIC

# FOREVER ELTON

PERFORMING ELTON JOHN'S GREATEST HITS



## ★FOREVER★ ★ELTON★

AND BAND

SATURDAY  
16TH NOVEMBER  
7.30PM-11PM

### GREATEST HITS TOUR

LICENSED BAR, OVER 18S ONLY

THE RUFUS CENTRE,  
FLITWICK, MK45 1AH

TICKETS: £15

BOOK ONLINE\*

[THERUFUSCENTRE.TICKETSOLVE.COM](http://THERUFUSCENTRE.TICKETSOLVE.COM)



\*BOOKING FEE APPLIES



Organised by Flitwick Town Council

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

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

# Have you considered respite or short break care?

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

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

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

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

### Suitable for

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

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

Home Instead Luton & Central Bedfordshire  
T: 01582 742275 E: [luton@homeinstead.co.uk](mailto:luton@homeinstead.co.uk)  
W: [homeinstead.co.uk/luton-bedfordshire](http://homeinstead.co.uk/luton-bedfordshire)



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

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



Have you visited the Nature Park on Maulden Road? During the summer we held a volunteer day to help hand-pull the ragwort growing between the new trees before it went to seed. We are really grateful to everyone who came along to help.

The Nature Park is really taking shape now and is a lovely open space to explore in the town and discover the natural habitats.


## Could you be a Tree Keeper?

The Tiny Forest at Hinksley Road Recreation Ground has been a busy location during the summer. We were delighted to hold two 'Build a Bug Hotel' sessions as part of our free summer programme. It was great to see everyone joining in and enjoying the open space.

Environmental charity Earthwatch is looking for more volunteers to help look after the Tiny Forest as Tree Keepers. You can help with maintenance, community engagement, and science activities such as counting butterflies and measuring trees!

**Want to know what is involved?** Visit the Earthwatch Europe website to find out about the role and the tools, training and resources they can provide. It's a great project to get involved with.



 Find out more information about the role of a Tree Keeper and how to apply on the Earthwatch website <https://tinyforest.earthwatch.org.uk/get-involved>



## Litter Picks

A big thank you to everyone who has joined in with the Flitwick Litter Picks this year to help keep our town clean and tidy. The 2024 litter picks are now finished for the year.

**Look out for dates in 2025!**





## The Hub

Now the summer holidays are over The Hub is back open for young people during term time from 4pm to 6.30pm. There's lots of free things to do including table tennis, air hockey, pool, music and more.



**Monday Youth Club - School Years 5 & 6**  
**Tuesday Youth Drop-In - 11 to 16 years**

Follow The Hub's Facebook page for all the latest news and events taking place in school holidays too.

# One-O-One

SERVICE CENTRE

Independent Ford Specialists

FORD TRAINED STAFF  
GENUINE FORD PARTS  
WARRANTY PROTECTED

## ALL MAKES SERVICE & REPAIRS

### One-O-One

The same familiar faces, the same quality service at even better value.

We love to see existing customers whilst welcoming new ones! Building relationships based on trust, assistance and advice.

**Local Collection & Delivery**  
One-O-One Service Centre,  
Unit 7E,  
Station Road,  
Amphill MK45 2FQ

T: 01525 716111 or 01525 840038  
E: [enquiries@one-o-oneservicecentre.co.uk](mailto:enquiries@one-o-oneservicecentre.co.uk)  
W: [www.one-o-oneservicecentre.co.uk](http://www.one-o-oneservicecentre.co.uk)

- Services
- MOTs
- Diagnostics
- Tyres
- Clutches
- Brakes
- Air-Con
- Batteries
- Cambelts

# Tin Drive



**Let's help our friends at The Need Project collect 30,000 tins ready for winter!**

Drop off any spare tins at Flitwick Community Fridge during service hours or at any other collection point, including Tesco, Highlands Surgery and Waitrose.

**FLITWICK  
COMMUNITY  
FRIDGE**





## Community Fridge Moves to New Food Hub

The Flitwick Community Fridge has moved (not far!) into dedicated space at The Rufus Centre. Our new Food Hub offers lots more space for this increasingly popular service with a direct entrance from the car park to make access easier. We now have a much larger stock room, including commercial fridges, allowing us to increase capacity to meet demand. We've also been pleased to support St George's Church in Toddington to run a weekly pop-up food stall on Saturday mornings known as Toddington Community Fridge!

The Food Hub has been made possible thanks to generous financial support from organisations and local businesses, including Hubbub, Techcite Ltd, Central Bedfordshire Council Ward Councillor Grants, Pyrolec Ltd and Tesco Flitwick.

Our amazing team of 29 volunteers work tirelessly for this community project doing a fantastic job collecting surplus food and ensuring the fridge is fully staffed during opening hours to serve the community.



In August, we redistributed an amazing 5,120 kg of food and recorded 1,483 visits to the fridge, including 29 people visiting

for the first time. We're particularly grateful to our community partner Tesco



Flitwick, which has supported the Council's Summer Programme on top of daily food donations to Flitwick Community Fridge.

Everyone is welcome to visit the Community Fridge regardless of circumstances; we are here to help reduce food waste and provide support for anyone struggling with the high cost of food. All food shared by our project is free, but we'd be very grateful for small donations to help us cover the cost of the remaining items we need for the Food Hub.

Make sure you follow the Community Fridge Facebook page for the latest stock updates; we post daily so you can always check what is available.

**You can donate to our JustGiving**  
[www.justgiving.com/campaign/flitwickcommunityfridge](http://www.justgiving.com/campaign/flitwickcommunityfridge)

In addition to our regular offer, we are now providing a new service on Friday nights aimed at reducing food waste. We're now open on Fridays between 9.15pm and 9.45pm to share food we have collected from Tesco Flitwick and Waitrose Ampthill that has to be used on the same day.

We don't know in advance what food or how much we will have until we collect. Recently we have had a selection of sushi, prepared fruit, ready meals, dairy and limited meat and fish.

# FLITWICK COMMUNITY FRIDGE

**Opening Times: Saturdays 9:30am to 11:30am**

**Monday to Friday 9:30am to 11:30am and 3.30pm to 6.30pm**

## Rotary Club of Flitwick Vale

Would you like to know more about Rotary?  
The Rotary Club of Flitwick Vale meet on the **second and fourth Monday** each month at the Stable Rooms, The White Hart, Ampthill at **7.30pm for 8pm**. Everyone welcome.

## Volunteers Needed

Ampthill & Flitwick Good Neighbours Scheme is looking for volunteers to help those in need in our community.



Activities include driving people to appointments (medical, hairdressing, social) and befriending people experiencing social isolation. For more information please contact [janet.cairncross@outlook.com](mailto:janet.cairncross@outlook.com) or visit [www.afgn.org.uk](http://www.afgn.org.uk)

## Flitwick Gardeners' Autumn Show

Make a date in the diary for Flitwick Gardeners' Autumn Show at the Village Hall on **Saturday 12th October**. The show is open to the public from **3pm to 4pm**. Come along and see the winners and view the range of produce grown in the town. Refreshments available plus raffle. Free entry.

## Help Flitwick Village Hall Raise the Roof

Flitwick Village Hall Management Committee are busy fundraising to repair the hall's leaking roof. Donations however small will be much appreciated in helping to reach the target of £20,000.

A Go Fund Me page has been created [gofund.me/c4963779](https://gofund.me/c4963779)



**Bedfordshire's Local Nature Recovery Strategy**



## Help us to identify and map areas for nature recovery



Connecting habitats  
Healthier environment  
Better communities

To take part in the short survey scan the QR code or go to [www.centralbedfordshire.gov.uk/lhrs](http://www.centralbedfordshire.gov.uk/lhrs)



Your voice matters

Central Bedfordshire



**Luton**



**31ST OCTOBER 5PM TO 8PM**

# FLITWICK HALLOWEEN TRAIL



**FIND ALL STOPS ON OUR FACEBOOK PAGE!**

## Flitwick Scouts Thrive in Camps and Outdoor Activities

Flitwick Scout Group has enjoyed a jam-packed summer term full of adventure, learning, and plenty of outdoor fun. The young people, from Squirrels to Scouts, have been busy with a range of activities, camps, and challenges that have opened their horizons and helped them learn new skills.



The summer term highlight was the whole group's Family Camp, where young people and their families came together for a weekend of camping and activities with over 300 in attendance. From adventurous challenges to crafts and outdoor games, everyone had a chance to join in, creating a wonderful sense of community and shared adventure.

It has been an incredible term of growth, exploration, and fun for everyone involved in the Flitwick Scout Group. To find out more, visit their website at [www.flitwickscoutgroup.org.uk](http://www.flitwickscoutgroup.org.uk)

## Look out for our Energy Champions!



Greensand  
Community  
Energy

Greensand Community Energy is working with the Central Bedfordshire Community Energy Network ([www.centralbedscenetwork.org.uk](http://www.centralbedscenetwork.org.uk)) to support trained **Energy Champions**. Energy Champions are local volunteers who want to help us all save money and have warmer, cosier homes by sharing tried and tested ideas on home energy management. They will be attending events, speaking to community groups and visiting homes by arrangement to share energy and cost saving advice. Gas and electricity are expensive but there are big savings to be made through simple ways of insulating our homes and by looking at our energy use patterns and energy bills.

Do get in touch if you would like to have advice on how to reduce your energy bills this winter, or if you would like our Energy Champions to attend your group or event. Our Energy Champions will be out and about in Flitwick, ready to chat, or you can contact us by email at [hello@greensandenergy.org](mailto:hello@greensandenergy.org).

Greensand Community Energy is a Community Benefit Society (Reg No 9108) based in the Ampthill/Flitwick area. Find out more and sign up to our mailing list at [www.greensandenergy.org](http://www.greensandenergy.org).





# Countdown to Christmas!

The countdown to Christmas is on! Make a date in the diary for the Christmas Lights Switch On at Flitwick Town Square on **Sunday 24<sup>th</sup> November**.

It's going to be a fantastic event as always with lots going on for all the family.

If you are looking for something creative to do over the festive period why not take part in our Christmas Rag Wreath Workshop on **Friday 29<sup>th</sup> November** (see below). All materials provided to help you work your magic to create a stunning Christmas wreath for your door.



Flitwick  
Christmas Lights  
**Switch On!**  
Sunday 24th November  
3pm - 6pm  
Flitwick Town Square

**LIGHTS SWITCH ON 5pm**  
followed by  
Carols round the Christmas Tree  
Mulled Wine & Mince Pies  
Street Entertainment  
Food Vendors  
Fun Fair  
Stalls

KEEP AN EYE OUT FOR  
SANTA!



**£15 PP**  
BOOKING FEE INCLUDES

YOU ARE INVITED TO A  
**CHRISTMAS**  
Rag Wreath Workshop

29th NOVEMBER  
7.30PM - 11PM

DOORS OPEN AT 7PM

THE RUFUS CENTRE  
FLITWICK  
MK45 1AH

\* EXAMPLE ONLY

ALL PROCEEDS IN AID OF  
TOWN MAYOR'S CHARITIES:

Scan to Book your Tickets  
or visit:  
[therufuscentre.ticketssolve.com](http://therufuscentre.ticketssolve.com)

 Keetch  
hospice care

 FLITWICK  
TOWN MAYOR'S CHARITY





We will be holding a special Coffee Morning in the Village Hall on **Friday 11<sup>th</sup> October** to raise funds for this year's Town Mayor's charities, Keech Hospice Care and The Flitwick Town Mayor's Charity Community Fund.

Join us from **9am to 12noon** for cakes, coffee and great conversation!



**LOOK OUT FOR NEWS...**  
of events and fundraising activities planned this year to support these two fantastic local charities.

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

 **Keech**  
hospice care

*Keech Hospice Care (RCN 1035089) and the Flitwick Town Mayor's Charity Community Fund (RCN 1205683)*

You can also support these fantastic local charities at two other Town Mayor fundraising events we have coming up; the popular **Quiz Night on Friday 4<sup>th</sup> October** complete with fish and chip supper (see page 9), and a **Christmas Rag Wreath Workshop on 29<sup>th</sup> November** (see page 20).

## Festival for Older People

"The part we play"

'Celebrating the integral role of older people in our communities'

**Friday 4 October 2024**



**Drop in any time between 10am to 2pm**

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

 **Advice & Information**

 **Entertainment**

 **FREE Refreshments and Lunch**

 **Health and Wellbeing**

There will be the opportunity to purchase locally made goods and also to support the Macmillan Cake Stall

 **MACMILLAN CANCER SUPPORT**

**OPEN TO ALL**

Supported by:

 Bayercroft Flitwick

 **healthwatch**  
Central Bedfordshire

For further details or if you need help with transport:

Tel: 0300 303 8554

Email: [info@healthwatch-centralbedfordshire.org.uk](mailto:info@healthwatch-centralbedfordshire.org.uk)

 Cenex Health Group

 Flitwick Town Council

**healthwatch**  
Central Bedfordshire



# Share: Flitwick and Ampthill - Your Local Library of Things

With membership at over 130 and approaching 400 items loaned since our launch in November 2022, our Library of Things team are very pleased to move into a new home, under a two year agreement with Flitwick Town Council, who have very generously given us storage space and our new little "shopfront" rent free. We are open for collection, returns (and just to say hello) **every Saturday morning from 10-12.**

We're just one door round from the Flitwick Community Fridge, at the side of the Rufus Centre, so you can combine a pick-up of otherwise wasted fresh produce with collection of your needed useful household item, booked on our website!

Items can be booked at: [www.shareflitwickandampthill.org/browse-items/](http://www.shareflitwickandampthill.org/browse-items/) with membership at a very reasonable £5 per year. As always, if the cost of the membership or loan costs would cause you hardship then please get in touch in confidence and we will be happy to help.



## REPAIR CAFE



Our next Repair Café is at **Ampthill Climate Change Group's Green Fair on Sunday 6th October at Parkside Community Hall, Ampthill. MK45 2HX.**

The event runs from 11-3pm so last repair sign in will be at 2.30pm. There'll be lots to do whilst you're waiting for your repair slot, with refreshments, information stalls with children's activities, interesting local retailers and chance to chat to our local Energy Champions about how to save on home heating and other energy costs.

Items can be booked via the QR code, by emailing [repaircafe@shareflitwickandampthill.org](mailto:repaircafe@shareflitwickandampthill.org), or you can just bring them along.





Rebecca L Faret  
Solicitors

## Your local friendly and approachable solicitors

### **Private Client**

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

### **Conveyancing**

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

### **Family and Matrimonial**

Divorce, Separation, Children Matters, Finances, Pre-Nuptial and Cohabitation Agreements

### **Business and Employment**

Commercial Leases, Sale of Businesses, Debt Collection, Settlement Agreements

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

1 The Avenue, Flitwick, Bedfordshire, MK45 1BP

# The Rufus Centre

The Events Team are gearing up for a busy few months as we start the build up to Christmas with lots of different events planned.

The summer is always a busy time for weddings and this summer we have been able to hold wedding ceremonies outside in our wedding garden which has been lovely to see.

If you are planning a wedding next year you may be interested in our inclusive wedding package for 50 day guests and up to 100 evening guests which covers everything from exclusive use of the Lockyer Suite and

decorations to welcome drinks, sit down meal and DJ from just £6,395.

Get in touch with our Wedding Co-ordinator Louise, if you would like to look round and see how we can help you create your dream day.



## Highlights include:

4th Oct Quiz Night with Fish & Chips

11th Oct Beer & Burger Night

19th Oct Murder Mystery Night

1st Nov Garage Night

16th Nov Elton John Tribute

23rd Nov Comedy Night

29th Nov Rag Wreath Making Workshop

6th & 7th Dec Christmas Party Nights

21st Dec Breakfast with Santa

## Meeting Space

If you are a local business looking to hire a room for a meeting or away day we have a choice of rooms available at The Rufus Centre to accommodate small or large groups. Please give us a call if you would like to more.

Our largest room, the Lockyer Suite is the perfect space for a conference or exhibition. We're looking forward to welcoming guests to the Festival for Older People on **Friday 4th October** organised by Healthwatch Central Bedfordshire.



## HOW TO BOOK

Ticketsolve is in place for all our events.

Scan the QR code to view and book all the events on sale. Including exciting plans for Christmas celebrations.



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

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

 01525 631905 



## Friday Nights@Rendezvous are back!

Friday Nights@Rendezvous returned with a bang with the first Garage Night, it was so successful the next one is already in the diary for Friday 1st November.

For something completely different we have a Friday Nights@Rendezvous Burger & Beer Night with Ampthill based brewery Kelchner on Friday 11th October which promises to a great night out!

Keep an eye on our socials for news for more Friday Nights events coming up.

## Exciting New Menu

Chef Paul has been busy creating a new Café menu which we launched at the beginning of September featuring some delicious new dishes to try and old favourites.

One of the most popular so far has been Hendo's Jerk Chicken Wrap, chargrilled chicken breast marinated with Jamaican spices. We're now serving fish and chips every day so you don't have to wait until Friday!

We are proud to be supporting local businesses in the Café using locally sourced products where we can including Ampthill based Wooden Hill Coffee, Cottage Bakery, Deacons Butchers and Kelchner Brewery.



# BEER & BURGER NIGHT

# FRIDAY NIGHTS

## @ RENDEZVOUS

### 11TH OCTOBER

**DOORS OPEN**  
6:30PM - 10PM

**FOOD SERVICE 7PM - 9PM**

TICKETS: £14.50\* INCLUDE:  
FLIGHT OF 4 BEERS TO TASTE | CHOICE OF BURGER  
KELCHNER BEER BATTERED ONION RINGS & CHIPS

SCAN THE QR CODE OR  
BOOK ONLINE AT [THERUFUSCENTRE.TICKETSOLVE.COM](http://THERUFUSCENTRE.TICKETSOLVE.COM)  
\*£1 booking fee applies

THE RUFUS CENTRE, STEPPINGLEY ROAD, FLITWICK, MK45 1AH

Organised by **Flitwick Town Council**

For more information: 01525 631900 or events@flitwick.gov.uk

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

## RENDEZVOUS

Café & Bar

# MENU

**Café Open**  
Monday to Friday  
8am - 6pm  
Saturday Sun - 2pm

**KITCHEN Open**  
Monday to Friday  
8am - 2.30pm  
Saturday Sun - 1.30pm

<p><b>BREAKFAST &amp; BRUNCH</b> Served until 11am</p> <p><b>Full English - Large</b> £9.95 2 sausages, 2 bacon, 2 tomatoes, portobello mushroom, cheese, hash brown, 2 free-range eggs (fried, poached or scrambled), 2 slices of toast. Vegetarian/Vegan options</p> <p><b>Full English - Small</b> £8.95 Sausage, bacon, 2 tomatoes, portobello mushroom, cheese, hash brown, 1 free-range egg (fried, poached or scrambled), 2 slices of toast. Vegetarian/Vegan options</p> <p><b>Smashed Avocado &amp; Poached Egg (v)</b> £8.50 American-style fried toast &amp; free-range poached egg</p> <p><b>Omelette (v)</b> (available all day) £8.50 3 free-range egg omelette with your choice of 2 fillings: bacon, mushrooms, spinach, cheese, ham, onion or tomato</p> <p><b>Smoked Haddock &amp; Poached Egg</b> £7.50 Lentils, sautéed mushrooms &amp; free-range poached egg</p> <p><b>Breakfast Clabatt</b> (available all day) £5.50 Fruity salad, omelette with free-range eggs, bacon &amp; sausage</p> <p><b>Belgian Waffles</b> £9.95 Two Belgian waffles served with your choice of strawberry sauce &amp; maple syrup or mixed berry compote</p> <p><b>Watermelon, Feta &amp; Spinach Salad, Pumpkin Seeds (v)</b> £5.25</p> <p><b>French Toast with Rum Caramelised Bananas &amp; Maple Syrup (v)</b> £5.50</p> <p><b>Trendy bruschetta served with rice, caramelised banana &amp; maple syrup (served hot)</b></p> <p><b>Granola with Greek Yogurt &amp; Honey (v,ve)</b> £3.50</p> <p><b>LOCALLY SOURCED PRODUCE</b> We're proud to source our products locally where we can including Ampthill based Wooden Hill Coffee, Deacons Butchers &amp; Cottage Bakery</p>	<p><b>LUNCH &amp; LIGHT BITES</b> Served from 11am</p> <p><b>Ham, Egg &amp; Chips</b> £8.50 Hand carved roast ham, 2 free-range fried eggs &amp; chips</p> <p><b>Fish &amp; Chips</b> £10.25 Beer battered sea caught fish served with Chef's homemade tartare sauce, chips &amp; mushy or garden peas</p> <p><b>Jacket Potato</b> £6.50 Baked jacket potato served with mixed beef salad, mushroom and your choice of filling: cheese (v), baked beans (v), homemade beef chili or Quorn chili (v) &amp; sauce cream</p> <p><b>Chilli Nachos</b> £8.95 Homemade beef or Quorn chili (v) served with tortilla chips, guacamole, salsa &amp; sour cream</p> <p><b>Buffalo Chicken Wings</b> £5.50 Chicken wings glazed with buffalo sauce served with blue cheese mayo &amp; dressed potato</p> <p><b>Feta Cheese Wrap (v)</b> £7.25 Feta cheese wrap filled with mixed herbs, mushrooms, tomato &amp; cucumber served with chips &amp; house sauce</p> <p><b>Hendo's Jerk Chicken Wrap</b> £7.25 Chargrilled chicken breast marinated with Chef's Hendo's Jamaican spices, mixed beans, chips &amp; house sauce</p> <p><b>Chicken Caesar Salad</b> £8.50 Roasted chicken breast, baby gem lettuce, spring onion, tomatoes, baked potatoes &amp; Chef's Caesar dressing</p> <p><b>Greek Salad (v,ve)</b> £8.00 Feta cheese, tomatoes, marinated tomatoes, red onion, baby gem lettuce &amp; olives</p> <p><b>Salt &amp; Pepper Calamari</b> £8.25 Calamari with mixed leaf salad &amp; Chef's garlic mayo</p> <p><b>Hummus Salad (v,ve)</b> £8.00 Chef's hummus, homemade beef &amp; salad with warm pitta bread &amp; spring onions</p> <p><b>Chef's Friday Special!</b> £7.50 Chef's homemade special - a great way to end the week. Check the website for details!</p>
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**Rendezvous Café & Bar**  
The Rufus Centre, Steppingley Road, Flitwick, MK45 1AH  
Follow us on: [www.therufuscentre.co.uk](http://www.therufuscentre.co.uk)

## Christmas Fun

We love Christmas at The Rufus Centre, and the Events Team has been busy planning some great events for the festive season.

It seems a lot of residents have been thinking ahead to Christmas too with our first ever Afternoon Tea with The Grinch already sold out!



The good news is tickets for Breakfast with Santa are still available for Saturday 21st December, the last Saturday before the big day! Join us for a hot breakfast and drinks and a special visit from Santa plus letter writing and cookie decorating for children.

If you fancy a night of dancing to a live band and a delicious two-course meal with friends, family or work colleagues you can join us on one of two dates for our popular Christmas Party Nights over the weekend of the 6th and 7th December.



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

**Christmas PARTY**  
6TH & 7TH DECEMBER | 7PM  
LIVE MUSIC & A TWO COURSE MEAL

TICKETS £26\*PER PERSON

THE RUFUS CENTRE, FLITWICK, MK45 1AH

STRICTLY OVER 18'S  
LICENSED BAR

Organised by Flitwick Town Council

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

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**Breakfast with Santa**  
10 AM - 12 NOON

**SATURDAY 21ST DECEMBER**

HOT BREAKFAST | SANTA APPEARANCE | HOT DRINKS

The Rufus Centre, Flitwick, MK45 1AH

CHILD TICKET INCLUDES: £12.50\*  
DELICIOUS HOT BREAKFAST  
LETTER WRITING  
COOKIE DECORATING KIT

ADULT TICKET INCLUDES: £19.50\*  
DELICIOUS HOT BREAKFAST  
HOT DRINK

BOOK ONLINE! LIMITED SPACES

Organised by Flitwick Town Council

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

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# FLITWICK COMEDY NIGHT

*WITH CASTLE COMEDY*



**Markus Birdman**



**Andy Stedman**



**Mike Gunn**



**Paul Revill**

**SATURDAY 23rd NOVEMBER**

**DOORS 7:30pm SHOW 8:15pm**

**TICKETS**  
**£13\***

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



**WITH:**



**THE RUFUS CENTRE, FLITWICK, MK45 1AH**  
**BOOK ONLINE THERUFUSCENTRE.TICKETSOLVE.COM**

**\*(BOOKING FEE APPLIES)**



**Organised by Flitwick Town Council**

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

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Flitwick  
Christmas Lights

**Switch On!**

Sunday 24th November

3pm - 6pm

Flitwick Town Square



**LIGHTS SWITCH ON 5pm**

followed by  
**Carols round the Christmas Tree**

Mulled Wine & Mince Pies

Street Entertainment

Food Vendors

Fun Fair

Stalls



**KEEP AN EYE OUT FOR  
SANTA!**

