



Lots of new stuff in this issue - fitness guru Nicola Rayner gives us some tips for getting fit, and if you read the ad from the White Hart, you will see that they will be much appreciated!

Speaking of pubs, it's all change at the Jolly Coopers, and by the time you get this mag Andy and Tracy will be open for business and keen to meet you - pop in for a warm welcome! Warmth is very much in the news in Flitton too, as the church, the village hall and the church hall (see Page 11) now boast brand new heating systems. So no danger of chilly toes!

And it wouldn't be Flit'n'more without a fair sprinkling of quizzes - first to let you know that the Church Christmas Cryptic Quiz was won by Lyndsey Daventry from Chester, and raised a very healthy £186 for Church Funds. If you would like to see the answers, contact Simon Sadler on flittonsadler1@btinternet.com.

There are no fewer than two more quizzes to look forward to - the annual Church Quiz is on 13th May, see Page 5, and in addition the

Church Hall is raising funds with another Quiz Sheet from Clive Chandler, this time on Towns and Cities in the UK - look out for copies for sale at village events including with the Friends Coffee Morning, and the Church Quiz, or contact Clive direct

Now I need to make an apology for a rather glaring error in the Christmas issue... many of you spotted that I gave the wrong month for the next Potato Race date - it's 11th June, not 11th July! You can read all about it on page 9! Apologies to all Potato Race enthusiasts for giving you a shock!

Anyway, I'll leave you to read all about it - this month's cover picture is of last year's apple blossom in my own garden - and the apples were great too!

Angela Ayres, Editor

From Your Parish Council ...

Keep up to date with what's going on in Flitton, Greenfield and Wardhedges

It has been a busy time for the Parish Council working on our Annual budget and we now look forward to a new financial year in April. There are more Highway works in the next few years and with this in mind, plus our need to get the Neighbourhood Plan established, we felt we had to increase our precept slightly this year, so council tax for a Band D dwelling will go up about £5 to just over £67 a year. This is a 7.5% increase and we feel it is justified.

I am delighted to announce that we have a new Councillor for Greenfield, Mark Gates and potentially also Nigel Mackie. Hopefully they will have taken up their sub-committee roles by the time this goes to print and our thanks to them for volunteering for this role. However there is always a role for more than the 10 Parish Councillors. If you don't want an active role on the council, please let us know if there are things that need replacing, repairing or renewing. You can speak to a Parish Councillor, email or call us, or come to a PC meeting where we always welcome your view, or you can drop a note in the Parish post box on the Church Hall wall. It's so much better to have everyone working to help us make improvements in the Parish.

We complete this year's litter picking day as part of the Great British Spring Clean on Saturday 4th March. We hope to get loads of volunteers, but it shouldn't stop you from picking up litter around your home at any time of the year. We take pride in our village looking litter free, so please help us with this. Can I also thank Dave Sedgley and his team for the work they have done laying hedges near Mill Lane in Greenfield. It looks very professional and hopefully people taking part will have learnt a new skill.

Recently the Cemetery Sub-Committee has revised its policies and charges and these are now available to read on the website. We feel that despite a small increase, our charges are still very modest in comparison to those of neighbouring Councils. We now spend slightly more on gardening and grass cutting and have had several compliments about the improved appearance.

Another, hopefully seamless change is that the PC now manages the MUGA. Cllr Jen Fisher will Chair a MUGA sub-committee and anyone interested in helping her can let us know. Please contact Jen or see the MUGA website <https://fgmuga.com/> for how to join, book courts and make group bookings.

Talking about meetings, we are trying to arrange a get together of all the social media editors and Parish magazine in the Parish. We have booked the Church hall on Weds 5th April at 7.30pm and hope that everyone involved in communications in the Parish will be able to attend, to establish better links and assistance with Flit'n'More. Contact clerk@flittongreenfield.org.uk if you plan to attend or have any questions.

With the longer days and better weather approaching, may I encourage you all to enjoy the village. We are lucky to be surrounded by lovely countryside and walks and it is always nice to meet people; I remain of the view that we are a very friendly and active community and long may it stay that way.

SEE INSIDE BACK PAGE FOR IMPORTANT PLANNING NEWS



Services for Spring at St John the Baptist, Flitton...

Sunday 5 th March	11 am.	Morning Worship	
Sunday 12 th March	9.30 a.m.	Holy Communion a service with hymns for all the family, followed by refreshments	
Sunday 19 th March	8. 30 am	Holy Communion - a short service without hymns. PLEASE NOTE; this service is usually on a 4 th Sunday but has been brought forward because of...	
Sunday 26 th March	10.30 am	Mothering Sunday Service - a very special service celebrating mums of all generations - every mum receives a posy!	
Sunday 2 nd April	11 am	Morning Worship - followed by the Annual Meeting of the PCC, to which all are very welcome. Refreshments will be served to keep you going!	
Sunday 9 th April	10 am	Palm Sunday - a Three Churches Service when we welcome our friends from Silsoe and Pulloxhill for this special service to mark the start of Holy week. Palm crosses will be distributed.	
Sunday 16 th April	11 am	Holy Communion for Easter with the choir. There will be refreshments afterwards and Easter eggs for the children.	
Sunday 23 rd April	10.30 am	Cafe Church for St George's Day! Everyone is welcome to Cafe Church. Activities for children, a quiet time for reflection or just a chat and refreshments. You can stay for a short while or until about 11.45am. We don't mind older children playing on their phones or young children making a noise. In short, it's a very relaxed, informal time for you to come to your church.	
			
Sunday 30 th April	10 am	Three Churches Service at Silsoe (no service at Flitton)	
Sunday 7 th May	10.30 am	Cafe Church.... See above!	
Sunday 14 th May	9.30 a.m.	Holy Communion - with the choir, followed by refreshments	
Sunday 21 st May	10 a.m.	Three Churches Service at Pulloxhill - a service to mark the licensing of Gillian Kern as a Lay Reader. Gillian lives in Greenfield, so do come along to support her on this special day. (No service at Flitton)	
Sunday 28 th May	8.30 a.m.	Holy Communion - a short service without music from the Book of Common Prayer	

Jottings from St John's Flitton Church News



The Benefice of Silsoe, Flitton and Pulloxhill - Growing as beacons of Christ's light in our communities.

THE JOURNEY INTO LENT TO EASTER

March 1st, Ash Wednesday;

7.30pm, Silsoe Church, Imposition of ashes and Holy Communion. This traditional service of ashing leads us into the season of Lent. In Biblical times this included fasting, associated with acts of repentance, along with 'sackcloth and ashes', later used as an outward sign of repentance.

Throughout Lent there is a Deanery course which this year examines the four values of the St Albans Diocese Living God's Love vision: Generosity, Joy, Imagination and Courage

Wed 8th March Wednesday 7.30pm

Shefford Church, theme 'Generosity' Canon Tim Lomax

Wed 15th March 7.30pm Silsoe Church, theme 'Imagination' Rev'd Roger Wood

Wed 22nd March 7.30pm Flitwick

Church, theme 'Joy' Rev'd Em Coley

Wed 29th Mar 7.30pm Ampthill Church, theme 'Courage' Ven. Jonathan Smith

26th March - Mothering Sunday: There are 3 services across our Benefice; 9.30am Silsoe, 10.30am here in Flitton, 11am Pulloxhill.

Sunday 9th April, Palm Sunday: We celebrate with a United Benefice service at Flitton where we give out palms and remember Jesus' triumphal entry into Jerusalem.

Holy Week:

13th April, Maundy Thursday:

at 7.30pm there is a service of Hand washing and Holy Communion at Silsoe Church. The following day, Good Friday, 14th April there are two events in our Benefice, a Walk of Witness at Silsoe starting at 11am at The Millennium Green and a Passion Play at Pulloxhill Church at 2pm where we see the events of Good Friday acted out.

16th April Easter Day! 7.30am the first communion of Easter outside Pulloxhill Church followed by breakfast in the church. And two further services, 9.30am Silsoe and 11am Flitton Easter Day Communion

Do join us on the journey through Lent to Easter Day!

Dave Bell

CHURCH CLEANING

If you have an hour or so once a month, please come along to help with the cleaning at church. The next working party is on Tuesday 28th March from 10am. We work for an hour and then have coffee and cake so it's very sociable. Weather permitting, if you prefer, there is always some gardening to do to keep the churchyard tidy [please bring your own gardening tools]. Everyone is welcome to come along and any help is greatly appreciated.

EASTER LILIES

At Easter, we have a display of lilies in the church in memory of loved ones who have passed away, and their names are read out during our Easter Sunday service. If you would like to have one or more, please contact Margaret Butt 01525 862170 mkatebutt@yahoo.co.uk Each lily is £5. Please contact me before April 9th.

CHURCH INFORMATION

As well as this magazine, you can find out about services and events on our webpage www.3churches.co.uk or [Facebook@FlittonChurch](https://www.facebook.com/FlittonChurch)

A SEASONAL PRAYER

Almighty and everlasting God,
who in your tender love towards the
human race sent your Son our Saviour
Jesus Christ to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of
his patience and humility,
and also be made partakers of his
resurrection; through Jesus Christ your
Son our Lord, who is alive and reigns with
you, in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Regards
Dave

Now concentrate, there's a change in the normal scheme of things, and I know how these things confuse you...

Saturday 13th May at 7.30 pm

Yes that's SATURDAY, not FRIDAY

Flitton Church Hall

(Don't worry, that's the same)



**IT'S THAT PESKY
FLITTON QUIZ AGAIN...**

You don't need to be brainy, in fact some might say it would be a disadvantage, you just need to be up for a good time!

BAR!

RAFFLE!

PRIZES!

***Teams of up to 6 -Ticket price £10 per person includes
Chilli supper and there's a licensed bar***

(Please no BYO as its a fundraiser for Flitton Church and Friends)

Call Angela on 01525 860723 or

martandang@btinternet.com to reserve your table

Book your table EARLY to avoid disappointment!

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The Rumours are all True! The Great Flittish Weight-Off Has Started!

...Phil, Simon Sadler, Chef Joe and Front of House Maestro Jamie have embarked upon a fitness and weight loss regime raising money for The Famous Flitton Potato Race and Alzheimer's Research UK.

Weighing in at an impressive 1125lb (ok, we're not impressed), and with 16 weeks until the re-weigh at the Potato Race, guess how many pounds will be shed (if any) for a £2 donation – forms at the pub – prize for the closest!

But I've seen Joe eating donuts already. And Jamie keeps talking about cakes. We'll never last 4 months! *Or will we...*

Soon these White Hart adverts may actually be true -

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Cambridgeshire
Northamptonshire

Flit Vale Wildlife Trust Spring 2017 Programme

Monday 20th March - 7.45pm at Maulden Church Hall

Talk by Graham Bellamy on "Managing Chalk Grassland"

Monday 24th April - 6.30pm at Maulden Church

Join members of Flit Vale committee for:

An early spring walk round Maulden Church Meadow and Woods.

Wednesday 3rd May - 7pm at Paxton Pits, Little Paxton, PE19 6ET

Meet in the car park. An evening walk around Paxton Pits looking for Nightingales and other spring birds with Steve Halton, bird expert and enthusiast.

Booking essential as places limited

Wednesday 7th June - 7pm at Pegsdon Hills Nature Reserve

Flowers and Wildlife of Chalk Grassland.

A guided walk round Pegsdon Hills Reserve with Dr Graham Bellamy.

£1 per adult requested for walks.

Contact Ann on 07890 347327 or flitvale.info@gmail.com

The Friends of Flitton and Greenfield Church

A big thank you to all those who supported our recent fundraising events. The 2016 Christmas Cards sold out, raising £257.40, and a further £288 was raised from the Christmas Coffee Morning. Our first Children's Christmas Party was a great success, and even with set-up costs and a reasonably small number of children, we still managed to show a profit, which augurs well for this year... watch this space!



Our next event is..

SPRING COFFEE MORNING



**Saturday 25th March in the Church Hall,
from 10.30 am to 12.30 pm**

**COFFEE AND CAKES
CRAFT STALLS TOMBOLA**

**Come along to meet other villagers,
its a very social occasion!**

FORTHCOMING EVENTS;

The AGM of the 'Friends' is on Thursday 20th April at 7.30 pm in the church. Everyone is welcome to attend, to hear how the 'Friends' works and what we have been up to. Its also an opportunity to join us if you are interested in our church building here in Flitton and Greenfield. We are not a religious organisation, we just love our beautiful old church!

DE GREY MAUSOLEUM

English Heritage open our mausoleum on the first Sunday of each month from 2nd April until 3rd September from 2-4pm, also Wed 17th May and Wed 12th July, also 2-4pm.

For more info; www.english-heritage.org.uk/visit/places/de-grey-mausoleum/
On 11th June which is Potato Race Day, there will be special talks in the church, and mausoleum if you want to find out about our local history in more detail.



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THE FAMOUS FLITTON POTATO RACE



Sunday 11th June 2017

NOT FATHERS' DAY!

Yes, its that time of year to start planning and training for our one and only Famous Flitton Potato Race.

Why not join in, come rain or shine, and raise funds for the community and charity

- 🥔 Run, walk, stagger a mile through Greenfield and Flitton
- 🥔 Win a unique medal and cash prizes for the mile races
- 🥔 Carry 20kg, 10kg, 5kg or 2kg depending on your age
- 🥔 Take up the team challenge and win a barrel of beer
- 🥔 Enter a team in the youth team relays
- 🥔 Raise money for your own charity

How else can you help?

- 🥔 Advertise the race
- 🥔 Distribute leaflets and posters
- 🥔 Sponsor a race - be just like the Virgin London Marathon!
- 🥔 Be a marshal on the day and stand up to road rage
- 🥔 Donate any old forks and dessert spoons

Take part and make it a day to remember for all the family
Put it in your diary and for further details please contact
Simon Sadler on 861727 or flittonpotatorace@hotmail.co.uk
or visit www.flittonpotatorace.co.uk



FLITTON FLITS FAMILY FUN RUNS

Notice of the 13th Flitton Flits Fun Runs

5K Fun Run

Junior 1 mile

200m for age 7 and under

Monday 1st May 2017

This village event is being organised in aid of conservation work on the Moor and maintenance of Flitton Church Hall.

Residents of the villages can support by taking part in the races, providing help on the day or cheering on the runners.

**Please let the organisers know
if you are able to provide help.**

The event is a great day out for the whole community, which finishes with prize giving and a BBQ at the White Hart pub.

Look out for the entry form, which will be available shortly and check out Facebook for updates: 'Flitton Flit Fun Runs'
If you own a local business and are interested in providing sponsorship or prizes, please contact the organizers.

- **Registration in Flitton Church Hall, Brook Lane from 09:30 on race day until 10:15**
- **Start/finish area close to our new barn.**
- **Main run starts 11.00h with the junior races beforehand.**
- **The races follow flat cross-country routes around Flitton Moor and Flitwick Moor.**

For more information, offers of help or sponsorship enquiries, please contact David Sedgley on 01525714961
or Jen Fisher on 01525 713917

flittonflit@gmail.com

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chairs, tables, crockery, glassware etc (for 70)
it's your one-stop shop for a great event!***

STOP PRESS...

***We are very proud to have won a competition run by
Tesco to give a facelift to the garden area at the rear
of the Hall. This will make a great outside space for
children to play or for cocktails on a summer's
evening! - watch this space for more news!***



A huge huge thank you to everyone who helped with, contributed or just turned up to the village's largest annual event last September. I know that we thank everyone every year but particularly so for 2016 for what was a rather damp day to say the least. What was annoying was the lovely weather on both days beforehand and afterwards. However, it was really delightful to welcome those in the village who braved the weather in order to support the gala - a very impressive number who managed to eat all the burgers, hot dogs, cakes and other refreshments.

The weather played havoc with the traditional arena sessions, with only Jazzercise managing to take to the field and then the rain set in; health and safety concerns prevented the Affinity Tribal belly-dancers, the Kids Olympics and the cadets' Corps of Drums from entertaining everyone and the usual finale of the tug of war had to be cancelled. Fortunately all was not lost, as having a stage in the hall allowed the Ampthill Town Band and the Ampthill Singers to perform inside and keep their sheet music dry.

Our VIP celebrity was Margaret Lowe who has been involved tirelessly with the gala, school, parish council and other aspects of village life over many years; as there is no such thing as a free meal, Margaret's duties part included crowning Mia Green as this year's gala queen, officially opening the gala, judging the colouring competition and drawing the raffle. Apart from the disrupted arena programme, there were just as many stalls and activities as previous years, covering a wide selection of interests. We are always keen to see new stalls and this





time we welcomed Amphill Brewhouse, Zorb football and Keech Hospice - any suggestions for this year?

The theme was carnival as inspired by Team GB in Rio but unfortunately it wasn't the weather for grass skirts which limited the committee's choice of dressing up in theme costume.

We continued with the exotic (spicy at least) theme in the cooking competition for the best chutney or pickle; we were fortunate to have Vickie Humber, a former World 'Jampion' as judge again for the

record number of entries; Darren Palmer took home 1st prize. No such theme problems for the Year 4 football tournament which was extremely well attended by teams and supporters, with Clophill running out as winners of the trophy.

As the banner outside the village hall states, despite the weather, the gala committee raised over £4,000 for the ongoing maintenance of the hall, and surprisingly most stall-holders made enough to make the day worthwhile; unfortunately takings were down at the bar and the inflatable games but generally feedback indicated that it was another successful day and, hopefully worth maintaining. To that end, we have provisionally booked Saturday 9th September 2017 so please note in your diaries. However, an event of this nature and scale does not happen without a considerable amount of effort and the gala committee would be very interested to hear from anyone willing to help on the committee or before or on the day.

It is clearly a case of the more the merrier and, hopefully, worth your help.

Many thanks,

Simon



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Harlington Upper School News

Autumn Term 2016

We have had a great Autumn term this year, and definitely finished on a high with our production of *Footloose*. The excellent cast and superb school band, acted, danced and sang in a most enjoyable show. At the end of December, a team of sixth form students won the prestigious Cranfield Business Challenge coming top out of all the schools in Bedfordshire and Milton Keynes. Our Year 11 boys' football team continued their run in the FA Schools' National Cup progressing to the last 16 out of 537 schools

We also received the news that we are officially world class! The school was selected by the DfE to participate in the International Trends in International Mathematics and Science Study. The great news is that our students compare well with students anywhere in the world. If Harlington was a country, we would be ranked 2nd overall in the world with only Singapore better. In maths we would be ranked 6th of the 40 countries included in the study – the 5 countries ahead of us are all in the Far East. We have been supporting Gifted and Talented students this term with visits to the Brilliant Club at Oxford University where students received their graduation certificates for work on the Scholars Programme, together with lectures at the Natural History Museum and an Art day to learn new oil painting skills.

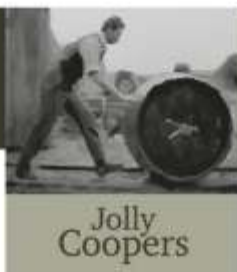
The students continue to raise significant sums for charity through the House system. This year they are supporting Keech Hospice Care, The Teenage Cancer Trust, Cancer Research, Alzheimer's Society, Action for Children and the Make a Wish Foundation. In December, we welcomed local residents to a tea party hosted by our Sixth Form students. Everyone had a good time and we are looking forward to getting together again soon.

We have said goodbye to two members of staff. Miss Atkins, Head of Sixth Form, is taking up an Assistant Headship after 10 years at Harlington. Miss Rolph, Pastoral Support Assistant, is also leaving to embark on a year of travelling. We wish both departing colleagues best wishes and good luck for the future.

Much more has happened than we have space to report here, but we are trying to capture and share the many events at Harlington through Twitter. We also tweet important notices, so please follow us: @HarlingtonUpper. Our Facebook page can be found at <https://www.facebook.com/HarlingtonUpperSchool/>

Shawn Fell
Headteacher





Andy & Tracy
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to the newly refurbished Jolly
Coopers , Wardhedges .

Offering Good Food & Drink
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And Warm Welcome

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From 11am—11pm
(later on weekends)



£1.66 million from Heritage Lottery Fund awarded to help preserve the character of the Greensand Country landscape in and around Bedfordshire.

The Greensand Country Landscape Partnership (GCLP) is delighted to announce that it has secured £1.66m National Lottery funding from the Heritage Lottery Fund to support an array of exciting projects which will help us raise awareness of the hidden heritage of the Greensand Country and to reverse the gradual decline in the distinct character of this beautiful and loved landscape.

'Greensand Country' is an island of higher ground, which is made up of the Greensand Ridge and the surrounding river valleys. It stretches from Leighton Buzzard to Gamlingay, rising out of the flatter clay vales. The area's sandy soils were not suitable for agriculture, so by medieval times the land was mainly used for grazing, woodland, deer hunting and keeping rabbits. Much of this 'poor' land had been used to support the foundation of monasteries, but when these were dissolved under Henry VIII, the land was given away to those in the king's favour, who built their manor houses and parks up on the former monastic estates. As a result of this history, the area contains all of Bedfordshire's remaining lowland heathland, more than half of its woodland, and more surviving historic parkland than any other landscape in the country.

However, the landscape's very distinctive character has been weakening over decades due to modern development and changes in land use. Valuable habitats are becoming fragmented; views of and from the area are being lost or impaired and traditional heritage skills are dying out.

The Greensand Country Landscape Partnership has been formed by a range of partners in the area who will work with landowners and local communities to take a joined up approach to meeting the challenges in the area. The Partnership is led by Bedfordshire Rural Communities Charity and the Greensand Trust, and also includes the RSPB, The Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire, Central Bedfordshire Council, and many others.

Jon Boswell, Chief Executive at Bedfordshire Rural Communities Charity and Chair of the GCLP, said: "We are thrilled to have gained this funding from the Heritage Lottery Fund to deliver our Landscape Partnership programme with our partners in the area. Even locally, the fascinating heritage of the Greensand Country is not well known. As a result of this funding, we will be able to preserve the distinctive character of much of this beautiful landscape, and provide a multitude of opportunities for local people and visitors to enjoy and learn about the landscape and contribute to its future conservation."

Robyn Llewellyn, Head of HLF East of England, said: "From healthy heathlands and working woodlands to storytelling and geotrails, we're delighted to support this project

Continued overleaf..

which will achieve a sustainable future for the Greensand landscape and reconnect people with the natural heritage on their doorstep.

“Alongside a diverse partnership of organisations, volunteers and communities will play an integral role in this exciting vision for Greensand Country, gaining the skills and experience needed to not only reverse its decline but ensure it continues to thrive beyond the lifespan of the project.”

How can you become involved?

- Do you have some patches of grassland or heathland that you would like funding to enhance?
- Do you have a churchyard in which you would like to increase the diversity of wildlife?
- Do you have any woodlands that could be better managed and would you like the money and skills within your community to do this?
- Do you have any walls or other structures made of sandstone in your community that you would like to restore? (Not including the main church building or houses).
- Is there anyone in your community who would like funding to carry out a heritage project which enhances the understanding of the natural, cultural or historic heritage of your place or improves the management of that heritage?
- Would you like to create interpretation on your local footpaths, cycleways or bridleways to increase people's awareness of their heritage?

There will be much more too!

There will be lots of events, workshops and festivals going on so your community will be able to find out lots more about your landscape and learn lots of new skills. Footpaths, cycle ways and bridleways will be improved and there will be lots of information so that you can learn about the hidden stories and the history of this place.

We will run apprenticeships and will train professionals and those not in education, training or employment the skills that are needed to look after this landscape for the future. There will be lots of opportunities to volunteer.

If you would like to get involved please see...

www.bedsrcc.org.uk/rural/greensand-country-landscape-partnership/

Or contact Claire Poulton on clairep@bedsrcc.org.uk

The Greensand Country Landscape Partnership is funded by the Heritage Lottery Fund, which is made possible by National Lottery players. Without them we couldn't fund the project.



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News from Greenfield Lower School

Great at Greenfield!

Join us on 15th March when Greenfield School will be open from 9.30-11.30am and 1.30-3.30pm for you to see some of the exciting things on offer. Tea and coffee will be available throughout the day provided by our wonderful PTA. One of the lessons you may be able to see is the year 3's and 4's learning to play the clarineo. They learn this instrument for the whole year building on their skill and can already play 'Stripy Cat Crawl'.

In the near future you may wish to download our new school app and keep up to date with everything that's going on in your local school.

We currently take children from the age of 2 years 9 months in our very special Ducklings class. We offer 15 hours per week free nursery education from the term after their 3rd birthday.



Additional sessions are also available, as is our lunchtime 'Duck Club', if you would like your child to attend for the full day. Ducklings can also attend the on-site breakfast and after school club. Limited places are available, please ring to make an appointment. We also have availability for children starting school in September 2017 and in some of the older classes.

Over the next few weeks you will see our children out and about in the local area as we will be taking part in the Great British Spring Clean and osier cutting on the Moor.

Annette McCullion
Headteacher



Wi-Fi

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ATTENTION TO DETAIL

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Wed	8.30-4pm	
Thurs	8.30-8pm	
Fri	8.30-6pm	
Sat	8.30-4pm	

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(near the Mill Garden Centre, A1)

New to Flit'n'More Fitness Tips from Nicola...



As we head towards warmer days we start to think about peeling away our winter insulation (excess weight and clothing) sending us into a panic of how to achieve our physical goals as quickly as possible!

So we pound the street or hit the gym with little consideration to our posture, muscle imbalances and technique, as a result of which we achieve some weight loss and that hormone driven feeling that we are getting fitter! I'm all for 'doing something is better than sitting down thinking about it,' BUT after years of dancing, jumping, running I started to notice that yes, I was cardio fit but I had aches and tight muscles - if I wanted to continue at that level I needed to address my weaknesses not just work with my strengths.

So Pilates became part of my life. I enriched my knowledge through ante/post natal, spinal conditions and pelvic floor training and this now flows through my classes. There is nothing to replace the feeling of a good cardio session, but compliment it with core and stabilising muscle strength work, train your brain to work with your body and know what good posture feels like so that you can train better, focusing on durability not just ability.

Pilates is used by professional athletes to improve muscle length, strength and range of movement. Think about it from a professional golfers point of view. Like many sports, golf is unilateral (1 sided), so muscles on one side become more developed, thus pulling the body out of alignment, leading to restriction in mobility and flexibility resulting in reduced performance and greater risk of injury.

Pilates helps to re-balance the body by focusing on strengthening weak stabilising muscles, allowing for release of tight opposing muscles and restoring the muscle balance. Good posture, with improved flexibility allows for a better quality of movement in your sport. Translate this into our everyday lives, we can reach the floor more comfortably without straining our backs because our glutes (bum muscles) are stronger, hamstrings (back of legs) more flexible so all the work doesn't come from our backs, reducing the risk of spinal injuries. The benefits allow mind and body to work together, build connections, improve muscle memory and awareness of what good posture looks and feels like.

Like so many group based exercise classes Pilates has become female focused; men either think they will be the only one in the class or that Pilates isn't challenging enough, so they miss out on a great fitness boosting tool. My mixed Pilates classes have men in them but I appreciate that just as women don't necessarily want to be the only woman in the gym, some men don't want to be the only man in a Pilates class. I wanted men to see and feel the benefits of Pilates-based exercises so I now run a men's core strength class with exercises and stretches relevant to men's muscle imbalances, tightness, weakness and help them to realise the importance of great technique, awareness and developing core strength which propels their fitness in other areas of their lives.

You don't need to be fit, young or injury-free to start Pilates. It is never too late to make improvements physically and mentally and have a better quality of life!

Contact Nicola for more information & how to book
fitone@live.co.uk / 07801 510988

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More from your Parish Council...

PLANNING

We are still reeling from the Planning Inspector overruling the original decision to refuse 24 houses in Greenfield Road, Flitton. This decision, now known as the "Flitton Decision," has far reaching ramifications not just in Bedfordshire but in neighbouring counties. The reasons given by the Inspector were because the Local Plan has still not been completed by Central Beds Council and our 5 year land supply is supposedly short although a couple of weeks previously a different Inspector in Wrestlingworth had ruled that the 5 year land supply was sufficient and had turned down the appeal there. It seems we were just unfortunate in getting the Inspector we did.

Although these 24 houses will increase the Flitton population by 9% at least the design for the site is aesthetically pleasing and as the developer has so far only been granted "outline planning permission" hopefully we will be consulted on the final details.

We are still facing planning applications and appeals which we are trying to fight. The "Flitton Decision" has really opened a can of worms and many applications are being submitted either for approval or on appeal which normally would have no chance of being approved. It is particularly disappointing when long standing residents are trying to take advantage of the situation with no regard or respect either to their neighbours or to the conservation area. People putting forward their garden land for development with no thought for the long term is just shameful.

As a Parish we accept our responsibility to establish a Neighbourhood Plan and that there will need to be more housing development, which we will be prepared to take to the necessary local referendum. This will have been researched and consulted upon for months of our volunteers' time, and hopefully when adopted will provide a strong basis for the Planners to listen to what this community is saying. There is also a National Petition which I would urge you to sign asking the government to make changes to the planning process to protect small villages such as ours. Please go to <http://petitionmap.unboxedconsulting.com/?petition=177333> it only takes a moment and 100,000 signatures are needed for this to happen.

Finally I would ask you to continue to make your views known to the Planning Authority. You can log on to the Central Beds planning portal or send a letter. Please don't leave it to others - you may need their help in the future.

Nick Thompson

Chairman

Flitton and Greenfield Parish Council



ORGANISATION	CONTACT NAME	PHONE
Vicar	The Rev David Bell	861163
Churchwarden	Margaret Butt	862170
Flit'n'More	Editorial: Angela Ayres Advertising: Simon Sadler Distribution: Pat Woodland	860723 861727 860189
Church Choir	Flitton Contact: Clare Butler Ellis	861496
Bellringers	Maureen Morey	860422
Church Flowers	Lesley Arthur/Julie Abrahams	713325 841888
Friends of Flitton and Greenfield Church	Caroline O'Neill	07749 836245
Parish Council	Nick Thompson (Chair)	860421
Village Hall Hire	Pauline Downing	860595
Church Hall Hire	Jill Chandler	860715
Bedfordshire Police	Amptill Team	01234 841212
Greenfield Lower School And Ducklings Pre-School	Headteacher: Mrs Annette McCullion	712426
Scouts and Cubs	Badger Hill Scout Group;	www.badgerhillscouts.org.uk
Brownies	Jane Staff	717294
Multi Use Games Area bookings	Dawn Leaning	07860 632427
Allotments	Gareth Ellis	861496
Village Gala	Margaret Lowe	861111
Friends of Flitton Moor	Dave Sedgley	714961
Jazzercise	Clare Godleman	404858
Fit to the Core UK Fitness Classes	Nicola Rayner	fitone@live.co.uk /07801 510988
Women's Institute	Meriel Davies	633421
The Greensand Trust	Maulden Office	01234 743666
Potato Race	Simon Sadler	861727
Visit the Mausoleum (English Heritage)	Wrest Park: 01525 860000	www.english-heritage.org.uk
Amptill & Flitwick Flyers (Running Club)	Dave Sedgley	714961
Amptill and District Lions	Bob Pledger	860962

**IF YOU WOULD LIKE YOUR DETAILS ADDED TO OR DELETED
FROM THIS LIST, CONTACT THE EDITOR**

'Flit 'n' More' is published and distributed by the Parochial Church Council of St John the Baptist, Flitton. The Editor is Angela Ayres, Sunnyside Cottage, Cobbett Lane, Flitton MK45 5DX, 01525 860723, martandang@btinternet.com. Please note that views expressed in this publication are not necessarily those of the Editor or Parochial Church Council.

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The next issue will be out in June 2017 for events up until August. Please contact Angela if you have something to publicise or Simon on 861727 if you would like to advertise. Free for voluntary groups, very good rates for businesses.