

The parish newsletter for
Flitton, Greenfield
and Wardhedges

Summer 2018

Welcome to the Summer edition. Let's hope the weather is all that we hope for.

For most people this time of the year is associated with fun as schools break for the holidays and most offices are not fully active. Summer brings back lots of outdoor social activities impossible in the freezing cold winter. For socialites, summer time is 'open season' so many parties are held to take advantage of the fine weather. With clear skies the summer hosts a very bright moon, ideal for this purpose. The season brings bright, longer days, which expose the beauty of nature. The grasses are green, flowers bloom and myriad birds and animals return to the fields.

I thought it might be nice to share a poem for my first editorial front page
I hope you like it.

Jo Holt
Co-editor

Summer Sun - by Robert Louis Stevenson

Great is the sun, and wide he goes
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic spider-clad
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Meantime his golden face around
He bares to all the garden ground,
And sheds a warm and glittering look
Among the ivy's inmost nook.

Above the hills, along the blue,
Round the bright air with footing true,
To please the child, to paint the rose,
The gardener of the World, he goes.

From Your Parish Council ...

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

I am writing this article in April and hot sunny days still seem a long way away with all the rain and fog and dismal weather, so hard to believe it's time for the Summer edition again. I am assured that things are going to change next week thankfully and the sun comes back.

Because of the snow and poor weather, we had to cancel our Annual Litter Pick in March, but various Councillors decided to carry on this activity over a few weekends and our thanks go to them and to all our litter picking colleagues. However, it should not be left to others to pick up litter, so please use the bins provided throughout the Parish and the Playing Field or take litter home. It all helps to keep our villages looking clean and tidy and a welcoming place to live.

Looking ahead to summer we are again organising the popular tennis coaching sessions at the MUGA from Monday 4th June to 9th July (inclusive) with late afternoon/evening session for children and then adult coaching. There will be a small charge of £20 for the whole 6-week course (per person) and cheques should be made payable to Flitton and Greenfield Parish Council. Our coaches are all professionally trained and vetted.

If you are interested in taking part please email your name, address and contact details plus ages of children/teenagers

to : muga@flittongreenfield.org.uk or contact the MUGA Manager (Dawn Leaning) on 07860 632427

If you feel like a different kind of exercise with lots of fresh air and you would like to be harvesting lovely fresh fruit and vegetables which you have grown, you do not need to look any further than Greenfield and Joes Close allotments. There are a few plots vacant and they can cost as little as £5 a year depending on size. If you are interested please Contact Rik Stokes on rik.stokes@flittongreenfield.org.uk or the Parish Clerk (Deborah Lawson) on clerk@flittongreenfield.org.uk or 01525 860377

If anyone ever needs to contact the Parish Council or a Councillor, we all have email addresses listed on the Parish website at this link

<http://flittongreenfield.bedsparishes.gov.uk/parish-council-and-email-links/>

If you do access the website, don't forget to join as a member. There are now 189 members and I remember our target was 200 last year, so let's try to get it there by the end of this year. It means that you can receive notifications of postings on the site by email, either immediately or at a time to suit yourself. Finally, my first year as Chair of the Parish Council has seemed to flash by, I would like to thank all the members of the Parish Council and our Clerk for their help and support in making my transition as seamless as possible.

Mark Gates

Chairman, Flitton and Greenfield Parish Council



Services for Summer 2018

at St John the Baptist, Flitton

Sun 20th May	10.30 a.m.	Cafe Church - Informal and sociable with a short reflection at 11 am. Lots of coffee, cake and chat! Families especially welcome	
Sun 28th May	8.30 a.m.	Holy Communion - a short service without music from the Book of Common Prayer	
Sun 3rd June	11 a.m.	Morning Worship	
Sun 10th June	9.30 a.m.	Parish Communion followed by refreshments	
Sun 17th June	9.30 a.m.	Morning Worship - a slightly earlier service than normal as this is Potato Race Day!	
Sun 24th June	8.30 a.m.	Holy Communion - a shorter service without music from the Book of Common Prayer.	
Sun 1st July	10 a.m.	Three Churches Service at Pulloxhill - we join congregations from Silsoe and Pulloxhill to mark the priesting of the Rev Ian Smith . No service at Flitton this week.	
Sun 8th July	9.30 a.m.	Parish Communion followed by refreshments	
Sun 15th July	11 a.m.	Greenfield School Leavers' Service. Come along to support our Year 4's as they take one more step along the world!	
Sun 22nd July	8.30 a.m.	Holy Communion - a shorter service without music from the Book of Common Prayer.	
Sun 29th July	10 a.m.	Three Churches Service at Silsoe, we join worshippers from Silsoe and Pulloxhill - no service at Flitton this week	
Sun 5th August	11 a.m.	Morning Worship	
Sun 12th August	9.30 a.m.	Parish Communion followed by refreshments	
Sun 19th August	10 a.m.	Cafe Church - Informal and sociable with a short reflection at 11 am. Lots of coffee, cake and chat! Families especially welcome	
Sun 26th August	8.30 a.m.	Holy Communion - a shorter service without music from the Book of Common Prayer.	

Dave's Diary Flitton Church News



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

GET TO THE FUZZY EDGES!

Each month we hold our Café Church, an informal gathering on a Sunday morning either at the church or in the Church Hall. Tea, cakes, chat, reflection. There is a great book called 'Liquid Church' written by Pete Ward. He says that 'a liquid church will have fuzzy edges.' This tells us that our networks of connections spread from within the church to those who may have no connections with any regular Sunday worship.

In the bible there is a story of the woman healed by Jesus, when she touched his clothes. She saw the holiness of Jesus, she would not have dared to approach him face to face. But she believed that if she could just touch his garment she would be healed. It was enough for Jesus to tell her that her faith had saved her.

There are many today who for many reasons are unable or unwilling to encounter God face-to-face in the worshipping congregation. That makes it important that we encourage "fuzzy edges" or fringe

church, so that as many as possible can encounter Jesus and his Church.

So, Café Church or parish breakfast, conversations in supermarkets, baptism visits, wedding prep, a cup of coffee with a friend, assemblies in schools and nursing homes, it's all fuzzy! But it's not just me and the Team doing this, it's all of us! So go and get to the fuzzy edges!

GOOD LUCK TO OUR SCHOOL LEAVERS

Greenfield Church School finishes the Summer Term in July with a celebration service for leaving pupils. Each child is presented with a Bible by the Church.

LOOKING AHEAD...

September Café Church

There will be a Food Bank collection for Harvest and items for a Harvest Hamper.

Harvest Festival is Sunday 23rd

September at 11 am.

Harvest Supper Monday 24th at 7.30 pm

In the church hall. See autumn issue for details of how to get tickets!

DE GREY MAUSOLEUM

English Heritage opens our mausoleum on the first Sunday of each month from April until September from 2-4pm, also one Wednesday each month, also 2-4pm.

For more info; www.english-heritage.org.uk/visit/places/de-grey-mausoleum/
On 17th June which is Potato Race Day, there will be special tours of the church and mausoleum if you want to find out about our local history in more detail.

The Friends of Flitton and Greenfield Church

Flitton and Greenfield Calendar 2019



We still need local photographs to produce our 2019 calendar.

Thank you for the lovely photos you have already sent, but they were (understandably!) mostly of snowy scenes, and obviously we need to cover all the months! Unusual and quirky views are particularly welcome; what about an old sign, or a different angle of a familiar landmark?

If you would like to submit a photograph, please send to Angela;
martandang@btinternet.com BY THE END OF JUNE PLEASE

There will be a small prize for all selected photographs.

Open Village Weekend 29/30 June 2019



The Open Garden weekend mentioned in the Spring edition has grown and developed into an Open Village event. We are working with other community groups to offer more activities, entertainment and lovely gardens. If your group would like to be involved, you would be happy to open your garden, or can help in any way, please contact Jo at jo_holt@sky.com

01525 862022

www.thewhitehartflitton.co.uk



Local home cooked cuisine for the whole family

The White Hart, Flitton nestled in the idyllic Bedfordshire countryside is a family run and owned culinary hotspot offering an inventive seasonal menu for the whole family to enjoy.

Sunday Lunch now served 12-6

On Sunday we offer a range of dishes from our regular menu plus Sunday roasts;

Roast Sirloin of beef with Yorkshire pudding and all the trimmings £14.50

Roast loin of pork on the bone with crackling and all the trimmings £12.95

Vegetarian Nut Roast with all the trimmings £12.95



Summer in the Garden

This summer enjoy a drink, bar snack or full meal on our newly spruced-up patio, all ordered at your table while the children play in the extensive gardens.

New Gluten Free Menu

Chef Nathan is happy to cater for your dietary needs, plus vegetarian and gluten free choices are always available.



'Happy days are back, what a great job Nathan and his team have done!'

An Interview with Nathan Campbell, Chef Patron at The White Hart

Q. Hi Nathan, how's it all going at the White Hart?

A. It's going really well. Really busy, much more so than I expected at first, and the reports of the food have been great so all looking good for the future.

Q. Tell us what we can expect when we come to your place?

A. Hard to sum it up in a few words, but definitely a relaxed and informal atmosphere. A family restaurant and bar with a real seasonal influence, and using British produce wherever possible. And great Sunday lunches, I'm very passionate about a good roast, and you won't find another pub around here serving prime Sirloin and pork on the bone. I think quality always pays.

Q. I hear this is the first time that you've had your own restaurant?

A. It is, though I've been a chef for 14 years now. I've had experience in many restaurants, big and small, from pub grub to fine dining. But in recent times I've mainly been a private chef, cooking for some quite high profile private clients.

Q. Really? That sounds glamorous.

A. In some ways it was - one minute you can be cooking on a 50m mega-yacht off St Tropez, the next in New York or Switzerland for high profile businessmen.

Q. So why the move to Bedfordshire?

A. We've been looking for our own place for about 4 years actually, and it wasn't until we viewed the White Hart that I knew at once that this was the one. It just felt right, it's almost like a homecoming, as I trained at Bedford and was brought up in St Neots.

Q. Yes, understand this is a real family business?

A. Absolutely. The whole family is involved in some way or another. My parents Colin and Caroline are keen to become a real part of the local community, so you're likely to see more and more of them as time goes on. Also my sister Jaime, who does loads of things behind the scenes, she's a real bargain hunter, anything from fridges to garden furniture, and her partner Ben is great with the hammer and nails. And I really couldn't do it at all without the support of my girlfriend Claire. She even checks my spelling!

Q. So what changes are we likely to see at the White Hart?

A. Well this summer we intend to make maximum use of the lovely garden. We plan to upgrade the patio and introduce a full table service outside, so no more long treks to the bar to order your drinks and food. Maybe we can get a BBQ going now and then - and look out for games and children's facilities in the garden, that's weather permitting of course!

Q. What about inside?

A. Ah, you'll have to wait and see. But I will say that we plan to brighten it up, and create a fresher, more welcoming look.

Q. And finally, what are your personal ambitions at the White Hart?

A. I've been touched by the warm welcome we have received from the local community, and I really want to serve them well, but I hope that our reputation will grow and spread. For myself, I would love to be out front more to greet and get to know the customers, but at the moment it's important for me to be in the kitchen most of the time.

Q. Do you find that frustrating?

A. A bit, but it's early days. We will get there! And then I will be able to relax a bit more, maybe even enjoy a bit of down time - I have a passion for cars and racing, so it would be nice to do a bit of that. At least that's the plan!



Silsoe Drama Club presents a dark comedy for our times...



Silsoe Village Hall
8 & 9 June 2018
at 8pm
Tickets £10

The Physicists

by Friedrich Durrenmatt

07977 740953

www.silsoedramaclub.com

Silsoe Drama Club Young Actors Present

SECRETS OF SHERWOOD

The Legend of Robin Hood

Saturday 23rd June 2018 at 6.30pm, Silsoe Village Hall

Tickets £5 (Children £3)

BOX OFFICE 01525 860723

www.silsoedramaclub.com

Notice of the 14th Flitton Flit Fun Runs

As you all know this year the event is on the second
Bank Holiday Monday in May.

Monday 28th May 2018

**So, you've had more time to get yourself fit for a great run around
Flitton & Flitwick Moors over a flat cross-country route.**

Entry forms are still available at local pubs, or from the email below.

Also on our village website: <http://flittongreenfield.bedsparishes.gov.uk>

However, as this year the event is part of 'The Greensand Country Festival'
there will be more people entering and we may well be full before the day,
so please get your entries in soon to avoid disappointment.

For more information, offers of help, or enquiries,

please contact David Sedgley on 01525714961

or Jen Fisher on 01525 713917 Or email: flittonflit@gmail.com



Bedfordshire
Cambridgeshire
Northamptonshire

Flit Vale Wildlife Trust Summer 2018 Programme

Saturday 26th May: Invertebrate Day at Flitwick Moor * Our annual joint event with BNHS - this year as part of the 'Greensand Country' Festival. Come and find some of the 100's of creepy crawlies that live on this fantastic site. Families welcome. Two sessions: 10.00am till 12.30pm and 1.00pm till 4.00pm.

Saturday 30th June: Wildflower Walk

10.00am at The Fancott Arms, for a half mile walk to the reserve.
A walk around the lovely Fancott Wood & Meadows reserve, led by Graham Bellamy, ex reserve warden. There should be lots of wildflowers, including orchids.

Wednesday 8th August: Family Bug Hunt at Coopers Hill

A chance to get up close to those creepy crawlies that live on the sandy site. Led by members of the Wildlife Trust. Three sessions: 10 – 11.30, 11.30 – 1, 1 – 3

Saturday 25th August: Bat Walk at Flitwick Moor

Meet at 8.15pm for 8.30pm start at the car park.
Led by Colin Carpenter. Please book as limited to 15 participants.

Saturday ?? September: Wildflower walk at Knocking Hoe, Pegsdon. Walk to look for Autumn Lady's Tresses, Led by Graham Bellamy. Meet at Pegsdon Hills at 10am to walk to the reserve. Date tbc later when we know they are out.

Saturday 29th September: Small Mammals on Flitwick Moor

Meet at car park at 8.00am Come and see the small creatures that have been caught overnight. Led by Richard Lawrence.

For walks please book as numbers are strictly limited.
£2 per adult requested for most walks. (* is free event)
Contact Ann on 07890 347327 or flitvale.info@gmail.com



COMMUNITY AWARENESS TOGETHER

We have had 2 sessions to date which have not been particularly well- attended; just in case it is the time of day that is discouraging anyone, we have changed the time and location. The 3rd Open House will be on **Tuesday 5th June from 7.30 until 8.30 in the Village Hall**. Even if you don't have a question about policing, security, crime prevention or similar, you are very welcome to drop in for a cuppa and a chat. Depending on how much interest this Open House raises, a decision of whether to continue will then be made.

For further information, or to help, please contact **Glynis Carr on 07795 974769**.



The Royal British Legion is currently recruiting for volunteer caseworkers across Bedfordshire & Hertfordshire.

Case workers play a vital role in enabling the Legion to deliver our Welfare services, and are often the only person who will meet with our beneficiaries face to face. The role involves visiting Service personnel, reservists, veterans and their families in their home, and completing our application for assistance.

Case workers also write a narrative report and complete an outcome star covering six areas of need; Finances, Well-being, Health, Housing, Activities and Social Life. After completing their report, case workers make recommendations to a paid member of staff, a Case Officer, as to what kind of assistance may be required. This can include financial grants, referrals to internal specialists (debts, benefits, War Pension/Armed Forced Compensation Scheme, mental health, independent living, criminal justice etc.), referral to external and statutory services and referrals to internal services (break centres, care homes, adventure breaks etc.). After a volunteer is finished with a case, they are able see all the actions taken with a case through our online Case Management System (CMS). Full training is provided, and expenses are covered, including travel up to 45p per mile. All of our volunteer caseworkers are DBS checked.

We are looking to recruit people with good social skills, who are able to drive to visit the clients' homes, and who are comfortable using a computer. If you are interested in the role, or would like some more information, please contact us on 0333 011 4480 or VolCoordSEM@britishlegion.org.uk



DEFIBRILLATOR UPDATE



Many thanks to all those who helped raise funds and I'm delighted that to report that the units are arriving this month and the first will be installed at the village hall. Next steps are to:

- spread the word about how and when the defib can be used with awareness sessions, and
- identify and brief volunteers to monitor the equipment weekly.

We are engaging Community Community Heartbeat, the experts in this field, to present two awareness sessions initially; we are hoping that the 1st will be on Tuesday 12th June at 7.30 at the Village Hall and will last about 2 hours; refreshments will be available. The agenda covers the sequence of events from when someone collapses to when paramedics arrive. Everyone is welcome but places are limited so please email or text Simon Sadler on flittonsadler1@btinternet.com or 07341 550990 to book a place or for further information.

We are compiling a list of "**guardians**" willing to monitor the equipment weekly - not necessarily all 4 units together, so can any volunteers willing to spend a few minutes each week please contact Simon.

THE FAMOUS FLITTON POTATO RACE!

SUNDAY 17th JUNE 2018

Raising money for Alzheimer's Society, CHUMS, Army Benevolent Fund,
St John's Hospice (Sue Ryder, Moggerhanger), Respite at Home &
local good causes.

Races start at midday.

Run one mile carrying
20/10/5/2 kg.

Spud and Spoon races
for kids!

Team Relay:
Beer/Wine and cash prizes!

WIN £500:

Be the first person to
run under 5 minutes!

£200 prize + £300 bonus
Ts & Cs apply, see website



Enter now at www.flittonpotatorace.co.uk



KEY TIMES

- 10.00 - 11.30 Registration for all races at the Village Hall, with free shuttle to start
- 11.40 am Safety briefing for all runners other than children at the Village Hall
- 12.00 - 12.25 Races start at Moat Farm
- 12.40 am Spud and Spoon Races start from Village Hall and Sand Road
- 13.45 approx Prize-giving at the White Hart of prizes and trophies

THE RACES

Adult Individual Mile for over 16s @ midday

- Open to anyone over 16
- 20kgs for men, 10kgs for ladies
- Entry fee £15 per person (£20 on the day)

Youth Individual Mile for 10-16 year olds @ 12.10

- 5 kgs for 14-16 year olds, 2kgs for 10-13 year olds
- Entry fee £6 (£12 on the day)

Cadet Relay Team for 16-17 year olds @ 12.10

- Relay team of four, each runner carrying 10kg for 0.25 mile
- Sach of potatoes to be carried in single rucksack
- Open to any organisation
- Team can be mixed
- Entry fee £24 per team (£36 on the day)

Youth Relay Team for 10-16 year old @ 12.20

- Relay team of 4, each runner carrying 2kg or 5kg for 0.25 mile
- 5kgs for 14-16 year olds, 2kgs for 10-13 year olds
- Teams can be mixed, but no rucksacks
- Entry fee £24 per team (£36 on the day)

Adult Team Challenge for over 16s @ 12.30

- Relay team of 4, each runner carrying 20kg or 10kg potatoes for 0.25 mile
- Teams can be mixed but only a full ladies' team will qualify for the 10kg weight
- Entry fee £50 per team (£70 on the day)

Spud and Spoon Races for children ages 9 and under @approx 12.40

- Course for 6-9 year olds starts at the Village Hall
- Course for under 6's starts at the bottom of Sand Road
- Entry fee £3 (£5 on the day)
- Goodie bag for all who finish!

SCAN TO ENTER



The deadline for entries is 6pm on 31st May 2018. Entries submitted after this deadline are subject to availability of potatoes and higher entry fees.



Could you spare an hour to help on race day?

Every year, the Potato Race gets bigger and better!

This means the committee rely on a small army of volunteers to facilitate everything from registrations to road closures, refreshments to raffle ticket sales.

If you are willing to help on Sunday 17th June between 10:30 to approx 14:00, please email flittonpotatorace@hotmail.co.uk

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Prices range between *1p* and *£5*.

Proceeds will go to The Flitton Potato Race committee who support registered charities and local causes.

Tickets are available from The White Hart, Flitton.



www.flittonpotatorace.co.uk

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Classes are held in Flitton,
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 Please call Charlotte 07801 367967
 to register as spaces are limited.

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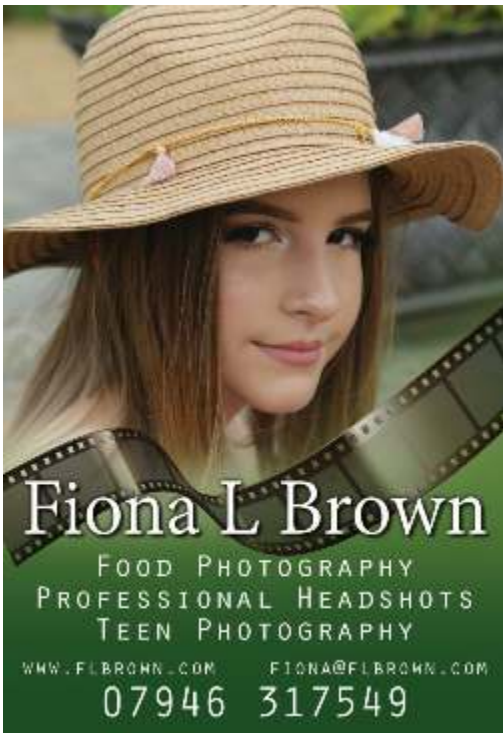
Flitton & Greenfield GALA

*Raising money for local projects and good causes.
Celebrating 50 years of the Gala Queen.*

- To recognise this milestone, we would like to hear from all former Gala and May Queens with photos of their special day, so please contact Margaret Lowe on 861111.
- The Gala starts with a **float procession** through the villages from The Compasses at 12:15. Join on foot from The White Hart at 12:45.
- The crowning of the **Gala Queen** in the village hall at 13:00 opens the Gala with lots of activities and stalls in the hall and on the recreation ground until 17:00.
- **Any girl or boy interested in being Gala Queen or an attendant should contact Margaret Lowe on 861111 before 30th June.**
- This year we are having a home-made **golden treacle tart competition**. Bring your entry along for judging by 14.00.
- As always there will be **displays in the arena** all afternoon, weather permitting.
- **Refreshments** include BBQ, cakes, ice creams and licensed bar.
- Lastly, don't forget your **Grand Raffle** tickets!



Saturday 9th September For more information please call
Start time: 1pm Simon on 01525 861727 or
Margaret on 01525 861111.



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 Thursday 6-7pm (advance booking)

Legs, Bums and Tums

Tuesday 9.45- 10.30am (advance booking)

HIT Circuits

Thursday 7.15-8.15pm (advance booking)

Men's Core Strength

Thursday 8.30-9.30pm (£7 pay as you go)

Flitton & Greenfield Village Hall
Ladies' Boot Camp
available in the local area

Please contact Nicola for fitness schedule
or to book

fitone@live.co.uk 07801 510988

Please bring a mat to class, all other
equipment is supplied

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A Fresh Approach to Fitness...

Get Started, Get Energised!



It's never too late to begin improving your wellbeing. Don't see it as an overwhelming mission doomed to fail, instead make a start and live for the moment taking it day by day. Do some exercise each day that fits into your life. If you're busy one day then a quick brisk walk or 15 minutes of HIIT (high intensity interval training) is better than doing nothing and feeling like you've failed.

You can walk, play outdoor sports/games, go to a class on your own or grab a friend or family member. People that come to my classes are not just there for the exercise but for the social interaction and motivational mental stimulation. Don't put it off, plan it into your day and make it happen!

Exercise goes hand in hand with healthy eating. A great time saver is to prepare breakfast at the weekend and then at least you know one meal a day will be healthy and easy. My favourite is overnight oats. Make enough for 5 days so that no matter how hectic your week is your breakfast is ready.

5 days of overnight oats.

230g rolled oats
5 teaspoons chia seeds
2 ½ teaspoons cinnamon
5 teaspoons maple syrup
5 tablespoons raisins
5 tablespoons sliced almonds
600ml soy or almond milk (add this the night before)

Set up 5 empty jars, divide all the ingredients (except for the milk) between the jars. Store in the fridge. Each night before bed add 120ml milk to your jar and refrigerate. In the morning give it a good stir and top with your favourite fruit. Yum!

Brisk walk for 15 minutes
Step ups (park bench/bottom step at home) 30seconds then switch leading leg
Knee lifts
Squats
Squat + knee lift
Lunges forwards
Lunges backwards
Wide squats reaching down + up with arms
Press ups (against a wall is easier)
Plank hold (on knees is easier)
Rest
Repeat each exercise for 30 seconds, then rest for 30 seconds.
Total time including walk = 20mins

When you choose to exercise will depend upon your life and what works for you. But make sure you allocate time even if it's just 10 minutes. It's about developing a regular habit which is achievable. You can always increase it or make it harder when time allows or as you get fitter! Don't put off starting just because you've got other commitments.

Here's an example to get you started. Repeat if you have more time or as you get fitter.

Nicola Rayner - Fit to the Core - for information about classes
Contact fitone@live.co.uk/ 07801 510988



News from Greenfield Lower School

Nursery Education in Greenfield, Flitton and Pulloxhill We are very pleased to announce that from September both Greenfield and Pulloxhill will offer School based Nursery Education. The schools will both admit children from the age of two years and nine months. Whilst Greenfield's Nursery Class has now been running for 4 years, Pulloxhill are also delighted to offer younger children the opportunity to join our outstanding schools.

Open Day - What does go on in our village schools? Would you like the chance to see our schools in action? Maybe you are considering a career in education and would like to see a class in action? You used to attend one of the schools and would love to see how they have developed over the years? You are thinking about schools for your child and would like the chance to see what happens at Greenfield and Pulloxhill Academy. Well the 27th June is the day for you!

The schools will be open from 9-10.30 a.m. and 2-3.30 p.m. For further details contact us on 01525 712426 or 01525 713150.

Flitwick Moor A tradition has grown up over the past ten years when the year 4's at Greenfield go to the moor and help cut osiers and work on the living willow tunnel. This year is no exception and the Eagles spent an afternoon extending the tunnel. You may also have spotted the children out doing their regular litter pick in the village. They collected 500 pieces of litter this year. It is always amazing what you find but this year the children hit the jackpot finding a £5 note!



Leavers' Service We are looking forward to celebrating the achievements of our children who will move on to their new schools this year. The service will be held at St John the Baptist on the 15th July. This is the third year that we have come together for this celebration. The children are presented with bibles and it is a wonderful chance to reflect on the children's achievements.

What a year it has been for residential! I would like to thank all the staff and volunteers who are willing to give up their free time to take our children on residential visits. We have offered an exciting programme for the year threes and fours. We have stayed at The Stibbington Residential Centre where we studied map reading, rivers and art all with an eco focus. The year fours loved our visit to see their friends in Germany and are starting to get ready for our visit to Isle of Wight where they will take part in team building activities.

Annette McCullion
Headteacher

FAMILY BARN STORM

Saturday 21st July

from 12.00 till 6.00pm

Flitton Moor Nature reserve is 30 years old this year

usual event will also be a **Big Birthday Party**

The event will include: **A Barbeque** - from 1 pm

An Art Exhibition - calling all local artists - please let me know if you would like to exhibit any pictures, photographs, sculptures etc.

A History walk

And of course the famous **DUCK RACE** - at approx. 4pm

As well as many **Children's activities**.

Stalls will include: The Wildlife Trust, BNHS, The Greensand Trust, The Woodland Trust, RSPB, Central Beds Council, Beds Geology group, and an owl display, and much more on the Moor.

For more info contact David Sedgley on 01525 714961

FLITTON & GREENFIELD GOOD NEIGHBOURS



Also covering Pulloxhill & Wardhedges

- Do you need a lift to a medical appointment (small charge applies)?
- Do you need occasional help around the home?
- Do you need a hand doing the shopping?
- Are you, or anyone in the community you know, isolated and needing some company?
- Do you need help picking up prescriptions?
- Do you (occasionally) need help with walking your dog or help with looking after your pet if you go into hospital?
- Do you need someone to check your fire alarm or do some light DIY?

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our contact
details

www.good-neighbours.org.uk 07594 578 741

VILLAGE HALL NEWS

Booking Officer

Margaret Lowe has taken over as booking officer; she can be contacted on 07938 965817 (the dedicated phone for the hall) or enquiries@flittongreenfieldvillagehall.co.uk.

You can now follow what community events are coming up and improvements to facilities on the hall's Facebook page - <https://www.facebook.com/flittonandgreenfieldvillagehall>.

However the best place for standard information such as the facilities, hire rates and booking forms is still the hall website - www.flittongreenfieldvillagehall.co.uk

Treasurer wanted to join the Committee, the group of volunteers that manages the village hall.

Key responsibilities include: handling receipts from bookings and bar, making online and cheque payments, recording financial transactions, maintaining PAYE records including payments and returns, preparing reports for meetings. For further details, contact Simon on

flittonsadler1@btinternet.com

The Greensand Country Festival



The Greensand Country Festival is a nine day long festival of events, at thirty locations along the Greensand Ridge area – from Leighton Buzzard to Gamlingay.

It runs from 26th May to 3rd June – during the school half term holiday. Events range from walks, wildlife, art & history events, to train rides and horse riding! Many events are for families.

The 24 page booklet of events available in local libraries and other outlets – including pubs.

There is a link to the PDF of the booklet on the main festival page on the website - <http://greensandcountry.com/visitor-attractions/greensand-country-festival/>

Delving into History Day.

The History and Archaeology of Woods in Greensand Country.

Date: Wednesday 25th July 2018

Description: Day-long conference with a range of speakers and optional guided walk.

Venue: Flitwick Manor Charge: £10.00 per person

Do you know your saw-pits from your charcoal pits? What's the difference between coppicing and pollarding? Can you spot a boundary bank? What archaeology can you expect to be associated with woodlands? How can you investigate the archaeology 'hidden' under the trees?

Woodland Archaeology – which includes archaeological features directly related to the history of the woodland as well as other monuments which are coincidental to woodland environments – is a fascinating and often overlooked subject. A range of experts will discuss the history and archaeology 'of' and 'in' woodlands Greensand Country. This will be an informal conference with a guided tour of the Grade II listed park and garden at Flitwick Manor.

Booking essential. Tickets available from Monday 11th June but you can request to be emailed further information and a booking reminder at the beginning of June by contacting team@greensandcountry.com NOW.

The History and Archaeology of Woods in the Greensand Country is the first of three annual 'Delving into History Days' being organised by the Greensand Country Landscape Partnership. Each year we will explore a different landscape theme that makes up the distinctive 'landscape character' of the Greensand Country area. This is an opportunity to find out more about how you can apply to the Greensand Country Landscape Partnership for funding to promote local heritage. Have a look at our website – greensandcountry.com – to discover more about the events being delivered by the Greensand Country Landscape Partnership over the next 3 years.

STOP PRESS! (OR NOT AS THE CASE MAY BE....)

Flit 'n' More is looking for helpers...

We hope you look forward to receiving the magazine, delivered faithfully by a small band of volunteers. The Editors would like to thank them, as most have been with us since the start - 12 years ago!

Would you be able to help with deliveries? We are looking to increase numbers, to provide holiday-cover and replace leavers. This is a quarterly commitment, delivering the magazine in small areas.

Please contact Jo at jo_holt@sky.com for further information.

Summer Wordsearch

J X F B A R B E C U E S E Q U N J
 N H S P E L O O P G N I L D D A P
 Z I U G E C G X Z R N R R Q D E B
 T C I W H C S N V Q N I L N F Y O
 P U T W X L C A G Y N Y P G N L U
 E O C T V B E Y Y S N O G M U U T
 R Q A P I N L K X L J E A M A A S
 E S S J C M A E R C N U S W F C I
 W Q E D E V M X B O S X G R L G R
 O L X C C G H N L O N P I N E L U
 L L P B R W K D L E A S D E V B O
 F U S V E F L S D P B R V L A L T
 H I L X A I T V O E E X V A R Z J
 P D W F M I R F E D B Y L B T I A
 R X Z O C E T W U Y A D I L O H O
 V L E E B E A C H W N R Z I N P H
 P I C N I C K A S T X O G V H B J

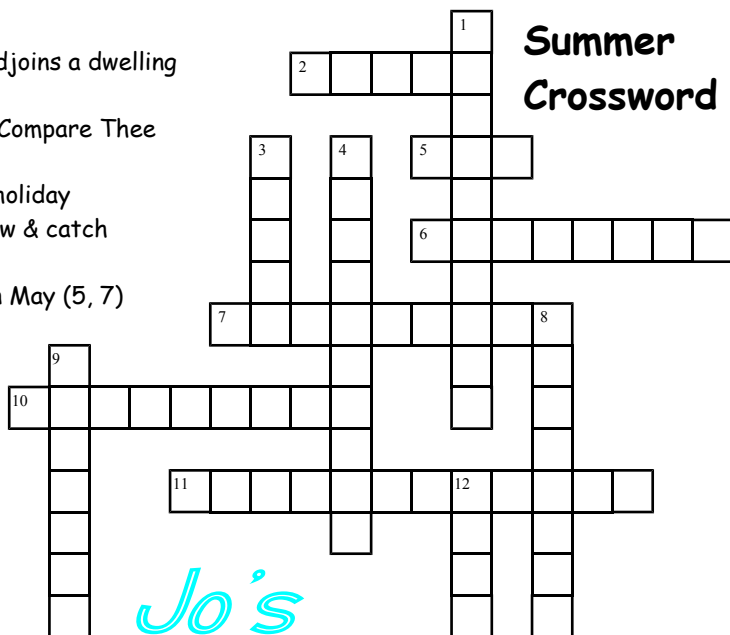
Solstice
 Camping
 Suncream
 Paddlingpool
 Suitcase
 Icecream
 Picnic
 Tourist
 Holiday
 Frisbee
 Flower
 Barbecue
 Travel
 Beach
 Snorkel

Across

- 2 Recreation area that adjoins a dwelling and is often paved
 5 Shakespeare's Shall I Compare Thee to a Summer's ____?
 6 A memento from your holiday
 7 Inflatable toy for throw & catch
 10 Summer footwear
 11 Exciting state event in May (5, 7)

Down

- 1 World famous run, with a bag of root vegetables (6,4)
 3 Cool spot under a tree
 4 Structure build at the beach
 8 Frozen treat found n a stick
 9 The flower of a seed plant, especially of a fruit tree
 12 Plunge head first into water



Summer Crossword

Jo's

Puzzle Page



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YOU THINK YOU
KNOW US,
BUT YOU DONT

MONDAY

Redborne School South
(Gym) 7:30pm

WEDNESDAY

Flitwick Lower School,
Temple Way 7:30pm

THURSDAY

Redborne School South
(Gym) 7:30pm

SATURDAY

Flitton & Greenfield
Village Hall 9:30am



Local History - 'The Domesday Book 1086'

by Margaret Butt



The Domesday book was compiled for William the Conqueror as a record of his realm. It deals with landowners and estates so is not a complete record of village life, but mainly a way of assessing taxes. Flitton is spelt 'Flitctham' or Flitha which still includes the river name and is of Saxon origin.

The nuns of Elstow Abbey were given control over Flitton church until the Reformation during the reign of Henry VIII. The Parish was Flitton cum Silsoe, so much bigger than it is today. Why Flitton had a church but not Silsoe is a bit of a mystery but one possibility is that the church was built over a much earlier pre Christian religious site which was quite common when Christianity replaced paganism.

The Domesday Book refers to the number of hides in each village or manor. A hide is not an exact measurement but the amount considered necessary to feed one peasant family for a year. It varied in size depending on the productivity of the land. Also, an acre today is not the same as it was in 1086 but roughly, a hide was on average 30 modern acres. A village had to provide a fully armed man in times of war for every 5 hides.

Flitton The village comprised 5 hides [so 5 peasant families] and land for 6 ploughs for the king held by Robert son of Fafiton . There were 2 hides and 2 ploughs for the lord, and 3 villagers had 2 ploughs with the possibility of 2 more. There were 3 smallholders and 4 slaves. There was meadow and woodland for 50 pigs. No mention is made of the mill which was presumably built later or how many actually lived in the village but it was probably about 40-50. The total value of the land in 1086 was 60 shillings but in 1066, it was 100 shillings. The fall in value may have been caused by the effects of war and the loss of farm workers. It had been held by Alwin Horn, a thane of King Edward[the Confessor]. He may have been killed at the Battle of Hastings or simply deposed by the Normans.

Silsoe There were 2 manors mentioned in the Domesday Book. The smaller one is probably Newbury Manor and was held by a concubine of Nigel d'Aubigny. It had land for 4 ploughs- 1 for his lordship, 2 by villagers and a 3rd possible. There were 3 smallholders and 1 slave. It had been held by Aelfric, a thane of King Edward.

Nigel d'Aubigny or d'Albini was the major landowner in our area after 1066. However, Flitton was held directly for the king not Nigel.

The larger manor is presumably what became Wrest Manor and was owned by Walter, brother of Sihere. Hugh held 4 hides from Walter with land for 10 ploughs. There is a mill, meadows and woodland for 100 pigs. The value was £8 but before 1066 it was worth £1 so it was obviously thriving. It had been held by Leonorth, a thane of King Edward. Silsoe probably had about 100 people in 1086 and possibly as many as 150.

Pulloxhill Pulloxhill was also thriving with 10 hides, land for 13 ploughs and 100 pigs. It was valued at £10 although it had been worth £13 before 1066. It was held by Roger and Rhiwallon from Nigel ' Aubigny. The Saxon thane was not named.

Clophill and **Cainhoe** were also owned by Nigel d'Aubigny with a castle at Cainhoe to keep control of his lands. Much of the d'Aubigny land later became the De Grey estate

Crossword Answers:

Across: 2 Patio, 5 Day, 6 Souvenir, 7 Beachball, 10 Flitthips, 11 Royal Wedding, 12 Dive
Down: 1 Potato Race, 3



ORGANISATION	CONTACT NAME	PHONE
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Churchwarden	Margaret Butt	862170
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Bellringers	Maureen Morey	860422
Church Flowers	Lesley Arthur/Julie Abrahams	713325 841888
Friends of Flitton and Greenfield Church	Jo Holt	792777
Parish Council	Debbie Lawson (Clerk); clerk@pc.flittongreenfield.org.uk	
Village Hall Hire	Margaret Lowe	07938 965817
Church Hall Hire	Jill Chandler	860715
Bedfordshire Police	Amphill Team	01234 841212
Greenfield Lower School And Ducklings Pre-School	Headteacher: Mrs Annette McCullion	712426
Good Neighbours	www.good-neighbours.org.uk	07594 578 741
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
Amphill & Flitwick Flyers	Dave Sedgley	714961

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

'Flit 'n' More' is published and distributed by Flitton Parochial Church Council, and Flitton and Greenfield Parish Council.

The Editors are Jo Holt, jo_holt@sky.com and Angela Ayres, martandang@btinternet.com

Please note that views expressed in this publication are not necessarily those of the Editors or PCC

ADVERTISE YOUR EVENT/ORGANISATION IN FLIT'N'MORE... THAT'S WHAT IT'S THERE FOR!

The next issue will be out in Sept for events to the end of Nov. Please contact Jo/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.