



Spring has finally sprung!
After a long and very wet Winter,
it is lovely to see the Spring
blossoms and bulbs flowering.
Another packed issue awaits you,
with lots of events to look out for,
like the Friends Afternoon Tea on
21st March, Angela's pesky quiz on
1st May, a celebration of the 75th
Anniversary of VE day on 8th May
and the Flitton Flit on 25th May,
which could be part of your training
for the Potato Race on 14th June.

Our Spring front cover photo was
taken at the Open Gardens last year.
It is the rose garden at the back of

the Church Hall - well worth a visit
next time you are there.

And finally, don't forget to change
your clocks, which 'spring' forward on
Sunday 29th March.

Jo Holt
Co-Editor



From Your Parish Council...

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

The Parish Council has just finalised its Annual budget and the precept for 2020-21. We have proposed an increase to the precept by 1.5% which reflects the CPI forecast rate of inflation for 2020/21 and allows the Council to cover its underlying annual costs. It means an increase of less than 10p per annum for a Band D Council Tax payer

The Parish Council will again be taking part in The Great British Spring Clean on Saturday 28th March. Anyone can get involved with this initiative and the meeting point is the Village Hall at 10 am. Parking is at the MUGA carpark. Please check the Flitton & Greenfield website for up to date information closer to the day. Hopefully the weather will be kind to us again this year..

As I am sure you are aware this year marks the 75th anniversary of VE Day and, like the rest of the country, the Parish Council will be supporting celebrations within the villages. The plan is for a party on Friday 8th May at the Village Hall with a street party theme harking back to the 1940s, so plenty of cake!. It would be fantastic to see as many people as possible there to mark this historic milestone by celebrating the end of World War II and remembering those who suffered.

The Community Orchard project is moving on apace and in early March we expect all the trees kindly donated by Orchards East to be planted at the site towards the back of the allotments at Joes Close. There will be a variety of apples, pears, plums and damson trees and once they are established, we hope to put in some benches so that it will become a nice place to sit and enjoy picnics (and fruit!) when the weather warms up. Thanks once again to all the volunteers for their help during this project.

One of our main Highway projects is scheduled to start this year in Wardhedges along Silsoe Road. The scheme involves two raised tables and a widening of the verge to make it safer for pedestrians as well as slowing traffic down. We hope that this project will slow down the excessive speeds of drivers along this stretch of road. It is worth reporting that the A6/M1 link road received final approval in December and while it is not expected to be completed for about 5 years, in the long run we hope that rat run traffic through Flitton & Greenfield will reduce. On which subject, we have a Speed Watch Group, and I would urge anyone who has concerns about speeding traffic to consider giving up some time to help this group, which provides data to our Police liaison officer, plus car registration numbers of offenders. Cllr Jen Fisher is our coordinator who would be happy to hear from anyone who has time to help with this (jen.fisher@flittongreenfield.org.uk)

We continue to see planning applications for developments that are wholly inappropriate for a village of our size – profit seems to be the byword rather than location sustainability. On the positive side CBC has turned down two recent submissions but unfortunately both are now in the appeals process where results can sometimes be difficult to comprehend. Anyone with concerns over any development should contact the PC on any of the contact details contained within our website.

The over 65's lunch in December at the Village Hall was a great success.. This was pleasing for everyone to hear following the Council's support of the initiative and thanks were expressed to the organisers, the Chefs and helpers on the day.

Finally, I am writing this on a beautiful February day, Winter is not yet over but Spring and tSummer are on their way. It is hard not to be positive on a day such as this but remember that when we work together and support one another the results are much more.

Mark Gates

Chair, Flitton & Greenfield Parish Council

Services for Spring 2020 at St John the Baptist, Flitton

www.flitton.3churches.uk

MARCH

Sunday 1st	11 am	Morning Worship with Reader Gillian Kern
Sunday 8th	9.30 am	Choral Communion followed by coffee with Rev. Julie Cox
Sunday 15th	10.30 am	Café Church. Informal chat and refreshments
Sunday 22nd	8.30 am	Holy Communion from BCP with Rev. Anne Barker
Sunday 22nd	10.30 am	Mothering Sunday A lovely communion service for all the family. <i>Every mother receives a pot of primroses .</i>

APRIL

Sunday 5th	10 am	Palm Sunday Combined service with Silsoe and Pulloxhill. Choral Communion led by the Bishop of Bedford, followed by refreshments.
Saturday 11th	7.30 pm	Easter Saturday Reflection with Rev. Anne Barker
Sunday 12th	11 am	Easter Sunday Choral Communion <i>A very special service to think about the Resurrection</i> with Rev. Anne Barker
Sunday 19th	10.30 am	Café Church.
Sunday 26th	8.30 am	Holy Communion from BCP with Rev. Roger Wood

MAY

Sunday 3rd	11 am	Morning Worship with Reader Gillian Kern
Sunday 10th	9.30 am	Choral Communion with Rev. Julie Cox
Sunday 17th	10.00 am	Rogation Sunday Church walk around the parish with Archdeacon Dave Middlebrook, followed by refreshments in the Church Hall.
Sunday 24th	8.30 am	Holy Communion from BCP with Rev. Anna Garvie
Sunday 31st	10.00 am	Pentecost 3 churches Choral Communion at Silsoe . No service at Flitton today



May God's blessings Spring forth in your life

Flitton Church News



The Benefice of Silsoe, Flitton and Pulloxhill

Growing as beacons of Christ's Light in our Communities

Flitton Church continues to be in a time of vacancy. We enjoyed a marvellous, busy Christmas period, where we were pleased to celebrate with so many of you. There was a Christingle service, which was led by the new school worship group, magical Carols by candlelight, the joyous and informal Crib service and our own special, early Midnight Mass on Christmas Eve. We even fitted in a three church communion service with the Archdeacon!

Our efforts now turn to the search for a new vicar. The ad was published in January, with shortlisting in February and interviews in March. We really hope that we will be able to announce our new appointment in the Summer edition of Flit n More!

In the meantime, the church community continue to work together to keep things going from strength to strength. We are enjoying services led by a number of different vicars, readers and lay leaders of worship. Our Baptism window has been repaired and we have (finally!) removed the old pipe organ from the back of the Church. This provides much-needed space, which we will certainly make the most of.

We are always looking for help (even if you feel you are not religious). We have flower arrangers, a cleaning team, bell ringers, a choir and all sorts of little jobs, which keep the magnificent old building and the village congregation running. Our APCM, which is our annual meeting will be at 11.30am on Sunday 19th April. Why not come along?

God bless,
Jo Holt. Churchwarden
Tel. 01525 792777



I want to add a bit here; Everyone at Flitton Church would like to acknowledge the amazing work that Jo and Margaret, our churchwardens, are doing while we are without a vicar. They keep the church running smoothly and we are all very grateful.
Angela Ayres (Co-Editor)

The Friends of Flitton Church invite you to



Afternoon Tea

and Easter-themed stalls

Saturday 21st March, from 12 – 2 pm
at Flitton Church Hall

For details, please contact Angela Ayres on 01525 860723

FAMILY BARNSTORM

Saturday 18th July

from 12.00 till 6.00pm

Notice of our annual event on Flitton Moor Nature Reserve

Focusing on **ART** of all types

If you would like to exhibit something, please let me know



As well a **Barbeque** and

Art Exhibition there will be many

Children's activities

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**YOU THINK YOU
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 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



It's That Pesky Quiz... ...Yet Again!



**YOU DON'T NEED TO BE BRAINY,
IT'S JUST FOR FUN!**

Friday 1st May, 7 for 7.30 pm
Flitton Church Hall
Price per Table £60

- Tables of 6 (book ahead, pay on the night}
- Posh Ploughman's included
- Pay Bar (no BYO please)
- All Profits to Flitton Church & Friends
- Book your table by calling Angela on 01525/860723 or martandang@btinternet.com



VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8-10 MAY 2020



Come and join the Street Party !!

Flitton & Greenfield
Village Hall
Friday 8th May 2020
2pm – 7pm

Barbecue
Entertainment
Games
Cake Competition
Music

*If you like to volunteer to help or
require further information, please
contact Margaret Lowe on*

07938 965817

margaret.lowe@flittongreenfield.org.uk

or Julianne Wright on

07739 431933

julianne.wright@flittongreenfield.org.uk

#VEDay75



The Famous Flitton Potato Race!

Sunday 14th June 2020

Help us raise funds for charity
and the community!

Online bookings open on 15th February.



Categories for individuals and teams of all ages:

- Run, walk or stagger a mile through Greenfield and Flitton
- Take on the whole mile as an individual, or run a quarter of a mile each in a team of 4
- Carry 20kg, 10kg, 5kg or 2kg depending on your category
- All runners receive a unique medal
- Cash prizes for the adult individual mile categories
- Plenty of beer and wine to be won in the adult relay categories
- Youth (10-16 yrs) individual and team categories
- Cadet relay with 10kg in a rucksack
- Special Spud'n'Spoon races for children aged 9 and under

How else can you help?

- Distribute leaflets and posters
- Help on the day - we need race marshalls, programme sellers and traffic controllers
- Promote your business by sponsoring the event - different packages are available for all budgets

Join us and make it a family day to remember. Put it in your diary and for further details please contact Simon Sadler at flittonpotatorace@hotmail.co.uk

www.flittonpotatorace.co.uk

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Thursday 6-7pm

Limited spaces available

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This class will improve your flexibility and core strength!

Thursday 8.30-9.30pm

Legs, Bums, Tums

Tuesday 9.45-10.30am

HIIT Circuits

Thursday 7.15-8.15pm

Limited spaces available

Ladies Boot Camp

Saturday 9-10am

Filton & Greenfield village hall

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A Fresh Approach to Fitness... HIIT

What is it, why is it so popular, & can everybody do it?

HIIT (High-Intensity Interval Training)

has grown to become one of the most popular fitness trends in recent years.

Why is it so popular? – Is it because it's one of the quickest, most-effective ways to burn calories, build muscle endurance and change your body composition or because we are all so busy we want results quickly and we have less time in our day to squeeze in exercise? **The answer is both!**

Time is one of the most common reasons for non-activity. A HIIT session makes it possible to fit around an individual's hectic lifestyle. So, it becomes more achievable, as we can more readily fit in a ten-minute workout and because the session is based upon short bursts, we work harder and so reap the results quicker.

What is it? – HIIT can be described as repeated bouts of short/moderate duration exercises (generally between 10 and 60 seconds) at a high intensity or 'all-out' effort with recovery intervals at low/moderate intensity or rest which allows for partial recovery. This enables the exerciser to perform at an elevated intensity stimulating the body to adapt and become fitter. The recovery time can be adjusted depending upon the individual's fitness level and the type of exercise being performed. HIIT workouts are famously made up of explosive, full-body movements like burpees to rev your heart rate and use up so much energy that your body experiences something called excess post-exercise oxygen consumption - the "afterburn effect." This is where you'll burn extra calories for up to 48 hours after your HIIT workout.

That's all well and good for fit people but does it rule out the older population, people that have injuries, reduced mobility or those that are morbidly overweight? The simple answer is no! High Intensity doesn't necessarily mean High Impact, you don't need to be running, jumping or doing burpees to work out 'HIIT style'!

Can everybody do it? – High Intensity is different for each individual and that's why it's suitable for everyone. Working as hard as you can for 30 seconds for example may be doing jumping jacks, walking up & downstairs, or completing knee lifts whilst seated in a chair. It can be high impact cardio, strength building bodyweight or equipment based, a core based Pilates workout or a combination of all of them. Whichever form of HIIT training is suitable for you, will improve your mental and physical wellbeing. Just look at some of the benefits to be had from HIIT Training.

HIIT training is a quick, effective way to include fitness into your lifestyle. Just a few times per week is suitable and if the high impact HIIT is your choice include a Pilates or stretch based class into your weekly exercise to assist recovery.

HIIT training is a quick, effective way to include fitness into your lifestyle. Just a few times per week is suitable and if the high impact HIIT is your choice include a Pilates or stretch based class into your weekly exercise to assist recovery.

**Nicola Rayner Fitness offers HIIT Circuits,
Pilates & other exercise classes in the local community**

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07801510988 - Nicolaraynerfitness.com**

Village Culture, by Margaret Butt

Because of the De Grey connection, there was a long tradition of artists and sculptors connected to Flitton cum Silsoe. Artists such as Thomas Fisher came to paint the area including our church and artistic vicars such as Rev. Henry Wellesley were welcomed at Wrest Park.

One of the most important sculptors connected to our parish was John Michael Rysbrack who was born in Antwerp in 1694 and moved to London in 1720. He quickly became one of the most famous sculptors of the age, continuing until his death in London in 1770. He was renowned for his classical sculptures which appealed to royalty and nobility including Queen Anne, the Duke of Marlborough and Sir Isaac Newton. His work appears in stately homes like Blenheim, Westminster Abbey and funeral monuments in churches.

He sculpted the statue of Henry, Duke of Kent, the 12th Earl de Grey and it is part of his funeral monument designed by W. Shepherd in the mausoleum at Flitton church. Rysbrack helped to create the fashion of having important figures dressed in Roman clothes and the Duke's statue is a good example of this. The Duke's children who predeceased him, are similarly dressed in Roman or Greek clothes.

The Duke's lead coffin, as with all the other members of the De Grey family in the mausoleum, is in the crypt underground. His coffin is easily recognised as it has a coronet on it as befitted his title.

The Duke had several portraits painted during his lifetime. One was commissioned to be hung in his London home in St James Square and was painted by Charles Jervas 1675 – 1739. Jervas was an Irish painter whose patron was the Prime Minister, Robert Walpole. The Duke's portrait was eventually placed at Wrest Park until the collection was sold in 1917 to the splendidly named Robert Offley Ashburton Crewe Milnes. Through descent the portrait was eventually owned by the Duchess of Roxburghe and then to her nephew Bamber Gasgoine. It is now back at Wrest Park.



It indicates the wealth and importance of the De Greys that they commissioned the best artists and sculptors of the day. We are very fortunate to have the De Grey mausoleum at Flitton and if you have never managed to see it, you should!

Greenfield & Pulloxhill Academy. Nurture, Inspire, Flourish

The academy consists of two federated schools, one in the village of Greenfield, and the other in the village of Pulloxhill. We provide education for Nursery age children through to Year 4 when our children move to our local middle schools.



Our Values based ethos underpins everything we do and is always at the forefront of our minds. It encourages adults to be excellent role models and enables children to become tolerant, caring and respectful members of the community.

Our curriculum is designed to educate, challenge and inspire our children into being life-long learners. We pride ourselves on offering enrichments that enable our children to flourish, such as residential trips both in the UK and overseas.

Emotional well-being and positive mental health are very important in our school and we ensure that opportunities for all pupils to learn about a range of feelings are part of our curriculum.

All members of our school are dedicated to nurturing our children, ensuring they feel safe, secure and listened to. We aim to inspire our children so that they learn new things and embrace their dreams. Finally, we take pride and pleasure in watching our children grow and flourish.

If you would like to find out more about our schools, we would love to hear from you and are always ready to welcome visitors as we take pride in our schools.

For further information please contact: 01525 712426 Mrs Debbie Drawbridge. Headteacher

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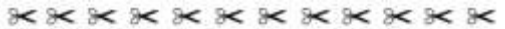
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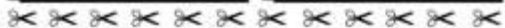
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FLITTON FLITS FAMILY FUN RUNS



**5K Fun Run, Junior 1 mile run
and under 8's Flit Sprint**

Monday 25th May 2020

Notice of the 16th Flitton Flits Fun Runs

**A great run around Flitton &
Flitwick Moors, along flat cross-country routes**

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

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

Please let the organisers know if you can help in any way

Look out for entry forms in local pubs or use address below to receive one by email

Registration in Flitton Church Hall, Brook Lane

from 9.15am to 10.15am on race day

Start/finish area close to Jack Crawley barn

Main run starts 11.00h with the junior races beforehand

For more information, offers of help or enquiries, please contact

David Sedgley on 01525714961 or Jen Fisher on 01525 713917



Find us on

'Flitton Flit Fun Runs'

Or email: flittonflit@gmail.com

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Can you help the squirrels with their Spring cleaning, by finding all the objects, in the picture? It's harder than you think!



ice-cream lollipop



magic wand



paintbrush



slice of cake



fish hook



Illustrated by Charles Jackson



sock



mitten



spoon



pencil



pushpin



torch



spectacles



ADVENT WINDOWS 2019

WITH MASSIVE THANKS TO ALL WHO TOOK PART

I am so sorry there are a few missing. I was unwell and didn't manage to photograph them all. Please email me any that are missing,

many thanks. Jo (jo_holt@sky.com)



Monday 16th March

7.45pm at Maulden Church Hall

Ampthill's Secret Nature Reserve – a talk by Nigel Pollard

An intriguing insight into this little-known site. Come along to find out where it is! *

Monday 20th April

Maulden Church Hall : AGM at 7.15pm, talk at 7.45pm

“The Swift Project” – an illustrated talk by Graham Bellamy

Find out about this project to help these iconic but endangered birds.

Wednesday 13th May

7.00pm at Paxton Pits

‘Bird Walk’ – at this superb reserve. Led by well-known local birder Steve Halton. Come and find out what’s migrating. Phone for details re travel.

Saturday 30th May

10.00-15.00, Folly Wood Car Park, Flitwick Moor

Invertebrate Day with Colin Carpenter

Join experts from the BNHS for this annual hunt into the great variety of insects, snails and other small creatures on this magical wetland. A part of the wider Greensand Festival events. Families are especially welcome. Children must be accompanied by a parent or guardian.

Free event

Talks are £3 per person Walks are £2.

Contact Ann on 07580 178889 or flitvale.info@gmail.com

‘Flit ‘n’ More is published and distributed by the Parochial Church Council of St. John the Baptist, Flitton and the 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 THE FLIT ‘N’ MORE.... THAT’S WHAT IT’S THERE FOR!

The next issue will be out in June 2020 for events up until August. Please contact Jo or 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.

This year at your Flitton and Greenfield Village Hall

Currently showing: **6 Nations Rugby**



Look out for: The Grand National & race night, Easter and Christmas family films, England football in the European Championships, School's Out disco, Motown evening, VE day celebrations and Christmas dinner for our young at heart villagers

Please join us at some or all of these events. Follow us on Facebook for full details.

[@flittonandgreenfieldvillagehall](#)

We are happy to consider other events and hope to keep running them for the community, however we are a committee of only 9 members and so need help to do this. You will not have to join the committee or attend meetings but if you think you could give us even one hour of your time over the course of the year please direct message us on Facebook.

Bedfordshire Community First Responders



East of England Ambulance Service is looking to enhance services by setting up groups of Community First Responders (CFR) who are volunteers trained to attend certain types of emergency calls in the area where they live or work. The aim is to reach a potential life-threatening emergency in the vital minutes before the ambulance crew arrives and the CFRs' role is to help stabilise the patient and provide the appropriate care until the more highly skilled ambulance crew arrives on scene to take over the treatment. The types of emergencies that they will attend is very varied and will complement the defibrillators that are already in place throughout the villages.

A group is being set up in and around the Flitwick area, and there is already one fully trained volunteer (living in Woodlands) who has signed up with another person going through training at the moment. Since they do this in their spare time as unpaid volunteers, there really needs to be at least 3 or 4 in the group. Also, whilst training is provided by the EEAS, the scheme is 100% funded by public donations, and so equipment has to be purchased; to fully equip each new CFR costs £4,000. We are therefore looking to raise £12,000.

As we all know, the Ambulance service is always under pressure and no more so than today so any assistance is always welcome. The group has just gone live, but we need more volunteers and funding to make this a real asset to the community. If you feel that this is something you could help with - fundraising or becoming a CFR, please contact Joe Bowen on cfrflitwickgroup@yahoo.com

ORGANISATION	CONTACT NAME	PHONE
Vicar	The Rev Dave Bell	861163
Churchwarden	Margaret Butt	862170
Flit 'n' More	Editorial: Angela Ayres, Jo Holt	860723/792777
	Advertising: Simon Sadler	861727
	Distribution: Pat Woodland	860189
Church Choir	Clare Butler-Ellis	861496
Bellringers	Jen Fisher	713917
Church Flowers	Lesley Arthur/Julie Abrahams	713325/841888
Friends of F & G 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 & Ducklings Pre-School	Head Teacher	712426
	Mrs Annette McCullion	
Good Neighbours	www.good-neighbours.org.uk	07594 578741
Scouts and Cubs	Badger Hill Scout Group	www.badgerhillscouts.org.uk
Stepping Stones Toddlers	Lisa Moore	07949 047990 or 721738
Brownies	Jane Staff	717294
Multi Use Games Area	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	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
The Mausoleum	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**