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It is sensible to appoint an experienced solicitor/Will writer to prepare your Will and witness the signing of it. Homemade Wills are much more susceptible to challenge because there is no independent evidence to support the circumstances in which they were made and what the intentions of the testator were. They are often ambiguous and lead to family disputes and often do not fully use inheritance tax allowances.

We have quite generous inheritance tax allowances. A legal professional will know how to make sure that these are fully used and can also make sure that the Will is executed in compliance with the legal formalities which, if not handled properly will result in the Will being declared invalid.

It is commonly believed that we have complete freedom to write our Wills as we

wish. This is substantially true but the Inheritance (Provision for Family and Dependents) Act 1975 enables a family member or a dependant or cohabitee to make a claim in certain circumstances if they have not been provided for. Legal advice is essential in such circumstances.

Choosing the executors of your Will:

The Executors have many legal responsibilities and are personally liable if they incorrectly administer your estate. You should choose executors who are competent to perform their role, who are interested in doing so and who can work together.

It is vital to register Lasting Powers of Attorney (LPA) even many years ahead of any need arising.

Should you suffer incapacity even a joint bank account is frozen but your LPA attorneys who you have chosen to act for you will be able to administer your affairs. If you do not have LPAs in place your family will have to apply to Court for the appointment of a Deputy. This is a long and expensive process and the Court may choose to appoint a professional Deputy and this will result in professional fees. It is much better to have LPAs in place now.

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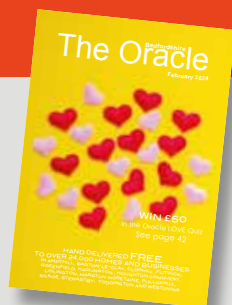
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to the
February 2024
Oracle.



To those of you who have seen through a dry January - many congratulations! I did it last year and then hit 'wet' February with a vengeance. So my plan this year was to achieve 'moderation'. Obviously, it's still a work in progress!

But now February is upon us, bringing Valentine's Day and Pancake Day, so it's time to indulge again. And The Oracle has new eating suggestions for you, as well as ways burn the calories afterwards!

Spring is not far off now, and, in the hope that it will bring finer weather, why not get all those house and garden jobs that have been piling up out of the way. Whether it's new windows, an eye test, a boiler service or a garden clearance you need, we can help you with all of these here in The Oracle.

All the best,

Kirsty



kirsty@thebedfordshireoracle.com
01525 841370

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The Seasonal Food Diary



FEBRUARY

February is the Rumpelstiltskin of months – short and bad-tempered – and it's hardly surprising if some of that gloom rubs off on us too. It's a bit difficult not to feel grumpy when it's cold, wet and grey outside.

It's in February, above all other months, that you might be forgiven for not sticking to your seasonal principles. There's only so much swede anyone can take, turkey has long since lost its appeal and even the sprouts are running out. But before you fall off the seasonal vegetable wagon, take a look at what else is on offer this month.

If ever there was a month designed for comfort food, this is it. Hearty stews and ragouts, together with the last of the feathered game, will keep us nourished and although it's true that sweet treats

are thin on the ground, forced rhubarb continues to provide plenty of fruity goodness. That superstar of late winter, purple sprouting broccoli, usually hits the shelves this month, while hardy brassicas, onions and carrots are still plentiful, meaning that even if the choice isn't as broad as we might like, there's still plenty of good vegetables to go around.

February is both the shortest month and the last month that we'll feel the full frozen grip of winter. That's definitely worth a celebration or two, and Shrove Tuesday and Valentine's Day fit the bill nicely. If that's not enough, you might be cheered by the fact that we'll see even more of those very early signs of spring this month. The first daffodils will flower, the first garden birds will sing and the first lambs will be born.

No one can stay grumpy after all that ... can they?

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Fun facts about Pancake Day and why we go flippin' crazy for Shrove Tuesday

1. The idea of eating pancakes on Shrove Tuesday is more than 1,000 years old! They were originally invented as a way of using up all the leftover fatty and rich foods before Lent begins on Ash Wednesday.

2. The largest pancake ever made measured 15 metres and weighed in at three tonnes – you'll need a lot of sugar and lemon for that one.

3. The most flips anyone has ever done with a pancake is 349 flips in two minutes. That's 'flipping' good!

4. Over a lifetime, an average person will eat 7,300 eggs. In the UK, 52 million eggs are eaten on Pancake Day, which is 22 million more than on any other day of the year!

5. In France, people like to make a wish before flipping their pancakes. They do this while holding a coin in the other hand.

6. On average we consume two pancakes per person on Pancake Day, which means that we get through 117 million pancakes in one

day! This requires enough milk to fill more than 93 Olympic swimming pools and almost 13 million kilos of plain flour.

7. We all have our preferences for pancake toppings but the weirdest pancake toppings have to be sour cream and caviar, ketchup and mustard, peanut butter and ice cream, coco pops and cream, cream cheese and strawberries.

8. Andrei Smirnov from Russia ate a colossal 73 pancakes in one hour! That's more than one a minute.

9. The Guinness World Record for the most pancakes served in eight hours is 34,818.

10. Before baking soda was invented, cooks often used fresh snow as it contained ammonia, which helped the pancakes come out fluffy and soft.

11. It isn't just us - William Shakespeare was a pancake lover! It is reflected in many of his plays.

12. The highest pancake toss reached 329cm high. Good luck trying to beat that!

13. In France and the United States Pancake day is called Mardi Gras which means 'Fat' or 'Grease Tuesday'





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The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

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Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

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YOUR HEALTH MATTERS

Be kind to yourself!

February, for a Sports Therapist, Biomechanics Coach and Rehab therapist, is a very busy month. Why? People get injured, mainly from overdoing it. We call it a “too much, too soon injury”.

When you see a 30-day Challenge being promoted somewhere, the person who came up with it has no idea what baseline you are starting from. Even Couch to 5k can be too much for some people.

As a rule of thumb, tissue should not be overloaded by more than 10% from the previous week, but experience would suggest it should be even less as it is better to err on the side of caution.

Type ‘Ab Challenge’ into the internet and work out the increase in the load from Day 1 to Day 30. I guarantee you it is more than 40% from Day 1 to Day 30. A LOT more. And hence the chances of getting injured raise exponentially.

An elite sports person may be looking at a week on week improvement of 0.1% across their various stats/goals. This is enough to keep them improving and not plateauing without getting injured.

So, as an untrained individual why would you be looking for 10 to 20% per week improvements?



It is obviously too much, too soon.

Let's take lifting weights.

If you go into a gym to do bench presses, it could look like this;

Week 1 - Bench 3 sets of 10 reps of 20kg = 600kg.

Week 2 - (Well that was easy, so let's increase) 4 sets of 12 reps of 25kg = 1200kg. (that's 100% increase)

Week 3 - (It still felt a bit easy, so you push harder) 5 sets of 15 reps of 30kg = 2250kg. (that's a further 90% increase)

Week 4 - You may not have actually found your level yet, so you bring in 3 sets of chest flies at 10kg Dumbbells for 10 reps plus 3 sets on top of Bench Press = 2850kg.

In 4 weeks, the load has increased by over 400%! Now can you see why you get injuries?

As Beginners of anything we can sometimes be too enthusiastic, and this is where a Sports Performance Coach comes in. So please take it easy, be kind to yourselves and take advice where applicable. If you are injured then look us up and if you don't want to get injured, look us up. It's what we do.

Stuart McCabe

Founder of Akarmalife Studios and the MAT Clinic
Movement Specialist, Teacher and Educator
Biomechanics Coach & Sports Therapist
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And also tell us about your experience of accessing women's health services, and giving your ideas for service improvement, please contact us at info@healthwatch-centralbedfordshire.org.uk or call 0300 303 8554 to book your place.

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Leap Year Superstitions...

Our everyday calendar has been juggled with through the centuries in an effort to make it more accurate and more useful. The time it takes for the earth to rotate the sun is $365 \frac{1}{4}$ days but the calendar year is 365 days, hence once every four years to balance this, we have a leap year and an extra day, February 29th.

Because such years are rarer than normal years, they have become lucky omens. For example, February 29th in the leap year of 1504 was very successful for Christopher Columbus.

The famous explorer had been marooned for several months on the small island of Jamaica. Though the island natives had initially offered food and provisions, Columbus' rather overbearing attitude had so annoyed the natives that they stopped this altogether.

Facing starvation, Columbus came up with an inspired plan. Consulting a shipboard almanac and finding that a lunar eclipse was due, he called together the native chiefs and announced to them that God would punish them if they did not supply his crew with food. And as an omen of God's intent to punish them, there would be a sign in the sky: God would darken the Moon.

Right on cue, the lunar eclipse started. Columbus dramatically disappeared into his cabin as the natives began to panic and begged him to restore the Moon. After more than an hour, Columbus emerged from his cabin and announced that God was prepared to withdraw his punishment if the natives agreed to supply him and his crew with everything they needed. The native chiefs immediately agreed, and



within minutes the Moon started emerging from shadow, leaving the natives in awe of Columbus' power. Columbus continued to receive food and supplies until he was rescued in June 1504.

For women, February 29th can also be a very successful day, as once every four years on the 29th February they have the "right" to propose to a man.

The right of every women to propose on 29th February each leap year goes back hundreds of years when the leap year day had no recognition in English law (the day was 'leapt over' and ignored, hence the term 'leap year'). It was decided that the day had no legal status, meaning that a break in tradition on this day was acceptable.

So on this day, women can take advantage of this anomaly and propose to the man they wish to marry.

In Scotland however, to ensure success they should also wear a red petticoat under their dress – and make sure that it is partly visible to the man when they propose.

For those wishing to take advantage of this ancient tradition, 29th February is your day!



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Making Theatre ...



FULL HOUSE is a children's arts charity based in Ampthill which brings theatre and creativity to children and families in Bedfordshire and beyond. We were recently awarded National Portfolio Organisation status by the Arts Council England. As well as providing crucial funding for us, NPO status is a recognition of excellence in the work we do - creating important cultural work which includes introducing the arts to new audiences in exciting ways.

FULL HOUSE

What we do ...

Obviously, the audience at the heart of our work. The aim of Full House is to carefully craft, programme and develop theatre and performance projects for, by and with children and young people. We want to enrich young creative minds, delight young audiences, and nurture a lifelong connection with the arts.

Our work...

Full House makes theatre. We create and deliver creative performance-based projects with local communities. We have a range of shows, projects and festivals in our repertoire which are predominantly delivered across Luton and Houghton Regis.

Every February half term we produce a children's arts festival with an amazing programme of exciting

workshops, shows and a free Imagination Station across three venues in Luton. Last year marked the 10-year anniversary of Feb Fest and welcomed record breaking attendees.

This year the festival will be taking place from 19th – 23rd February. For more info visit www.culturetrust.com.

Full House recently launched a project in Ampthill aimed at local young people aged 11-17. The Amped project, funded by Ampthill Town Council, enables the opportunity for Full House to engage young people with free, exciting arts opportunities. It's ideal for young creatives who would like to expand their skill set and work alongside industry professionals. Amped offers a unique way to gain practical, hands-on experience (whilst of

course having lots of fun) that would prove an asset to a young person's CV or UCAS statement.

So far, Amped has covered; Escape Rooms, Playable Trails, Role Playing Games, Steel Drumming, Stage Combat, Zine Making, Storyboarding, Silent Disco Tech, Plo Spinning, Micro Art and more ...

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7.15pm

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The Ampthill Past Memories Project takes us on a stroll down memory lane with recordings of Ampthill residents sharing their unique memories and stories of decades gone by. It's a unique peek into the heart and soul of our town's history.

We created the project because we recognised that Ampthill is a rich source of more recent history that has not been recorded.

It is thanks to the involvement of Terry Lee, Senior Tutor in Radio & Audio at the University of Bedfordshire and Chair of the Community Media Association, that the project could progress.

Initially Ampthill & District Preservation Society funded podcast equipment, but additional grants came from the CBC Inspiring Volunteering fund and Ampthill Town Council Community Grant Fund.

The Project has been set up as Podcasts which can be accessed via the Ampthill & District Preservation Society website ADPS.org.uk, or by scanning the QR code.

There are always more memories out there waiting to be found. If you would like

to share your memories with us and are happy to have them included, please do contact us at ampthillpastmemories@gmail.com.

Mariella Cook & Sandra Read

Coordinators, Ampthill Past Memories Project

Two of the Ampthillians who have contributed recordings :



Diane Ingle née Woodward

Diane was born in 1938 in Bedford Hospital. When she was 18 months old, her parents bought a house on Station Road. It had 3 bedrooms and (unusually) a bathroom. There was a toilet and coal bunker outside, and Diane still remembers the clouds of coal dust when the coal man came to deliver.

Diane shared a bedroom with her sister, and she lived here until she got married.



Terry Lynch (81)

Terry has lived in Ampthill since August 1950. His parents ran a newsagents, the first one being situated under the clocktower.

He remembers playing in the Market Square, which you could do because there was limited traffic then. And he remembers going to the Entertainment Hall on Flitwick Road, which was then knocked down and Redborne School was built which he attended from the age of 12.



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Only 10% of people ever take financial advice and it is usually the wealthier who are investing. But everyone needs a helping hand. We all have questions, like ... Can I afford to retire? Can I afford to go part-time? How do I return to work after maternity and afford childcare? How do I get out of debt?

The Money Friends is a financial coaching and financial wellbeing business. As financial coaches we can help support you to build a better relationship with your finances and enable you to feel more in control and help to eliminate worries and stresses.

Financial coaching is a hybrid of mentoring, coaching and guiding. This could include supporting you to change your habits, removing the emotional links or blockers to money, or helping you budget and understand your money.

People don't find it easy to talk about money but it is one of the greatest contributors to stress.

The benefits of any coaching are great. 80% of people who received coaching report increased self-confidence. 70% benefit from improved work performance, relationships, and more effective communication skills and 89% of companies recouped their investment on coaching, with some gaining even more than they spent.

Our business idea started with a car journey into work. We work together in a finance department and have a combined

experience of 25 years. But we both felt that we were missing a purpose. We wanted to help people. We thought it was time to help our own finances and also others like us in these unpredictable times. We realised there wasn't anything like this locally and this inspired us to start **The Money Friends**.

What will we offer?

- 121 coaching
- 5 session group programme (with the option to be anonymous)
- Corporate seminars
- Small business finance coaching
- Financial wellbeing for staff
- Templates for budgeting support
- Resources
- Cost saving ideas

We do not offer regulated advice. We are not traditional financial advisers, we don't sell financial products or receive any commission or payment from third parties. Our aim is to support and empower people to make their own financial decisions.

Please feel free to contact us with any questions or for more detail. We would love to hear from you.

Laura and Nicola

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Liisa Grant
Director



James Colvin
Director



Amphill Cancer Support Group

Inaugural Launch Event

Saturday 24th February 2024

12 noon – 2pm

Parkside Hall, Woburn Street, Amphill MK45 2HX

Kim, Caron and Sandra are proud to announce that we have made the decision to form the **Amphill Cancer Support Group**.

This is a group that will be for anyone who is affected in some way by cancer whether that be a cancer patient of any age, family member, friend, carer or medical practitioner.

We have been fortunate enough to have received donations to go towards the costs of hiring Parkside Hall

We hope to see as many people as possible at this launch event. There will be representation from a number of Cancer organisations, stalls and speakers, a quiet area for a chat, refreshments and information.

There is plenty of free parking.
Everyone is welcome.

We would love to hear from any organisations that would like to attend on the day. Please email us at acsg2024@aol.com

If you have been affected by cancer in any way and feel that you could benefit from this event and future meetings, please get in touch:

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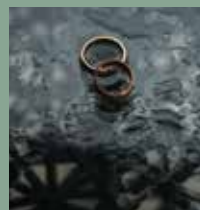


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Signs of Change

Welcome to Senior Snippets: the monthly advisory column with older members of our community in mind, brought to you by Maria Collins of Home Instead in Luton.

The Christmas season is a wonderful period for spending quality time with the family. It's a time when we can be together with ageing relatives for longer than usual, often with them coming to stay for a few days.

These visits sometimes spark concerns amongst family members who spot signs of decline in health, cognitive ability or general disposition; indicating that they may need some support to keep them safe and well.

Mum is perhaps more forgetful than last time you visited and is repeating stories. Dad has lost weight and is off his food. A parent living on their own complains of being lonely and not getting out to see friends as often.

These are some of the more obvious signs of decline, but what are the more subtle changes that family members should look out for?

- House is untidy, unclean or both
- Post remains unopened
- A bruise on an arm or leg indicating a fall
- Food in fridge well past sell-by date
- Don't recognise names in Christmas cards
- Resist social situations

It's observations like these that trigger a search for support (after all prevention is better than cure), and why home care companies like Home Instead, see a significant spike in enquiries at this time of year.

We are always on the lookout for caring and compassionate individuals to join our Care Professional team so that we can support more local individuals and families.

We'd love to hear from you if you think you can help or if you would like to make a suggestion for a future topic. Please write to our marketing lead at tanya.cox@hiluton.co.uk

Alternatively, you can also call us on 01582 742275

Did you notice a decline in your loved one's health over Christmas?

Have you considered respite or short-break care?

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- ⑦ Flexible to suit your needs - respite can be temporary or intermittent service levels
- ⑦ Allows loved ones to remain independent
- ⑦ Comfort & peace of mind knowing your loved one is spending time with another caring individual
- ⑦ Avoids carer exhaustion and gives time to look after yourself
- ⑦ Maintain contact with familiar visitors to the home

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Toddington Inspires Local Author



How do you bring an imaginary setting to life in a reader's mind? Local author, Susan Sachon, used first-hand experience. Her debut thriller is set in a Tudor pub, in the village of Wethershall-End. And the pub, with its heavy, wooden tables, and oak beams, is based on The Oddfellows Arms, in Toddington, where Susan lives and works.

Toddington's parade of shops, with their steps up from the pavement, also inspire the setting of her thriller ***So Now Go Tell***, as does the pond and library. Susan believes that living in Toddington for so many years made it easy to fill Wethershall-End with the character and warmth of village life.

Her 40 years as an actor / director with Toddington's small theatre, TADS, also shape her book's main protagonist, Jenny Watson, who lands the job of her dreams as director of a Shakespeare festival at Wetherhall-End's old pub: *"Though Jenny's life is very different to mine there are threads of my experience in local theatre running through the book that made it feel so vital, during the writing process."*

So Now Go Tell follows 40-year-old Jenny Watson, as she takes up her new job, eager to escape her unhappy past. But soon Jenny realises

that she's not at the pub by chance. The pub is remote, and her mysterious boss is permanently absent; there's a 400-year-old skull residing in the cellar; and the local actors are less than enthusiastic over her boss's choice of play. Then there's the growing conviction that someone's watching her . . .

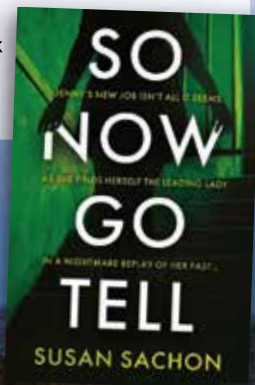
Susan was born in Luton, attended Rotherham High School, Barnfield College and went on to achieve a First-Class OU degree in creative writing, music, English Literature and Shakespeare. She completed an MA and a PHD in Shakespeare at Royal Holloway, London (all part-time while working), and is an Honorary Research Associate there. She ran a part-time theatre school for kids for over 20 years, has directed over 40 plays and shows locally. Susan now writes full-time, directs Shakespeare plays, and runs Shakespeare acting workshops. She also gives talks on Shakespeare, theatre, and her writing journey.

So Now Go Tell is available in paperback from Amazon, Waterstones and Troubador Publishing

www.susansachon.co.uk

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The Garden Diary

Houseplant Heaven

As we wait indoors out of the cold, looking closely for signs of life re-emerging outside, houseplants can play a role in making our lives altogether healthier and happier. These suggestions might be somewhere to start, but be warned! It's hard to stop at just one plant (and also be aware that some houseplants are toxic, so if you have pets or children you should always check before purchasing).

Zamioculcas zamiifolia

This upright, fern-like plant has been available for several years, and remains popular because it is comparatively easy to grow and enjoys a wide



range of conditions (except prolonged direct sunlight). For something a bit different, watch out for the near-black variety called 'Raven' or 'Down'. The juvenile growth starts lime green before turning almost black as it matures.

Aglaonema

If you're looking to make a statement with dramatic foliage, then the Aglaonema family (Chinese evergreen) will have what you need. From the virtually white leaves of 'White Joy', the pink painted 'Crete' or the bold stripes of 'Tigress' there is an aglaonema for every home! Just be mindful that the lighter the leaf colour the more light they require (although still protected from direct sunlight).

Streptocarpus or African violet (formerly Saintpaulia)

Recently reclassified under the Streptocarpus genus, African violets have been around since the 1890s. But as flowering houseplants become more fashionable, this classic is making a comeback. 'Barbie' has lightly frilled flowers with a purple-white gradient, while 'Southern Night' has intense dark blue flowers with white-edged foliage.

Hoya gracilis

Commonly called the wax plant, this climber is most often used in hanging baskets. With a little early or late direct sunlight, it produces small but highly scented flowers, but will need to be kept out of drafts and misted to prevent the leaves drying out (especially if the heating is on).

Ficus lyrata

If you're looking for something with real presence, then you should definitely consider the fiddle leaf fig. With its large glossy foliage it will reach over a metre tall, so is one for the floor, but its tropical appearance will ensure that it's a fabulous addition to a draught-free room with indirect light. Water sparingly as they can suffer from rot, and wipe the leaves, while misting will help prevent the foliage drying out.

See you back here in March - when Spring arrives!



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MP Musings

Alistair Strathern,
Member of Parliament
for Mid Bedfordshire

As a man with a great fondness and enthusiasm for Irn-Bru and a habit of throwing my body on the line on the football pitch, it is fair to say that over the years I have had to rely quite a few times on fantastic NHS dental care. But, as I know is the case for residents across Mid Bedfordshire, those positive past experiences of NHS dentistry are exactly that—a thing of the past.

My inbox is inundated with heart-breaking stories from residents, who are unable to find an NHS dentist and unable to afford a private one. Just in the last few weeks, I have had constituents contacting me to express their frustration and challenge in accessing routine dental appointments, with NHS dentists telling them they can only provide emergency care.

It beggars' belief that people are forced to wait for things to get worse just so they can afford to be seen. And tragically, they're far from alone.

Last year nearly 800 people across Bedfordshire were admitted to accident and emergency units for tooth-related reasons. In the year before, 165 children in central Bedfordshire presented at hospitals requiring a tooth extraction. That's 165 young people who had to go to hospital to receive treatment for conditions that should have been picked up months earlier.

NHS dentistry must be accessible for all, and I made this point in Parliament this month.

For years dentists have been sounding the alarm about the rot in dental care, but rather than working with professionals to bring about the changes that are needed, the Government has ignored them, rolling out only minor tweaks, which has allowed the crisis to worsen.

We are nearly a year on from the promise of a dental recovery plan which is yet to be published, but our NHS dentists need immediate support to alleviate the pressures they are facing and the pain their patients are suffering.

I'm proud a Labour government would prioritise dentistry, recruiting dentists in areas with the greatest need, delivering 700,000 more urgent appointments for patients, and reforming the NHS dentistry contract to get the service back on track.

Labour are determined to tackle the root of these problems and we will ensure dentists are there for people across Mid Bedfordshire when they need them.

But people shouldn't have to wait for an election to see things improve, so I'll be campaigning on this issue locally for as long as Rishi Sunak puts off calling an election.

If you have an experience you want to share as part of this, please email my team at alistair.strathern.mp@parliament.uk



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14th February is Valentine's Day, but how much do you know about love?

- What does the latin phrase omnia vincit amor mean in English?
- What Shakespeare play has the word 'love' in the title?
- Name the American divorcee that Edward VIII fell in love with.
- "You've Lost That Lovin' Feelin'" was first recorded in 1964 by which American duo?
- Guinevere, the legendary wife of King Arthur, had a tragic love affair with which knight?
- "Love means never having to say you're sorry" is a catchphrase based on a line from which 1970 novel?
- In which language would you say 'te amo' to mean 'I love you'?
- Who wrote the 1913 novel Sons and Lovers?
- Who wrote and originally recorded the song 'I will always love you'?
- "That's Amore" was a major hit and signature song for which Rat Pack singer?
- In Greek mythology, name the Greek god of love?
- Which planet shares its name with the Roman Goddess of Love?
- Where would you find love handles?
- Who became engaged to human rights lawyer Amal Alamuddin in 2014?
- Which of the 7 Wonders was built as a symbol of love to an emperor's wife?
- Name a Beatles song with the word 'love' in.

Please email your answers to kirsty@thebedfordshireoracle.com or post to Oracle Quiz, JAC Publications Ltd, Stewart House, Station Road, Amptill MK45 2RE. All entries must be in by 14th February 2024. The winner will be selected at random and contacted.

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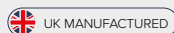
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FEBRUARY 2024 DIARY DATES

FREE listings for local events

email kirsty@thebedfordshireoracle.com with details of your event

Wednesdays 1-2.30pm	NCT Mid Beds Bumps and Babies. Drop in for parents & babies. £2 donation.	Village Hall Flitwick	NCT Mid Beds facebook page
Wednesdays 9.30-16.30	Community Hub Drop-In. Pool, Games, Table tennis, chat etc. For all ages.	Dunstable Road	communityservices@flitwick.gov.uk
Thursdays 2pm-4pm	Painting Circle. A self help group for budding artists. £2.50 per session.	Rufus Centre, Flitwick	Zoe, Flitwick Town Council 01525 631900
Thursdays 7.30-9.30pm	Jigsaw Club for people with physical disabilities.	Village Hall Flitwick	Olive 07597 761588
Tuesdays 9.15-11am	Little Stars. Friendly group for pre-school children, babies and carers. Term Time.	St Andrew's Church Amphill	www.standrewsampthill.org
Sundays 6-7pm	Walking Football Club. New members 50+ welcome. Also Tuesdays 8-9pm	Flitwick	obmauldenwalkingfootball@outlook.co
Wednesdays 9-10pm	Weekly recreational football. Over 25s	Redbourne Upper School, Amphill	www.fff.football
Friday 2nd	Amphill Wellbeing Walks. Free. Approx 3 miles. Also on 16th from Barton Watermill.	Sinclair Coffee House Stewartby MK45 4RF	mikef@bedsrcc.org.uk
Wed 7th 18.30-20.30	Painting session with tutor. £20 incl. materials and equipment.	Flitwick Library	www.eventbrite.co.uk/e/795145029187
Thursday 8th	Tea Dance. £4.50 incl. refreshments. Pay on door.	Rufus Centre Flitwick	01525 631900
Sunday 11th	Wedding Show. Meet suppliers and get hints and tips.	Parkside Hall Amphill	jodie@jodiegearing.com
Tuesday 13th	Flitwick WI. Insurance Claims - talk by Major alan Gilmore.	Village Hall Flitwick	flitwickwi@gmail.com
Tuesday 13th 7pm	Polari. A celebration of LGBTQ+ words & voices.	Flitwick Library	www.eventbrite.co.uk/790193318487
Thursday 15th 7.30pm	Bedford RSPB talk on Nene Washes - Wildlife & Management. All welcome.	ARA Club, Manton Lane, MK41 7PF	www.group.rspb.org.uk/bedford/
Thursday 15th 7pm	Amphill & Flitwick LGBT History Month Celebration. Free.	Rufus Centre Flitwick	01525 631900
Sunday 18th 2-4pm	Kings Arms Gardens open in aid of the National Gardens Scheme.	Kings Arms Path Amphill	elainebarrett06@gmail.com
Tuesday 20th	Over 60s Lunch. £7.50 for two courses. Call to book	Rufus Centre Flitwick	01525 631900
Thursday 22nd 11am	Free Community Movie Day for Half Term. No need to book.	Rufus Centre Flitwick	01525 631900
Friday 23rd	Tea with SpiderMan and Barbie. £15. Booking required.	Marston Vale Forest Centre	marstonvale.org/.../spider-man-barbieparty
Tuesday 27th 6-9pm	Wedding Fair with local suppliers.	Marston Vale Forest Centre	marstonvale.org/Event/wedding-fair-feb-2024
Sat 2nd March 10am	Danesborough Chorus Come & Sing Carmina Burana.	Mary Adams Hall Woburn Sands	www.wegotickets.com

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Gabriele Sutkutė (Piano)
- **Friday 23rd February**
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INSPIRATIONAL AMPTHILL FUNDRAISER

Last summer Ampthill dad of three, Dave Bateson raised more than £24k for Addenbrooke's Charitable Trust after arranging a sell-out charity football game.

Now Dave, 48, who has lived in Ampthill for more than a decade, wants to raise even more for Addenbrooke's because this hospital has helped him successfully live with stage four cancer.

In 2019, Dave was diagnosed with melanoma. It has since spread to his spine, liver and lungs. But after receiving a course of immunotherapy at Addenbrooke Hospital, his cancer has now stabilised. Dave decided he wanted to give something back by raising as much as he could to help build a new hospital and help fund more research into new treatments.

Last July Dave organised a pre-season friendly between Ampthill Town and Luton Town Under 21's. He was blown away by the incredible support shown by the local community. A record crowd of more than 1,000 residents attended the game. Ex-England goalie David James, an ambassador for Utilita who support both teams, also held

an auction and eventually more than £24k was raised. Now an undeterred Dave wants to do more.

On Saturday 2nd March, he is organising a party in Luton. An auction and raffle will also be held and all proceeds will be donated once again to Addenbrooke's Charitable Trust.

Dave explains: "I am proof that thanks to the incredible treatment, you can live with cancer and I want to try and raise more to help the continued research and new drugs needed to fight the disease. I was told that ten years ago I wouldn't be here today. It's all down to the incredible new treatment I have received."

Dave is looking for help with raffle and auction prizes and would appreciate any offers of donations.

 @David Bateson

How you can help Dave:

Purchase a ticket at <https://www.tickettailor.com/events/partyfundraiser>

Or if you would like to make a donation please put 'Dave Bateson' and quote 530674 as your reference at act4addenbrookes.org.uk/campaigns/cancer-campaign/



The poster features a large microphone icon on the left. The main text reads 'DAVE BATESON PARTY FUNDRAISER'. To the right, it says 'In support of: act Addenbrooke's Charitable Trust' with a small logo for 'act'. Further right, it mentions 'with live covers band FLYWHEEL'. At the bottom, it lists 'Tickets £20', the date 'Sat 2nd March 7:30-1am', the DJ 'DJ DEAN BLACKETT', the auctioneer 'Auction with PAUL COYTE', and the venue 'The Riverside Suite Venue 360'.

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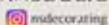
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