

The Oracle

Bedfordshire

April 2024

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in the April Quiz
See page 50

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FESTUS AKINBUSOYE
Bedfordshire's Police and Crime
Commissioner

Read about his achievements, plans for
the future and the election on 2nd May.
SEE PAGE 5.



Have you been meaning to get around to it?

We offer a FREE wills review service

We are a local firm specialising in Wills, Will trusts and Lasting Powers of Attorney

If you have no Will or if it cannot be found your assets will be distributed according to strict rules, which may not be what you want and often higher tax is paid. This is called being 'intestate'.

The State's distribution of your assets may not be what you would like and very often results in a higher tax:

- Children have inheritance rights. A legally married spouse may not inherit enough.
- A long term partner (who is not a spouse or registered civil partner) does not inherit anything.
- If no guardian is appointed by Will, orphaned children are the responsibility of the Local Authority
- A family member who inherits may lose State Benefits.

It is generally not appreciated that a divorced spouse can claim and in intestacies such claims are more frequent.

If your Will is several years old:

- Births, marriages, divorces, and deaths may mean your Will is out of date.
- The law has changed considerably in the last 10 years.
- The Residence Nil Rate Band is worth a lot in tax saving but only applies in certain circumstances.

Home Made Wills often result in disputes.

- ✓ We quote our fixed fees up front
- ✓ We meet with you in informal surroundings and spend a lot of time making sure we get everything right and you are happy
- ✓ We believe in plain English
- ✓ We advise on the most tax effective solutions
- ✓ Our clients tell us that the experience has been a pleasant one and they are extremely glad that they have the necessary documents in place.

Lasting Powers of Attorney (LPA)

- Are not only for the elderly
- A policy of 'wait and see' can be disastrous. You can only sign when you have full capacity.
- We are all at risk from illness or accident particularly those who travel or do risky sports.
- An LPA for financial matters permits your chosen attorney to manage your affairs.
- An LPA for health matters permits your attorneys to speak for you if you are too ill to make decision or speak for yourself. Thus matters such as medical treatment and even 'Care' are decided by those who are close to you.
- If we are unable to act for ourselves and there is no LPA even a joint bank account is frozen and all our financial matters grind to a halt.

Please phone Susan Shaw now on 01525 862053.



Susan Shaw LL.M
www.shawsills.com





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 **Happy Easter!**



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to the APRIL
Oracle.



As I've said before,
I do like to 'test the
Oracle waters' for
you so always turn
to our advertisers
first if I need any
product or service.



Wellll, I was having
trouble with my
hearing so was told I
needed the services
of an Audiologist.

Thank goodness for Pip at Let's Hear it. Booking was easy and she's in a convenient location in Maulden with parking. She explained the process, which was quick, painless and effective. And, she's lovely! Find out more about how she may be able to help you on page16.

We have so many new advertisers in this lovely spring issue : a new children's activity group, food intolerance testing, a new weight loss group, hair stylists, a local bowls club and even drones! So hang on to your Oracle. You never know when you might need it!

All the best,

Kirsty



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01525 841370

www.thebedfordshireoracle.com

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FESTUS AKINBUSOYE

Bedfordshire Police & Crime Commissioner



Since being elected as PCC in May 2021, I am pleased to report that overall, crime has reduced in our county, our force is solving more crimes, and more criminals are being put behind bars.

I am proud of the brave men and women we have working in Bedfordshire Police. As your PCC, I am equally proud to have been responsible for the recruitment of the highest ever number of officers in our county's history.

These did not happen by accident, nor did our rating as 'outstanding' by His Majesty's Inspectorate for how well we manage the most prolific offenders in our area. Bedfordshire Police was the first ever force to gain this rating.

With this growing number, I have invested to increase the number of frontline Rural and Community Officers, from 69 when first elected in 2021, to 84 officers as of March 2024. A 20% increase. Thanks to the work of these officers

and staff, Bedfordshire Police seized a record £4.3million of drugs in 2023 and secured over 400 years of prison sentence for organised criminal gangs since 2021.

Rural policing was totally dismantled under our previous Labour PCC. Under my watch, we have doubled the number of officers in our rural crime team. We have now seen a big reduction in reported cases of hare-coursing, for example.

As a former Special Constable with frontline experience here in Bedfordshire, I know that local people play a key role in keeping our communities safe. Which is why under my watch as PCC, I have doubled the funding for our various Watch Schemes which includes Speed and Street Watches. This has allowed for the purchase of up-to-date equipment, and setup schemes in more towns and villages. The number of volunteers helping to keep their local areas safer is now over 700.



I have made the safety of our young people one of my priorities. I started the first ever annual county-wide Youth Conference, Commissioner's Schools' Debating

Competition with finals taking place in Westminster, funded mentors in schools, and programmes to help prevent truancy. Overall serious youth violence has fallen since I came into office, and knife crime down by 26 percent.

Most of all, I am very proud that after much work and focus, the last year has seen the retention of police officers improve. This means more experienced officers to fight crime and keep our area safer, saving taxpayers money too.

But there is more to be done. I am ambitious for Bedfordshire Police to be tougher on neighbourhood crime, improve crime solve rates, make better use of technology to make policing work better for you, and continue the crackdown on organised criminal gangs. I am ambitious to put more early intervention resources into our schools and to support families.

We cannot afford to put the progress of the last three years at risk. It will be a privilege to be re-elected as your Police and Crime Commissioner on Thursday 2 May 2024.



Russell Lower School Proudly Waves the Eco Flag



Over the past two years, the School Council at Russell Lower School has been working hard to achieve the Eco-Schools Green Flag award. The goal was to make the school more environmentally friendly and to make changes which would have a positive impact on the environment.

At the first School Council Meeting representatives from each class shared ideas on how the school could become more environmentally friendly. They then created the Tree of Promise displaying the pledges from each class.



During the Summer Term 2023, the School Council organised a NO TECHNOLOGY morning in school. This helped everyone to think about alternative ways of learning and how energy could be saved.

The pupils at Russell Lower School are rightly very proud of their Green Flag and they remain committed to making changes. They now have their own Eco Code to live by, and have learnt that even the smallest actions can have a big impact.

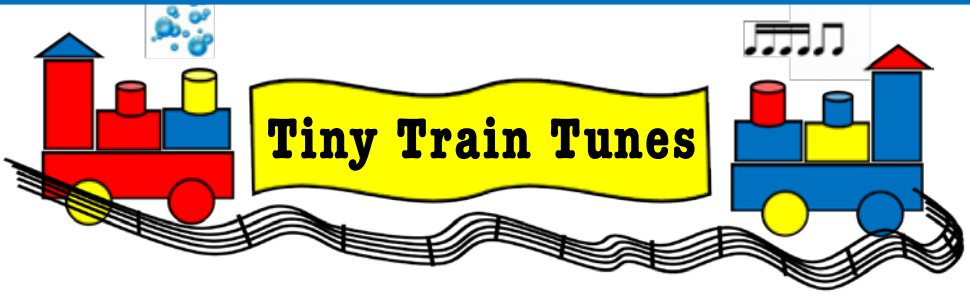
The tasks focused on biodiversity, litter, and energy:

They created pieces of artwork showing how all the pupils are caretakers of the school environment. The artwork included the variety of living things that the school grounds are home to.

They organised litter picks within the school grounds. And they joined forces with the PTA and Ampthill Climate Change Group to carry out litter picks in the local area.

There was also a poster competition with the theme 'Reduce, Re-use and Recycle'. Winners from each class were selected and their posters were displayed around school.





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Quite simply our belief at Merry Poppets is to provide the best child care support and early year's education for our children.

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Children's May Day Celebrations



Monday 6th May 2024
10am - 12 noon
£5 per child
 (children to be accompanied by an adult)



**Outside the White Hart,
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- Make a Garland or Green Man mask
- Decorate biscuits
- Listen to the storyteller
- Singing and Dancing
- Help to paint the River of Life
- Face Painting



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Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

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

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

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!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9558** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



Need more storage space? INSTALL A LOFT LADDER AND USE YOUR LOFT!

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GREENWOOD DRONES



I am the founder and proprietor of Greenwood Drones, your local aerial photography and cinematography service. We offer a wide range of drone services to both domestic and commercial clients throughout the three counties and beyond.

I've always been interested in photography and cinematography so when I left Harlington Sixth Form in 2021 I went to train and obtain my full license in commercial drone operations from the Civil Aviation Authority. Initially, the business was a weekend job whilst I worked for Bedfordshire Council's planning department. However, in the summer of 23 the business 'took off' and I decided to take the plunge and pursue my passion full time.

At Greenwood Drones, every photography and videography project is personal, whether it's a small social gathering or a huge wedding or festival. We can cater to all our clients' needs and find a cost to fit their budget. We understand that moments in life are precious, and we ensure those moments are captured so they can be cherished.

We also offer promotional content to businesses, creating incredible cinematic adverts and stunning

photography to promote their brand. We have worked with schools, sports groups and businesses using the latest drone technology, providing a whole new perspective on what they offer.

All photography and cinematography is fully edited in house with the guidance of the client to ensure that their content reflects the narrative they wish to present.

Coming from a family that works in construction, I was very aware of the possibilities of drones within the industry. They can be used for roofing and property inspections without the need for conventional methods like cherry pickers or scaffolding which can be so costly. Using a drone is time efficient and can provide a detailed inspection of any commercial or domestic property including a full written report of findings.

We also provide an all-new 3D mapping and rendering service of both property

and agricultural land, creating 3D imagery of sites photographed which can be used to determine precise measurements of volume, area and length. Landscapers, solar panel installers and property developers are finding the service revolutionary due to how cost and time efficient it is.

I am proud to be the face of Greenwood Drones. The possibilities of drones are only just getting started and Greenwood Drones is at the forefront of the industry.

To find out more about what we do visit our website www.greenwooddrones.co.uk or email us at enquiries@greenwooddrones.co.uk

Harvey Greenwood





GREENWOOD DRONES

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7.15pm

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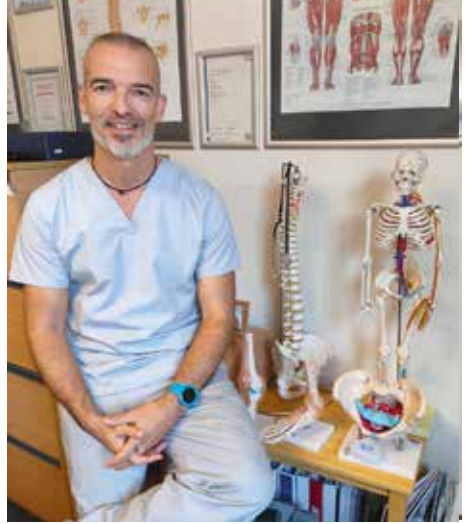
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YOUR HEALTH MATTERS

Your Health is
Your Wealth



Investing a little for the long term is the key to success. With consistency, progress happens all the time. But sometimes, the measures we use make it difficult for us to see the change.

Most people have pensions or some type of savings. If we look at them constantly in the short term it doesn't look like anything is happening. This is because progress/growth is incremental and can take time.

It's the same with your movement patterns and habits. There is no point waiting until you get to retirement to "start exercising again", or if you are in your late 20's or early 30's thinking, "I played football/hockey/went running for so many years, I will be alright for a few more years yet".

Your health, movement, fitness, training is continual and if it isn't then you are sliding backwards.

Sometimes progression doesn't even feel like forwards movement. I remember when I was training with an internationally recognised Yoga teacher and he said, "sometimes we don't progress. The best we can hope for is stopping the rust setting in".

View it as you want, frame it as you need but little and often is better than not at all.

Invest in you. Make your health and movement a priority. Find something you enjoy or always fancied having a go at; Martial Arts, swimming, ballet, fitness classes, Yoga, Pilates, team sports, dancing, climbing, hiking, running, cycling. There are always sports that you can start that are suitable to your current fitness levels and if it is running you have the excellent HLB Runners (see HLBRunners on facebook) locally who will actively support all new beginners and Couch to 5kers. They are passionate about running and that's always a great place to start.

There is open water swimming at Box End for the daring, paddle boarding in the Ouse at Bedford, as well as rowing clubs or, on a family holiday you could try something with the children. You may find something as a family that you all enjoy. We did and that is how we got started at the MK Climbing Wall and got back into climbing after a 20 year hiatus.

Make movement and your health your long-term investment.

And as always if simply moving hurts then get your movement patterns checked by a specialist in the field of Biomechanics, Movement, Sports Therapy and Coaching.

Stuart McCabe

Founder of Akarmalife Studios and the MAT Clinic
Movement Specialist, Teacher and Educator
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Please come along to find out more about the services available in your local area.

Friday 19th April	Tuesday 14th May	Tuesday 11th June	Friday 19th July	Thursday 8th August	Friday 6th September
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9am-1.30pm	9am-1.30pm	9am-1.30pm	9am-1.30pm	9am-1.30pm	9am-1.30pm

For further details please contact Alison Newnham or Beverley Copestake:

📞 0300 303 8554 @ info@healthwatch-centralbedfordshire.org.uk

young
healthwatch
Central Bedfordshire

healthwatch
Central Bedfordshire

LET'S HEAR IT!



My name is Pip John and I am a senior Audiologist at Bedford Hospital. I also run microsuction/ear wax removal clinics in Bedford and Maulden.

I have been in Audiology for over 25 years. Helping people with communication difficulties become more socially confident and feel less isolated is a very rewarding job.

I started my career in 1997 working on the job and completing my BSc honours degree in clinical science at the same time. I now am the training lead at Bedford Hospital.

Microsuction is regarded as safe, gentle and painless. It has been used routinely for many years in hospital ENT departments to help clear the ears of people who have very sensitive ears, very narrow ear canals or ears that have been damaged by infections or trauma. Microsuction uses a suction probe to gently remove the wax from the ear canals. No water is used.

Earwax is produced inside your ears to protect your ears from infection, keep them clean and free of germs. It usually migrates out of the ears naturally, but sometimes too much can build up and block the ears. This is a common problem that can often be treated using eardrops or simple olive oil. Some people regularly get blocked ears because they naturally produce a lot of earwax.

Other factors that can increase the risk of too much earwax include:

- producing naturally hard or dry earwax
- having narrow or hairy ear canals (the tube between the opening of the ear and the eardrum)
- being elderly, as earwax becomes drier with age
- bony growths in the outer part of the ear canal

Earwax can also block your ears if you frequently insert objects into your ear canal, such as cotton buds, ear plugs or hearing aids.

It can be very uncomfortable and for some people cause debilitating symptoms for those who suffer with blocked ears.

A build-up of earwax in your ear(s) can cause:

- earache
- hearing loss
- tinnitus
- itchiness in or around the ear
- vertigo (a spinning sensation)
- ear infections

These problems will usually improve once the excess earwax has been removed.

Prior to your appointment at the clinic, I recommend using olive oil for 3-5 days which will help to soften the wax making the microsuction procedure much easier. You can also buy Earol spray to soften the wax.



If you think you have an issue that I can help with, please don't hesitate to get in touch.

Let's Hear It Ear Care Clinic

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117 Clophill Road, Maulden

07734 227745 | www.letshearit.co.uk



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Ear Care Clinic



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BEGINNERS of all ages are most welcome and help is at hand from our qualified coach.

We also have an active SOCIAL MEMBERSHIP (non-bowlers). We hold various social events during the winter for all members including: Quiz/Music Nights, Bingo, Games Nights and a Darts League. And, of course, we have a very competitively priced bar.

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OPEN DAY 26TH MAY

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**BOWL UP
BOWL
UP!**
24 - 27 MAY

1 in 4 people suffer with dry mouth.

That's over 14,000 people locally, so you are not alone!

Dry mouth is a common condition where your body may not be producing enough saliva. If left untreated, your mouth can become sore and uncomfortable.

Some causes of dry mouth can include:

- Taking multiple medications
- Cancer treatment
- Auto-immune diseases
- Menopause



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**everyone
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*Win a weekend break at Wild Canvas terms: Mainland GB only, 18+. Opens 00:00 26/03/2024 to 23:59 16/06/2024. One auto entry to prize draw for all those who join Everyone Active on a fitness membership, either paid in full upfront or via monthly Direct Debit, or existing customers using facilities at least ten times throughout the promotional period. Valid email address, home address and phone number required to join. Opt-out via email. Participating centres only. Prizes: 10 x 3-night boutique camping breaks for up to 4 people (winner 18+ and 3 guests) sharing a tipi or yurt and 10 x 3-night camping stays (bringing own tent) for up to 2 people (winner 18+ and guest). 20x prizes available to be won in total. Winners must be able to travel on either 2 - 5 August or 9 - 12 August 2024, 5x breaks and stays available on each weekend. Visit www.everyoneactive.com/wildcanvas for exclusions, more details and full terms and conditions.

Your Health and Holistics

Food Intolerance Testing and Holistic Therapies

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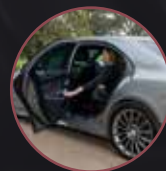
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By Dr Sarah Bolt

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I decided to open my own practice after having worked for larger corporate practices. Whilst they can offer amazing facilities and care, I felt I was losing touch with individual patients, and wanted to get back to providing a more personal experience for them without the targets and pressures from 'the top'.

We started with a team of 5, and we have steadily grown to a team of 10. I work alongside two part-time vets (Mei and Jenny), 2 qualified nurses (Kelly and Megan), a student veterinary nurse (Fay), 3 client care team advisors (Amanda, Jen and Jess) and our practice manager (Jennie).

All of us at Ampt Hill Veterinary Centre know first-hand the joy and fun having a pet can bring, but we also know the how worrying it can be when they get into mischief or get poorly. Our pets are important family members, and so it's natural to worry when they're unwell. The worry can make a trip to the vets feel stressful due to the uncertainty of what might be found. Our goal is to make a trip here as stress free as possible not just for the pets, but for their owners too.

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The last 2 years have absolutely flown by and we've really enjoyed meeting so many pets and their owners. We've been blown away by how welcoming and supportive our clients have been – thank you!

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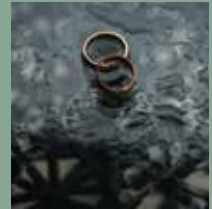


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Busted - Myths around fostering!



Fostering plays a crucial role in providing a safe and nurturing home to vulnerable children who cannot stay with their birth families. Yet, misconceptions and myths about fostering often deter potential foster parents. Have a read through these common questions and find plenty more on the Nexus Fostering website.

Can I foster on my own?

Yes. We have many single foster carers who have a solid support network of family and friends who offer practical and emotional support when needed. The Nexus Fostering team is also always available to support you, so you will never feel alone when you foster with us.

Can I choose the age of the children I foster, and do I have any say in the child or young person placed with me?

The matching process is important for you and the child or young person referred to us. We carefully match your personalities, skills, and circumstances with those of the child or young person. We encourage foster carers to focus on the needs of the child, not their age, and then decide if they're able to help them.

Will fostering impact my birth child?

Fostering when you have your own family can be a rewarding experience for everyone involved and allow your children to learn about different cultures and ways of life.

Can I work whilst fostering?

In most cases, it is unrealistic for a foster carer to be expected to give up their steady income to become a stay-at-home parent. Each foster case will be handled differently, focusing on the needs and requirements of the individual that's being fostered. There are a number of factors that could come into discussion when talking about your working life whilst looking to foster a child; such as will you be a single carer, is your employment full or part-time, what hours will you be working and so on..

Do I need experience working with children?

No. Before you start your fostering journey you will receive all the necessary training. The fact that you are thinking about fostering is already the first step and most importantly shows that you are motivated and open-minded.

Based in Amphill, Nexus Fostering believes all children and young people deserve a chance to live in a family setting. Their ethos is centred around providing unrivalled support and training for foster carers to create the best positive outcomes for those in their care. Rated 'Outstanding' by Ofsted since 2011, their extensive team of social workers, specialists, and clinicians are there to help you excel as a foster carer.

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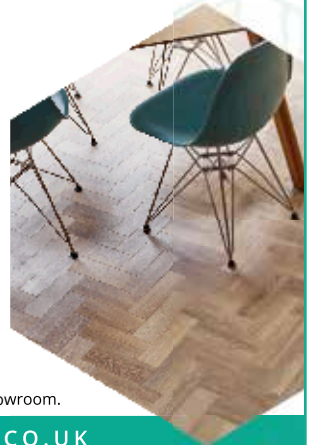
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The Garden Diary

Chart-topping garden diseases

Each spring, the RHS (Royal Horticultural Society) releases the latest list of chart-topping garden diseases plaguing our outdoor sanctuaries. This year contains old favourites, including rose black spot and pear rust, and of course still at number one - for the 28th year running - is honey fungus. But the super damp conditions this year have seen four lesser-known diseases break into the top ten:



Tulip fire

This almost sounds like an actual pop band that's slipped into the wrong chart, but sadly no. It's a fungal disease caused by *Botrytis tulipae*, which can cause tulip leaves to appear as though they've been scorched - hence the name. If you think that your tulips are affected, check online first at www.rhs.org.uk/disease/tulip-fire but if it is present then the only thing to do is dig up the bulbs, and plant something other than tulips in case the soil is contaminated.

Pocket plum

They've made this disease sound a lot nicer than it actually is. Caused by the fungus *Taphrina pruni* it causes fruit to develop without a stone, making them look as though their insides have been sucked

out. They wither and then fall off. You'll want to collect up fallen fruit, and remove any obviously deformed branches as otherwise they'll help the spores to spread.

Blossom wilt

This disease is usually down to *Monilinia laxa*, and affects fruit trees. It causes blossom and leaves on fruit-bearing branches to turn brown. The wet weather will help this to spread, so be vigilant as the season develops, removing growth when necessary and ensuring affected fruit are swiftly removed.

Slime flux

My personal favourite, because it's got such a great name, is a disease affecting a range of trees, shrubs and climbers, including birch, cordyline and clematis. Watch out for orange ooze on stems, which may be foamy, and has a distinctively unpleasant smell. Slime flux isn't usually fatal, and can be washed off to reduce the odour (it will still leak out), or remove if it's on material that can be pruned away. According to the boffs at the RHS Plant Health team, the disease is linked to frost damage, so if you're able to avoid that, then you'll reduce the risk (you'd be able to protect a cordyline by fleecing it, for example).

See you next month!



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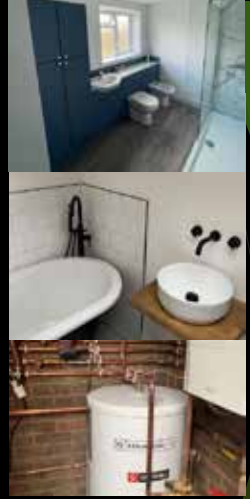
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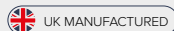
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.....
2. What star signs are you if your birthday falls between March 21 and April 19 or April 20 and May 20?
.....
3. England's patron saint is remembered on April 23rd. Who is he??
.....
4. Which major UK sporting event will be held on Saturday 13th April?
.....
5. What is April's birthstone?
.....
6. April's birth flower is often listed as *Bellis perennis* - this is the Latin name of which flower?
.....
7. April Windsor, played by Amelia Flanagan, is a character in which soap?
.....
8. Which birds' arrival in mid April, is said to signal the start of Spring?
.....
9. The RAF was founded on 1st April 1918. What does RAF stand for?
.....
10. In a famous TV prank from 1957, the BBC broadcast a film showing Swiss farmers picking freshly-grown what from trees?
.....
11. Considered the greatest playwright of all time, which English dramatist died on 23 April 1616?
.....
12. Which famous computer company was founded in California on 1st April 1976?
.....
13. 12th April 1941 was the birth date of which English footballer and captain during the team's finest achievement?
.....
14. In April 1956 which Hollywood actress famously married and became a Princess?
.....
15. Which American activist who had a dream was assassinated on April 4th 1968?
.....
16. What famous marathon is typically held in April each year?
.....

Please email your answers to kirsty@thebedfordshireoracle.com or post to Oracle Quiz, JAC Publications Ltd, Stewart House, Station Road, Ampt Hill MK45 2RE. All entries must be in by 11th April 2024. The winner will be selected at random and contacted.

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The answers to last month's Love Quiz:

- 1.** Black Magic **2.** Smarties **3.** Kit Kat **4.** Matchmakers **5.** Snickers **6.** Double Decker **7.** Twirl
8. All Gold **9.** Turkish Delight **10.** Lion Bar **11.** Minstrel **12.** Celebrations **13.** Picnic
14. Maltesers **15.** Dime Bar **16.** Time Out

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April Diary

FREE listings for local events
email kirsty@thebedfordshireoracle.com

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
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
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, Ampt Hill	www.fff.football
Tuesday 2nd	Free Easter sports & crafts. Years 5 & 6, 10am-12; years 7 to 11, 1-3pm	The Hub, Dunstable Road, Flitwick	flitwick.gov.uk
Saturday 6th 2-4pm	Houghton Conquest Garden Club Spring Show.	Village Hall Houghton Conquest	01234 740892
Monday 8th 7.30pm	ADALHS - Talk on Earl de Grey of Wrest, owner of Wrest Park.	Flitwick Library Lecture Theatre	ww.adalhs.org.uk Tickets £5
Tuesday 9th	Flitwick WI. AGM plus Fish & Chip supper. Booking required.	Village Hall Flitwick	flitwickwi@gmail.com
Friday 12th 10.30am Friday 26th	Wellbeing Walks. Free, approx 3 miles. No need to book. From Nuyard Garden Centre, Flitwick	Aspley Guise Cricket Club MK17 8DX.	mikef@bedsrcc.org.uk
Saturday 13th 3pm show	Zonita Cinema. 102 Dalmations. Show 7.30pm Fisherman's Friends	Parkside Hall Ampt Hill	Tickets on door. www.zonita.org.uk
Sunday 14th 10am-4pm	Handmade Craft Fair. Over 40 stalls.	OldWatermill, Barton Mill Lane MK45 4RF	oldwatermill.co.uk
Sunday 14th 10am	Flitwick 10K and free junior Fun Run.	Village Hall Flitwick	affrunningclub.org.uk/ flitick-10k/
Wednesday 17th 1-4pm	Flitwick Community Job Club. Job Search session and free CV advice.	The Hub, Dunstable Road, Flitwick	flitwick.gov.uk
Saturday 20th 11am-6pm	Street Food Heroes. Spend a relaxed afternoon with food trucks and a DJ!	Millennium Park Flitwick	flitwick.gov.uk
Saturday 20th 12pm	Ampt Hill Cancer Support Group meet up for anyone who would like to talk.	White Hart Ampt Hill	acsg2024@aol.com
25th & 26th 7.30pm 27th 2.30pm	Westoning Players present Murder in Little Grimley. £15 + supper. Murder in Little Grimley £15 + afternoon tea	Village Hall Westoning	01525 719695
Saturday 27th 7.30pm	Kempston Musical Society Spring Concert in aid of Sue Ryder. Tickets £8.50 on door.	Priory Methodist Church, Bedford	info@kmschoir.co.uk
Saturday 27th 7.30pm	Maulden Players Quiz Night. £12pp + Fish & Chips. Max 6 per team. BYOB.	Village Hall Maulden	07729 225162 07876 631365
Sunday 28th 2-4pm	Kings Arms Gardens Open.	Ampt Hill	
Monday 29th 8pm	Parkside Community Hall AGM. Find out how the hall is run and how you can help.	Parkside Hall, Woburn Street, Ampt Hill	

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