

The Oracle

Bedfordshire

The Flitwick and Ampthill Directory



JUNE 2019

Your **FREE** Local Directory
Covering Flitwick, Ampthill, Westoning, Harlington,
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Hello Readers

I do so love it when a company that's been in the Oracle for a while tells me how effective their advertising has been.

That's what we're there for!

So I was very happy to go and meet advertiser David Giles at Simply Bathrooms in Maulden to find out more. I had a tour of their ever expanding showroom and met the team. If you could judge a company on how nice the people are, then Simply Bathrooms would come out top! What a lovely bunch of folk who clearly enjoy working together and share a common work ethic. Find out more on page 50.



And here's me with my dog Lulu. We're getting ready for the annual Dog Walk for Dementia in Amphill Park on 23rd June. It's in aid of the Alzheimer's Society - a charity very close to my heart. See the advert on page 71 for more details. I know that June is such a busy time for Galas and étes, but we'd love to see you there.



If you're a parent of teenagers, then you know that June is all about the exams. To all the students (and parents, as I'm one of them!) going through them, may I wish you the best of luck!!

All the Best,

Kirsty

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Fair

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**SUNDAY 15TH
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10AM TO 4PM



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Ampthill

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Wrest Park, Silsoe, Beds MK45 4HS

Templefield Lower School



'Inspiring all pupils to love learning, believe in themselves and achieve their best'

NEWS FROM FOUNDATION STAGE AND KS1

Our Foundation Stage children have had a really exciting year and have been on a bear hunt, travelled to space and spent their days as pirates!

As well as all of these role play activities the children have had balance bike training and a visit from a mountain bike stunt man who showed off his skills on a bike and even jumped off the top of his van!



real life artefacts. Still to come is a Seaside Day where the children will dress up in old fashioned clothes and enjoy lots of seaside themed games from past and present. We are all excitedly looking forward to our trip to Woburn Safari Park where we shall be learning about lots of different animals and in particular those found in Australia which links to our topic Outback Adventure.

Earlier this year we had new artificial grass laid outside, so even if the weather is soggy the children have been able to keep clean and continue to play outside. The children have enjoyed the mud kitchen and the water pipes and have been building pirate ships and dens. The children have been making rotas for turn taking on our 6 new balance bikes and a magical fairy castle has been a source of great imagination and storytelling. Still to come in summer are eggs to hatch and a farm visit on our school field where the children will be able to learn about and pet the animals.

This year children in Year 1 have had lots of WOW days relating to the topics which they have been studying. The children particularly enjoyed their Dinosaur Day where they made their own fossils and explored



Year 2 children have enjoyed a range of activities this year and their first topic Turrets and Tiaras included a visit from Electro City. During the visit the children were taught how to carefully build a house from Lego bricks so that it didn't fall down. By the end of the session a whole town had been created and this was lit up with small circuits in each building.

To enhance our topic of Its All Greek, History Off the Page visited and the children dressed up in Greek clothing and were given a Greek persona. The children then enjoyed a range of Greek themed activities including creating pottery, mixing ailments and making jewellery. The children have had a wonderful time so far this year and are all excitedly looking forward to our trip to Waddesdon Manor in July!

SUMMER FRENZY

£1 Entry
(children free)

Saturday
29th June
1 - 5pm

Arena Events - Bar & BBQ - Stalls
Tombola - Face Painting & Tattoos - Games - Raffle
Inflatables - Petting Farm with Animal Edge

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The Firs Lower School
Station Road
Amphill
Bedford MK45 2QR







Shelton Lower School

HALF FORM ENTRY - SMALL YEAR GROUPS - ALL YEARS WELCOME

We Are OPEN to All!

We are very proud of the nurturing values our children develop as being part of this values based school. No one gets left behind at Shelton! New parents and children are welcomed by all at Shelton Lower School, including them in everyday school life from day one.

We are a small rural school with half form entry, age range from 4 to 9 years of age. Each of our year groups can accommodate 15 pupils. Our children receive extra support, or extra challenges, to achieve their full potential. Our teachers work to enhance experiences for all of our children and are adept at identifying and supporting each child (and their parent/carer) in their development, nurturing children and supporting families.

We are inviting families to come and join our wonderful school community. We are the Small School with the Big Heart, and pride ourselves in making school not just about academic achievement but also in helping our young people achieve socially as they grow and develop.

We are easily accessible from Wootton, Marston Moretaine, Kempston, Houghton Conquest, Stewartby, Lidlington and surrounding areas, and part of the Wootton Pyramid, with our lower school ultimately feeding into Wootton Upper School, so your children would have a smooth transition to their next stage of education.

One of the important aims of our school is to develop independent learners. This includes developing children's mindsets to understand making mistakes should be seen as learning opportunities, not as failures, and trying new activities.

For 2019, children have been enjoying swimming lessons as part of their weekly curriculum, at Flitwick Leisure Centre - their team aiding the children's skills, confidence and safety in the water. Children are also enjoying lunchtime clubs of Dance, Cheerleading, Multisports and Cricket.

Our school has a CPRE award 2018 Forest School on-site, accessible weekly to all children. Forest School provides an enhanced educational experience in a 'hands on' manner, encouraging children to develop their self-esteem, confidence, and a questioning approach, along with an appreciation of nature, in a fun, positive and safe way. Forest School is a wonderful addition to our offering, promoting wellbeing and mindfulness. Shelton Lower School pupils are currently working towards achieving the Woodland Trust's Platinum Award for our Forest School.

OPEN DAY - SATURDAY 22ND JUNE 2019
FROM 12.00AM - 3.00PM during our Summer Fete

Alternatively contact the school to arrange to visit
at a time convenient for you.

To arrange a visit to Shelton Lower School please contact the School office.
Call us on 01234 768269 or email: sheltonoffice@sheltonandsouthhillschool.co.uk

To view our prospectus please visit the school website - www.sheltonandsouthhillschool.co.uk

Our full Ofsted report is available from <https://files.api.ofsted.gov.uk/v1/file/2619157>

The small school  with the BIG heart

Hand delivered to over 27,000 homes and businesses

THE Outdoors Mum

There is so much to do in our own gardens but occasionally we need a little inspiration. Just stepping outside can be a challenge sometimes but if we plan ahead there is so much fun to be had and let's face it, our babies and toddlers don't know the value of money so we don't need to break the bank.

A great activity to get young children engaged is water play. While you could splash some cash on a water table, a storage container, bucket or washing up bowl can



be just as fun. I put some flowers from the garden in a washing bowl for Daisy and not only did she enjoy splashing she enjoyed trying to fish out the flowers with a mini sieve but a spoon will do just fine. This

activity is great for concentration and hand-eye coordination. We also used a ladle and a few plastic cups we had in the cupboard. I wouldn't expect this activity to last too long but it's fun and sociable if you have multiple children or are hosting a play date.

Another Activity which Daisy, who's just turned 2, recently enjoyed at Easter was a carrot hunt. Some may say that it's criminal to not



hide chocolate but I had lots of carrots at home and so we went hunting for the Easter Rabbit's lunch! Of course you can hide anything and reward at the end with a prize or just enjoy the fun. This activity could be done anywhere not just in your own garden. Hiding anything your child would recognise will work well.

The outside can be super educational too and a great place to learn new words and touch and feel new objects imprinting them in our memories. Just recently I picked a weed in the field and showed Daisy that when you blow it, the dried dandelion seeds go flying like little helicopters. She loved it and to her it wasn't a weed, it was magical. I made a little wish for her too. I bet you can imagine yourself blowing the dandelion like a child bringing back your own happy childhood memories.



No matter how long you go outside for or how long the activity lasts just appreciate the very fact you've given your child some freedom to explore the outdoors and surroundings. It's great for de-stressing and for improving our mental health too.

Jenny

www.theoutdoorsmum.home.blog • [@theoutdoorsmum](https://www.instagram.com/theoutdoorsmum)

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 **£355!** 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!



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61,000
people are living with heart
and circulatory diseases
in Bedfordshire

Heart and circulatory
diseases cause
100 deaths
each month
in Bedfordshire

Heart and
circulatory diseases
kill more than
1 in 4 people in
Bedfordshire



TODAY		
425 people will lose their lives to CVD	...more than 100 people will be younger than 75	7 MILLION people fight their daily battles with CVD
515 people will go to hospital with a heart attack	190 people will die from a heart attack	12 babies will be born with a heart defect

How you can get involved

We have many Community Volunteer Opportunities, something to suit everyone;

- ♥ Join a local Fundraising Group and organise events within your community.
- ♥ Manage our collection tins within your local area.
- ♥ Become a In Memoriam Secretary and support those remembering someone close to them.
- ♥ Provide talks to Clubs, Associations, Schools on the work of the BHF and how they can get involved.

For more information on supporting the BHF contact
Sarah Cunningham,
BHF Fundraising Manager for Bedfordshire & Cambridgeshire
cunninghamsa@bhf.org.uk. 07741 640182



Has Your Double Glazing Steamed Up?

Established for over a decade Cloudy2Clear windows have become a leading company for glass replacement. Issues with double glazing can often be gradual and may only be noticed during a clear sunny day or during the winter. A failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed double glazing? If you act now you can avoid these problems.

Now, you may think

you need to replace the whole window including the frames and all the hardware, however Cloudy2Clear have come up with a simple and cost saving solution... Just replace the glass!!

If you see condensation in your windows just visit our website or give us a call on **0800 61 21 118**. We will send out our highly experienced engineers for a free no obligation quote. A Cloudy2Clear quote takes on average **no longer than 20 minutes**. Once the quote is completed, we will sit down with you and explain the problem and

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Your friendly local Cloudy2Clear specialist is Stephen Moon and he services Milton Keynes and the surrounding area.

So, if your windows are steamed up, broken or damaged give Stephen a call for a free quotation on **0800 61 21 118**.

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ROUTE66 BARBERS

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When we first opened there were just two barbers, but now we are four. We are proud of the incredibly loyal customer base which has grown over the years and kept all of the staff busy and we would like to give a big thank you to all you guys for your ongoing support.

As well as providing top notch grooming services, Route66 also takes great pride in the work we've done with the local community. We love displaying art-work in the window for Silsoe Preschool and we also work with Bedford Autism, opening on the first Sunday of the month for anyone with special needs. Our owner, Teri, has been worked with autistic adults and children for over 25 years. Autistic children often find that having their haircut can be a disturbing experience. This is due to sensory challenges associated with the condition. The feeling of hands running through their hair and landing on their face or body, as well

as noise of scissors or electric clippers can cause great distress. All the staff at Route66 are very aware of the problems. We consider kindness and patience two of our greatest strengths.

The number of children having their hair cut at Route66 has been steadily increasing so we decided to create an area separate from the main barbers especially for kids. They can sit on a minion scooter and watch their favourite DVD from our large selection whilst having their haircut. We believe that first haircuts are special so we like to send mums and dads home with a lock of their little ones hair. Every event in our children's little lives should be magical.

So, adult or kid, we'd love to welcome you here. Just pick up the phone and give us a call. And if you require a private appointment on a Sunday morning please call Teri on

07813145112.





ROUTE 66 Barbers

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Wellbeing

With Anne Bryant

Do you find it difficult to speak up?

Have you ever had one of those moments where someone says something offensive or inappropriate, and you don't know how to react?

Whether it's at work or at home; with friends or with strangers, often you have that split second where you really want to say something, to protest and to make it known that actually that thing that they just said was not okay. It can be particularly hard if they themselves are blissfully unaware that what they said was offensive. You want to say that it made you feel uncomfortable, and that you'd really rather they didn't do that again, but often we just don't say anything. Why is this?

As humans we are hard-wired for connection with other people. This stems back to caveman days, when being part of a social group was literally critical to your survival. If you got ill and were unable to hunt or scavenge for berries, you only survived if you were part of a social group that fed you until you get better.

So now, when faced with the prospect of actively choosing to challenge someone about their behaviour or attitude, it brings the risk of social isolation. We worry that we might offend them, or that it might make things really awkward between us. There is a concern that it could escalate into an argument, and sometimes we talk ourselves out of speaking up because we doubt our ability to judge the situation correctly. What if we're blowing this up out of all proportion?

So what happens when we don't speak up?

It's not uncommon to quietly seethe about what happened, and to feel really annoyed with yourself that you didn't say anything. If you're anything like me, you'll replay the conversation in your head a thousand times where you respond to the perpetrator with a brilliantly witty and crushing put-down, worthy of Oscar Wilde.

So how do you find the courage to speak up in situations like this?

The first step is to 'start with heart' – in other words, to have the right intention for speaking up. If your aim is to punish the perpetrator or win the argument, you're headed for trouble. But if you set the intention to have a conversation that creates more understanding between you both and to explain why what they said was not okay, you're on track for a successful outcome. You can find the remaining steps at www.lifesparkcoaching.net/courageous-conversations or by scanning the QR code below.

*Wishing you
great
wellbeing!*



MIND-MANAGEMENT

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Tricia's BEAUTY



Summer HAIR LOVE

How is your hair feeling? As the sun begins to make more of an appearance there is no hiding a bad hair day under a hat anymore. No need to panic! Follow these simple steps and you will be shaking your summer locks in no time.

The first thing is to book a haircut. Trim all the dry split ends as it's futile to try and 'mask' hair damage if you don't start with the basics. And, if you have coloured hair, ask your hairdresser's advice for the best products to use that will prolong your hair colour and keep it looking healthy and glossy.



Some salon brands can be pricey but no worry, there are alternatives you can try at home.

1. Organic coconut oil is an amazing alternative to maintain healthy nourished hair. It works best after you have just washed your hair and the hair shaft is open and receptive to hydration delivery. Most coconut oils are solid in form so either warm a small amount in your hands or place a small lump in a container and stand in a small bowl of hot water. Do not microwave or heat the oil on the cooker as this will heat it to a higher temperature and you risk burning yourself. Apply the oil from the mid length to the ends of your hair and massage gently to coat your hair. If you have a dry scalp, massage a small amount into your scalp also. You can either leave this for 30 minutes or overnight but make sure you cover your pillow with a towel or an old case, or wear a shower cap. Wash your hair the next day with a sulphate free shampoo, (preferably organic) to maintain the condition of your hair.
2. My top tip for hair on holiday is to wash your hair in the morning, comb an intensive conditioner through to the ends of your hair and gently tie / braid your hair and wear a sun hat if possible. Wash the conditioner out in the evening and your locks will be super silky and shiny. There are also UV hair protection sprays. Charles Worthington have a great summer hair care range for travel.
3. Diet, nutrition and hydration are contributing factors to your hair health so increase your water intake during the hot summer months.

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Dealing with Stress



Exams, work, finances and family...

If you sometimes feel like stress gets the better of you, take heart. There are simple techniques you can learn that change how you respond to stress enabling you to build resilience and increase your sense of calm.

Get the balance right between things that support a healthy mind and things that can undermine your ability to handle stress. More, or better, sleep, time outdoors in nature and connecting with friends can all help. Take a break from social media and the news and avoid relying on an alcohol, sugar or caffeine fix to wind down or get you through the day. Yoga and meditation can reverse the negative changes chronic stress has on the brain through mindful movement, breathing techniques and learning to be in the present moment. As a yoga and meditation teacher I know that how you are breathing in any moment is a good indication of how relaxed or stressed you are. You can alter your mood and lower stress by changing how you breathe. Slowing the breath down, especially the exhale, is a signal to your brain that everything is okay and it is safe for you to relax.

BELLY BREATHING

Best done lying down. Place one hand on the belly, just below the ribs and the other hand on the chest. Inhale in through the nose, feeling the belly rise under your hand. The chest remains as still as possible throughout. Breathe out through slightly open, soft lips for as long as possible without creating tension in the body feeling the belly relax under the hand. Do for 5-10 minutes.

BEING PRESENT

Sit with your feet flat on the ground. Spend a few minutes paying complete attention to the sensation of each foot. Feel each toe, the sole, top, heel and ankle. Sense each foot as a whole then both feet at the same time.

RESTORATIVE YOGA

Restorative yoga is holding gentle positions that enable the body to relax and the mind to settle. Great for any time of day but especially before bed if you have trouble getting to sleep. Lying with your legs elevated, using a wall for support, is a classic and you can see how to do it with this helpful video – www.akarmalife.com/videos

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KIA STONIC



Perhaps its old age setting in but I value a sat nav more and more. In fact the strength of a car can plummet in my eyes if it is fitted with a substandard device.

So it's the first thing I look at when I sit in the Kia Stonic. And I am very impressed. It is extremely easy to use ... and it works! It's easy to punch the destination details in and then it gets to work guiding you with precision. There are two little issues though; sometimes the instructions can be a little delayed for my liking and the voice sounds suspiciously like Theresa May!

As I sit in the driver's seat there seems to be a raised ride height but I'm not so sure because when it's parked alongside our Vauxhall Corsa both cars seem to be the same height. Looking out of the windscreen you instantly appreciate the sculpted bonnet, which certainly creates interest. It's an estate car with the feel of an SUV. The grey fabric seats are comfortable and the door inserts in the rear are made of hardwearing plastic which is a good choice for mucky children.

My children still require child seats so ideally seatbelt points need to be well spaced to avoid causing me unnecessary aggravation when belting them in. Unfortunately, although the width of the Kia is certainly not slim the belt points don't allow for the cumbersome child

seats meaning that it takes twice as long to strap each child in.

And what's with the name Stonic? Was it conjured up by an ever so slightly tipsy marketing team? Did they mean to call it tonic? But then the other day, while admiring the rear - where the name can be found - I notice that the 'S' is larger than the 'T' which got me thinking that as the emphasis is on the 'S' perhaps this could refer to 'super' or 'special' - a super or special tonic. A number of options here but all positive, I suppose.

In conclusion, it's an attractive little estate car which easily accommodates five occupants and there's a good size boot that swallows a pushchair and luggage.

Facts at a glance

Model tested: Seat Leon Cupra 300 2-litre

Kia Stonic 1.6 CRDi 3

Price: £19,300 OTR

Engine: 1.6 diesel

Power: 114bhp

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The Garden Diary

Staying Safe in the Garden

As the run up to summer really starts to gather pace, more of us will be out in the garden tending our borders, mowing the grass, and generally finding any reason at all to NOT be indoors. So it's worth remembering to keep yourself (and others) safe - it's a dangerous place out there!

Top 10 causes of garden injuries:

Lawnmower, flowerpot, hedgetrimmer, secateurs / pruners, spade, flower trough, garden fork, shears, hose or sprinkler, garden cane.

It's no real surprise that the poor old lawnmower tops the list of ways to get yourself off to A&E. From electric shocks and burns, to eye damage from flying stones and toe injuries, it's a wonder that any grass gets cut! Try:

- 1) Wearing the right gear, from gloves to strong shoes - and even safety goggles where damage to eyes could be a risk.
- 2) Leaving yourself enough time to get the job done - there's always tomorrow if you can't finish off in one day.
- 3) Not taking shortcuts, eg don't fill up your petrol mower where you intend to start it up.
- 4) Putting tools away and keeping your workspace tidy.

If you thought keeping all your tools and equipment locked out of harm's way in the shed was going to prevent accidents, you'd be wrong. The wildlife can be pretty dangerous too!

Last year, one customer of mine had an aggressive pheasant resident in his garden. You

might think it sounds innocent enough, but every time I'd bend down to pick something up, the crazy bird would go for my face! More obvious hazards include wasps and bees, so keep alert for nests in the ground, and also for caterpillars, such as those of the oak processionary moth, which can trigger asthma attacks and skin inflammation. Compost can also trigger breathing problems, so some gardeners may need to wear a mask to reduce the associated risks.

Other things to consider:

- 1) Slap on some sunblock (and a hat as required).
- 2) Drink plenty of fluid in hot weather (although not from standpipes as not all is drinking-water quality).
- 3) Keep a first-aid kit close to hand. Prevent existing wounds from becoming contaminated.
- 4) Know your limits - eg don't try to lift overly heavy loads on your own.

The benefits of gardening far outweigh the potential hazards, so don't be put off. In fact, you're more likely to have an accident inside your home than outside! Find even more comprehensive common-sense guidelines on this page of the RHS website: www.rhs.org.uk/advice/profile?pid=54



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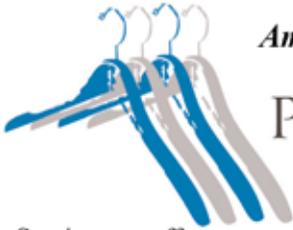
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Let's Cook

Sue Lang owns and runs the Black Cat Farm Shop. She delights in offering locally grown, fresh, seasonal fruit and veg, along with hand-crafted bread, cheese, meat, milk, oil, honey and preserves. She's passionate about supporting local producers and is now sharing her favourite recipes with The Oracle.

Spring minestrone soup

Asparagus is still plentiful in June, but you may be getting a little tired of having it steamed with butter, griddled on the BBQ or with dippy eggs. This recipe is versatile and is great for a filling lunch or a light supper. If you would like a vegetarian/plant based soup, omit the bacon, swap the chicken stock for a well flavoured vegetable stock and swap the Parmesan for a vegetarian cheese.

INGREDIENTS

- 77g diced pancetta
- bunch of spring onions finely sliced
- 1 fennel bulb, halved and thinly sliced (or 4 sticks of celery if you don't like fennel)
- 2 garlic cloves, chopped
- 1 litre chicken stock
- 2 x 400g tins cannellini beans drained and rinsed. Use chick peas if you'd like a little more 'crunch' from the beans.

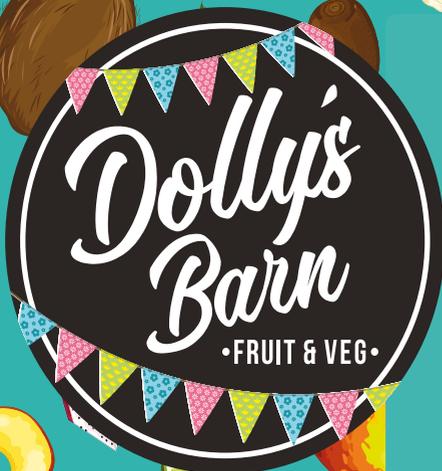
- 125g asparagus tips
- 150g sugar snap peas halved lengthways
- 100g frozen peas (or French beans trimmed and cut into 1cm pieces)
- 125g baby spinach
- 50g parmesan finely grated, to serve
- crusty bread to serve

METHOD

1. Put the pancetta into a large non-stick pan and cook until crisp and the fat has rendered. Add the spring onions and fennel with some seasoning, and cook gently for 5 minutes until the fennel is beginning to soften. If you aren't using the Pancetta, cook the vegetables in a couple of tablespoons of Rapeseed Oil.
2. Add the garlic and cook for 1 minute until fragrant, then pour in the stock and beans. Bring to the boil and simmer for 5 minutes, then add the asparagus tips, sugar snaps and beans (if using) and simmer for another 5 minutes.
3. Stir in the peas and spinach, and cook for a few minutes until the spinach has wilted, then spoon into bowls, top with parmesan and serve with bread, if you like.



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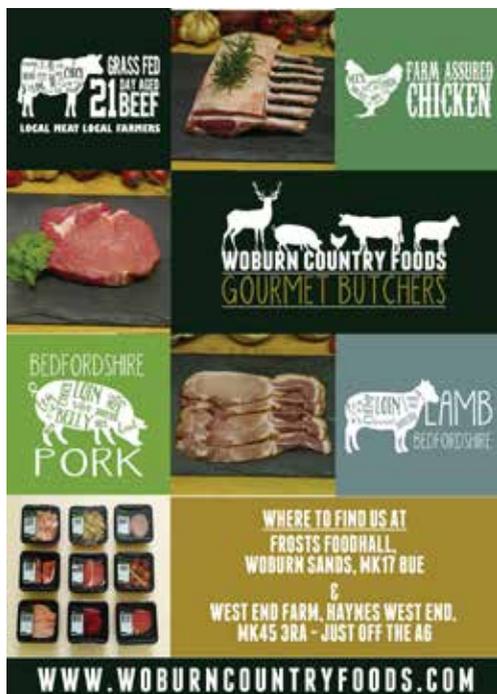
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DON'T FORGET TO PROTECT YOUR PROPERTY WHILE YOU'RE AWAY

The summer holidays are just around the corner. We put a lot of effort into planning our perfect summer break, but we often don't put quite as much effort into making sure that while we're away relaxing our home is safe.

Most burglars are opportunists, who target empty homes. This means that the holiday season is bonanza time for them. However, a little preparation can save a lot of distress. 60 percent of burglars gain entrance through rear or side windows and doors so make securing these a priority.

Fences and hedges are the first line of defence against uninvited guests so should act as an effective barrier, rather than just being attractive borders. The Metropolitan Police recommend 'hostile plants'; plants that are spiky, prickly or very dense. Don't let them grow too high though, your home should be visible from the street and to your neighbours. The idea is not to provide a hiding place for intruders! Protect the entrance to your property too. If a gate isn't practical, consider covering pathways with gravel. Thieves don't like to announce their presence and the sound of footsteps on gravel is often enough to put them off entering.

Motion-activated lighting and well-lit paths and driveways are also a good deterrent. Outside security lighting is cheap to set up, and low energy light bulbs keep running costs down. Also, consider installing a burglar alarm - as well as protecting your property, having an alarm can also lower your insurance premiums.

While you're away on holiday, some extra precautions will help protect your possessions. Keep valuables out of sight. If they can be seen, then someone might be tempted to try to steal

them. Don't close curtains in the daytime though, as this announces to the world that your house is empty. Invest in timer switches to turn lights and the radio on and off. Cancel any milk or newspaper deliveries.

Inform a couple of trusted neighbours that you will be away. Ask them to keep an eye on your property and offer to do the same for them while they are away. Little tasks like moving the post away from the door, and drawing your curtains in the evening will make it look as though someone is in. They could even park a car on your drive if you are taking yours away. Offer to do the same for them when they go on holiday.

Join your Neighbourhood Watch Scheme, or if there isn't a local scheme, set one up. Neighbourhood Watch has an excellent track record of deterring opportunistic thieves.

A little vigilance and some common sense go a long way to protecting the things you love. Follow these simple steps and you will be able to relax on holiday knowing your home is as safe as it can be.



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The festival is organised and run by **entirely volunteers, in their spare time, from your local community.** Mark Tiana, Chair of the Ampthill Festival, admits that competition in live music entertainment is hotting up. He explains the pros and cons:

“On the good side, it galvanises us to challenge the status quo and try new things. We are really excited to announce our second stage and dance zone this year, and that BBC introducing will be using AmpRocks to showcase exciting new talent. We now have a very varied set of acts and options for people to enjoy – catering to all tastes throughout the weekend.”





“On the negative, the competition from the commercial companies means our team has to work even harder to secure fantastic line-up and to negotiate hard on the increasing band costs, but we’ve still managed to keep ticket costs down!”

“However, the blood, sweat and tears are clearly made worthwhile by the fantastic atmosphere over the weekend. As Mark says: “The Festival is truly made for us, the people of Ampthill and Bedfordshire, and by us. We are looking forward to seeing you all this year.”

The line-up for the three day festival, 5-7 July, can be viewed at ampthillfestival.com

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BRINGING AMPTHILL TOGETHER

When someone asks me what Ampt Hill Business Chamber actually do, I'm not always sure where to start. The official line is that we're a group of driven local business owners that support each other to grow our businesses. But it's just so much more than that! Most of our members live, work and shop in Ampt Hill; we're invested in the town in so many ways, and our main motivation is to ensure it thrives. So we bring local businesses, local organisations and local people altogether to ensure we're all working towards the same things in a positive and joined up way.

Just looking through our last meeting agenda you can get a real taste of what we do. We have members who work on different areas and then bring their progress and challenges back to the full committee every month for discussion and to agree a united way forward. The main areas are parking & planning (a biggie!); marketing; supporting our members and local organisations; improving the market; networking; events; community engagement schemes with Ampt Hill Town Council; and an App available to Ampt Hill shop owners that alerts them to any potential problems in the town centre.

We've been lucky enough to welcome lots of visitors to our monthly meetings lately too: The Greensand Trust came to talk to us about the work they're doing to care for and promote our local environment; Mayor Stephen Addy is a regular visitor sharing ways we can join with the Town Council in local projects; and a representative of Young Enterprise came in to talk to us last month about how we could support children at Redborne with funding and business mentoring from our members.

Due to our focus on improving the town, we welcome all local organisations, not just businesses. Ampt Hill Cricket Club, Bowls Club and Parkside Hall have also just joined us so we can support them to flourish and grow too.

So how do thriving local businesses contribute to the town? Well we strongly believe that every penny spent in the local community benefits the local community. Local businesses are run by local people, who in turn are more likely to spend their money right here too. So instead of our hard-earned money ending up in the pockets of multi nationals or faceless corporations, the value is magnified around our community, so we all benefit.

Hopefully you'll have seen our ads in The Oracle over the last few months, where we aim to introduce you to some local businesses you may not have heard of. Obviously we can't feature everyone, which is why I'd really love for you to visit our website www.ampthillbusinesschamber.co.uk to see the full list of our members as well as our business Facebook page (@Ampt HillBusinesses). Whatever it is you're looking for, chances are there is a local business that can give you a truly personal service. And that's what we're ultimately here to do.

Lindsey Copperwheat
Chair, Ampt Hill Business Chamber





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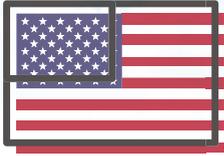
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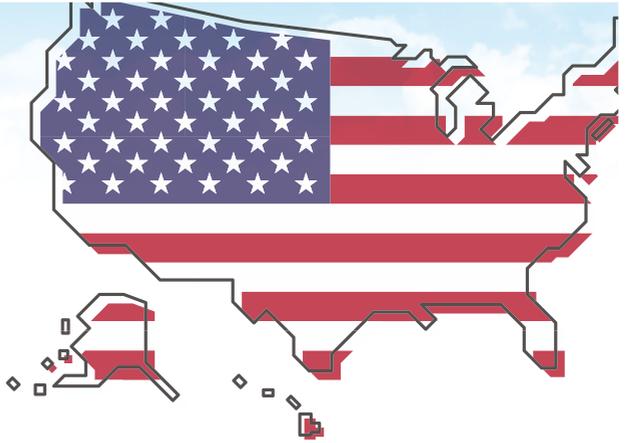
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USA ROAD TRIP



The USA is an amazing holiday destination, with diverse places that are waiting to be explored. So, why choose just one location when you can get in your car, set your own pace, and create a unique itinerary that is perfect for you. I've suggested a few of my favourite USA routes below... but these are just the tip of the iceberg! There are countless routes and itineraries that I can help you plan for your perfect tailor-made USA road trip.

A self-drive tour of the USA's West Coast is truly spectacular. Highlights include:

San Francisco – Glide over the iconic Golden Gate Bridge, indulge yourself at Fisherman's Wharf, learn the fascinating stories of Alcatraz Prison and watch the playful sealions at Pier 39.

Grand Canyon – Marvel at the huge natural wonder that is one of the world's most spectacular sights.

Las Vegas – Experience the glitz and glamour of the famous strip that never sleeps. From world-class shows, exciting thrill rides to the iconic famous casinos.

Los Angeles – The City of Angels. Walk along the famous star-studded streets to snap a picture next to your idol's name, spot the iconic Hollywood sign and take in the nightlife of Downtown LA.

San Diego – Offering everything from a bustling city to relaxed beaches.

Whether you're interested in learning about the Civil War or experiencing the vibrant birth of the Blues and Jazz music, there is a rich, deep culture at every turn in the road along a Deep South road trip. Highlights here include:

Atlanta, Georgia – Take in the classic American culture, with its rich Southern traditions, cultural diversity and famous iconic sights.

Nashville, Tennessee – "Music City". Enjoy the classic American country music right in the heart of its origin.

Memphis Tennessee – Music is again at the heart of this city where you can walk in the footsteps of legends such as Aretha Franklin, Johnny Cash, Otis Redding and Elvis Presley.

New Orleans – The very birthplace of Jazz.

Driving down **Route 66** is something only dreams and films are made of. With some of America's must-see sights along the way the 2400 mile stretch takes you from Chicago to Los Angeles, covering 8 states and 3 time zones.

One of my most popular choices is an 18 day trip that has everything Route 66 has to offer. You'll fly directly into Chicago before embarking on an adventure that takes you through St Louis, Springfield, Tulsa, Amarillo, Santa Fe, Albuquerque, Gallup, Flagstaff, Las Vegas and Los Angeles

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The bathroom is one of the most important rooms in your house. It sets the tone for the rest of your home and people often judge a whole house on the condition of the bathroom.

Have a new bathroom fitted is a big commitment, so you really need to trust the company you give the job to. David and Andy were determined that their company would provide an excellent service to their clients from start to finish and to that end they put together an expert team of local tradespeople: Richard Copperwheat takes care of the electrics, Kane Walker is a plumbing and heating engineer and Dean Jackson is the carpenter. There there's Sophie who keeps them all in check: "It may sound like a

cliche but we really are one big happy family, always looking out for one another and trying to give the very best experience possible to our clients."

Any company lives on its reputation, and the standard of Simply Bathroom's work has ensured that the company grows week by week. As the name suggests, they do everything bathroom related, from the design and supply to the fit but they can also carry out any other general building requirements and renovations. Their aim is to give you the bathroom of your dreams for a price that suits you.

The Simply Bathrooms team is also very 'community minded.

In September they are all taking part in a local fund raising event to support Breast Cancer Research and they also sponsor Flitwick Lower Football Club.

This year they opened a new bathroom and tiling showroom in Maulden and the aim is to expand again next year. It's a local business working for local

clients employing local tradesmen - all working together to provide a quick and friendly service. No outsiders. No hidden costs. So if you're thinking about upgrading your house with a new bathroom, give Simply Bathrooms a call now.



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- 11th Wyvale/Frosts, Woburn Sands
- 14th Dunelm/B&M, Bedford
- 18th Harpur Centre, Market Day Bedford
- 25th Kingston Centre, MK
- 28th Poplars Garden Centre, Harlington

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Volunteering brings great rewards and we have opportunities for all. View hundreds of options through our online facility where you can register as a volunteer and apply.



Community Voluntary Service
Strengthening local social action

Bedford Credit Union – this not for profit financial cooperative is looking to recruit a volunteer director who is willing to take over as chair next year.

Age Concern Luton is recruiting volunteer support workers to handle new client referrals, access the needs of clients and ‘match’ them with suitable Age Concern Luton services.

Amphill Festival Weekend Volunteers would love to have your support leading up to and following the festival in the last week of June. A variety of roles are available.

Amphill and District Good Neighbours Scheme is calling for drivers to help residents by transporting them to the shops or appointments, running errands or collecting prescriptions – around Amphill, Maulden and Millbrook.

‘Go Club!’ happens every second and fourth Saturday at Maulden Baptist Church for children affected by Autism Syndrome Disorder. They are looking for some volunteer help at run the club.

Houghton Conquest Rainbows (part of the Girl Guiding Bedfordshire) is looking for a volunteer assistant leader to work as part of their team to provide a safe girl-only space where girls can discover their full potential and experience how great Girl Guiding can be. They meet on Tuesdays.

cvsbeds.org.uk/volunteer

volunteering@cvsbeds.org.uk

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Facebook: CVS Volunteering Bedfordshire

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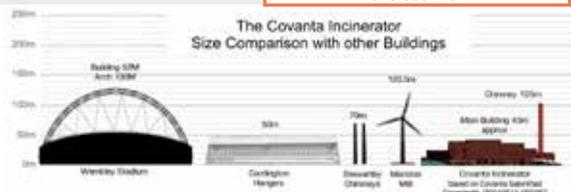
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Healthwatch Central Bedfordshire will be visiting an area near you to provide information, advice and guidance about local social care, health, housing and additional services.

We will be joined by our partner organisations and local voluntary groups.

Please come along to find out more about the services available in your local area.

Sunday 7th July - 1 to 5pm - Ampt Hill Gala - Ampt Hill Great Park

For more information contact Dee Dillistone 0300 303 8554
dee.dillistone@healthwatch-centralbedfordshire.org.uk



Professional theatre company, Librarian Theatre transform libraries into magical spaces where we can join two young siblings as they spend a summer having thrilling adventures, visiting exotic places and sailing the "seven seas".

Based on the story by Sir Quentin Blake, The Green Ship is a family friendly hour-long play about childhood, friendship and the power of imagination.

Toddbington Library on Tuesday 25 June at 6pm
Flitwick Library on Friday 28 June at 6pm

Tickets £5 per person and available at each of the host libraries or online at www.TheGreenShip.co.uk

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Please help!

I am raising funds to provide a defibrillator for Parkside Hall in Ampt Hill in memory of my good friend Nigel Garrard who died of a heart attack after singing in a concert at Parkside Hall with the Vauxhall Male Voice choir in March.



The best treatment against SCA is the life-saving shock from a defibrillator. Pairing this along with effective CPR can help to increase a victim's chance of survival from 6% to 74% if delivered within the first 3-5 minutes of collapse.

Many community groups use the hall, from tiny tots to oldies so I have chosen a defibrillator with paediatric as well as adult pads so it can be used on all ages.

Please do consider donating to my Just Giving page. This really could save a life. www.justgiving.com/crowdfunding/alison-winskill-1

Alison



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Facebook @standrewsampt Hill

Church & Town Magazine

Local Publications, Posters
and Programme Leaflet

Ageing Well Festival and Exhibition

Wednesday 19th June 2019
Bedford Corn Exchange
10am to 3pm

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 Email—enquiries@ageukbedfordshire.org.uk



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Dates for Your Diary

70

FREE listings for local events - email us now!

Every Wed 1.30-3.30pm	Amphill Baby & Toddler Group (term time only). First session free.	Amphill Baptist Church	See facebook Amphill Baby and Toddler Group
Every Tues 1.45-3pm	Pram service (term time only). Free group for newborns to 5 yr olds. Music, stories ...	St Andrew's Church Amphill	Kate McFarlane 01525 838223
Every Wed 1-3pm	Bumps, Babies and Beyond	Village Hall Flitwick	Jane Lee janelee3@hotmail.co.uk
Evey Wed 2-4pm	Afternoon Tea in Church	St Mary's Church Marston Moretaine	www.stmarysamarston.co.uk
Every 2nd & 4th Sat	Go Club for families affected by ASD. 10am-noon. Lego, coffee and a chat.	Maulden Baptist Church	Deborah 07859 048832
3rd Friday 10-11.30am	Mid Beds Twins Club meet at the Flitwick & District Children's Centre	Malham Close Flitwick	Laura Marshall 07747 175288
Every Frid 9am-4pm	Shefford Charter Market. Free Parking.	High Street Shefford	Paul 07807 219044
Every Mon 10-10.30am	Armchair Exercise suitable for all abilities followed by refreshments.	Village Hall Flitwick	Cheryl 07977 322897
Every Wed 10.30-12.15	Cognitive Stimulation therapy for people with early dementia/cognitive impairment.	Flitwick Library	Brenda 07970 666711
1st & 3rd Wed 7.30pm	Houghton Conquest Art Society.	Village Hall Houghton Conquest	www.houghton-conquest-art-society.co.uk
Most w/ends am & pm	Adult and teen bushcraft sessions in the woods. From £25.	Amphill Great Park	ntcbushcraft.co.uk 07855 805756
Every Thur 6.30pm	Yoga: Beginners & Beyond	Village Hall Streatley	07956 627928 www.the yogavineuk@hotmail.com
3/6/10 Jun 7.30pm	Stewarty Am. Operatic Soc. Workshops for Pirates of Penzance. Auditions on 13th.	Church Hall Stewartby	www.saods.org.uk Carol 01234 767618
Tue 4 Jun 7.30pm	Amphill's Secret Nature Reserve - St Andrew's Churchyard & Cemetery.	St Andrew's Chapter House, Rectory Lane	Facebook @standrewsamphill
Sat 8 Jun 2.30pm	Renaissance Songs & Dance by The Cryers in costume. Free entry.	Steppingley Church MK45 5AU	Brenda 01525 715202
Sat 8 Jun 10-12 noon	Plant Sale	Village Hall Houghton Conquest	Margaret 01234 740892
Sat 8 Jun 12-7pm	Flitwick Carnival. Parade leaves Rufus Centre 11.15am Arena acts, live music etc	Milennium Park Flitwick	Flitwick Town Council 01525 631900
9 & 23 Jun 10am-4m	Summerfields Miniature Railways open to the public.	A600 btwn Bedford & Shefford at Haynes	www.bedfordmes.co.uk
Thu 13 Jun 7.30pm	Jigsaw Club, Ascot Race Night. Thur 27 Junne, BBQ	Football Centre by 101, Amphill	Olive 07597 761588
Fri 14 Jun 10am start	Walk 4 Health. 75 min led walk in a friendly group.	Sharpenhoe Clappers car park	Lynda 01234 740788
Thu 20 Jun 7pm	Bedford RSPB Evening Walk for guided tour round farm.	Wood End Farm, Cople MK43 9BW	rspb.org.uk/groups/ bedford
21 & 22 Jun 7.30pm	Pulloxhill Players present The Allotment Plot. Tickets £13.50 incl supper.	Church Hall, Church Rd, Pulloxhill	Gail 07846 147408
Sat 22 Jun 7pm	Gala Dinner. Tickets £23. Dinner, music etc Proceeds to restoration of St Mary's.	St Mary's Church Harlington	Tricia 07711 511729
Sat 22 Jun 12-4pm	Recycle Fest - Maulden Village Show. BBQ, inflatables, classic cars, arena etc	Village Hall Maulden	mauldenvillageshow@ yahoo.co.uk
Tue 25 Jun 2.30pm	Bedford Nat. Trust Assoc AGM following by talk from Paul Forecast. Free admission.	Addison Centre Kempston	Betty Thomas 01480 860421
Tue 25 Jun 6pm	Librarian Theatre performs The Green Ship by Sir Quentin Blake. Family friendly.	Library Toddington	www.thegreenship.co.uk
29 & 30 Jun 12-4pm	Flitton & Greenfield Open Gardens. Free parking at Village Hall.	Throughout the villages	Jo Holt 01525 792777

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DOG WALK FOR DEMENTIA

Sunday 23rd June 2019

AMPTHILL GREAT PARK

Meet at The Hub - 11am

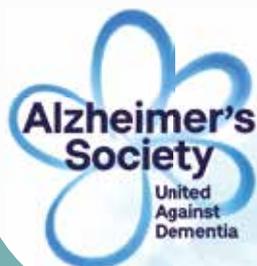
Join us for a GREAT dog walk in Ampthill GREAT Park for a GREAT cause.

A 40 minute gentle walk round the historic Park, returning to the Hub for FREE cake.

Minimum donation of **£5** per family.
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No registration required. Just turn up!

For more information contact
kirsty@thebedfordshireoracle.com



St Michael & All Angels Church Presents

Millbrook Summer Fete
Sunday 9th June 2019
12.30-4pm
Millbrook Village Hall, MK45 2JD
 featuring RAF Hurricane Flypast

Fun Dog Show - Face Painting - Bric-a-Brac
 MPG Test Track Tours - Traditional Games
 Prizes & Raffle - Classic Motorbikes
 Hot Food - Tea & Cakes - Brass Band
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 All proceeds to St Michael & All Angels Church, Millbrook



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*See you
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7th, 8th and 9th June 2019

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<i>Saturday 8th</i>	<i>10-5</i>	<i>Children Free</i>
<i>Sunday 9th</i>	<i>11-4</i>	

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Women Finance Award 2019

We are delighted to announce that advisers Helen Vaughan and Danielle Fagot at Fiona Gray Financial Planning in Ampt Hill have both been nominated as finalists in the 'Women in Advice 2019' Awards; Helen as 'Woman of the Year - Retirement Planning' and Danielle as 'Woman of the Year - Investment Advice'.

These awards celebrate the achievements of women working within the financial advice community and also the broader financial services sector. Overall winners in each category will be chosen in July 2019.

Helen Vaughan initially trained as an Independent Financial Adviser within a major bank and after various technical roles came to specialise in Inheritance Taxation and Trusts. In 2007 she became one of the youngest advisers to achieve Chartered Financial Planning status. She also became a Fellow of the Personal Finance Society in early 2014.

Helen joined Fiona Gray Financial Planning

in September 2014 providing holistic financial advice and creating strategic financial plans. She is a generalist Financial Adviser but has particular specialisms in Pension and Retirement planning in addition to Inheritance Tax mitigation.

Danielle qualified as an Independent Financial Adviser in 2001 and now holds the Diploma in Financial Planning along with more specialist Chartered Insurance Institute qualifications in Long-Term Care and Trusts.

Working closely with legal professionals, she believes sound financial advice is a critical overlap for many standard legal services such as Pensions, Divorce work, Wills, Trusts, Probate and Later-Life Advice.

Danielle is committed to helping each client to develop their own personalised financial strategy through the use of important tools like cash-flow analysis and other specialist skills.



“ My objective was to organise my finances, particularly pension. Danielle worked closely with me to achieve a plan and way forward. This was, and still is, supported by a team of people within FGFP Ltd who have communicated clearly and responded to my every question, related or obscure. I look forward to continued working relationship as my circumstances change. **Mr K.S** ”

“ After a difficult divorce, I put off sorting out the pensions element of it – it was just so complicated. I needn't have worried though, Helen made it all clear for me and I now feel confident about my financial future. **Ms H.B.** ”

If you would like to make an appointment to see Danielle, Helen or any other member of the team, **call us on 01525 712122**. Initial meetings are **free** and without obligation.

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