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The Clifton Chronicles

March 2024

The **Clifton Chronicles** is published 11 times a year and distributed **free** to each of the 1700+ houses in Clifton. The Chronicles is produced and distributed entirely by a friendly team of over 60 volunteers.

The Chronicles is funded mainly by its advertisers so do please look at the yellow pages and see the wealth of local businesses in and around our village, without them supporting us we couldn't deliver this magazine to your house each month. We do also have funding from the Parish Council and donations from the clubs and societies which advertise and report their activities.

All contributions and information from clubs, societies and general community interest items are welcome, the editor reserves the right to make decisions on content. Please e-mail contributions to: chronicles@clifton-beds.co.uk

As always the Chronicles is available on line: www.clifton-beds.co.uk

Kathy Blackmore, Editor

Next edition: April 2024

copy by: **8th March**



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Who's Who in Clifton p1

All Saints' Church	Rector	Revd Caren Topley , 8 Rectory Close, Clifton. rector4clifton@gmail.com	01462 615499
	Churchwarden	Pat Wisby , 51 Pedley Lane	816451
	Readers	Robin Welsford , 13 Pedley Lane Peter Topley, The Rectory	811303 615499
	Organist & Choirmaster	Peter Maundrell , 24 Heron Close, Biggleswade	01767 314621
	PCC Treasurer	Philip Dawes , 58 Church Street	816074
	PCC Secretary	Pat Wisby , 51 Pedley Lane	816451
	Church Hall Bookings	Ruth and Kevin Gray 21 Fairground Way	812820
	Bell-ringing Cpt	Russell Brown 10 Arnhem Place, Shefford	631057
	Messy Church	Suzanne Stapleton , 811929; Ruth Gray 812820	

All Saints' Academy	Head-teacher	Miss Rebecca Byrne	628444
	School Governors	Chair: Milton Guffogg Vice-chair: Carol Weller	07717 155223 07557 949488
	School Bookings	School Office	628444
	PTA	Email: pta@cliftonallsaintsacademy.co.uk	

Elected Representatives	Parish Council Chairman Clerk (Community Centre bookings)	Steve Langton , 45 Church Street Kerri Kilby parish.council@clifton-beds.co.uk	07721 885672 07547 129038
	MP: Alistair Strathearn	Alistair.strathearn.mp@parliament.uk	0207 219 6004
	Councillors Henlow, Arlesey, Henlow Camp & Stondon	Richard Wenham , 2 Jordan Close, Henlow SG16 6PH, Drew Richardson David Shelvey	0300300 8563

Who's Who in Clifton p2

Chronicles	Editor	Kathy Blackmore , Hawarden Cottage, 47 Church Street, Clifton	646371
	Advertising	Advertising year runs May to April chronicles@clifton-beds.co.uk	646371
	Distribution	Ann Good , Pedley Lane, Clifton	812596

Other village organisations	Brownies, Rainbows & Rangers	www.girlguiding.org.uk	
	Cricket Club	Chairman: Daniel Good Email: cliftonbedscc@gmail.com V-Chair: Josh Scandrett : 07805 427129	07854 901069
	Friends All Saints Church	Keith Pledger , 2 Chapel Close k.pledger@ntlworld.com	629020
	Football Club	Jason Shacklock	816881
	Golf Society	(GLS) John Wall	07968 303340
	Good Neighbours	CGNS (CCS)	07817 614654
	Guides	firstcliftonguides@outlook.com	
	HATS Drama Group	Pete Winfield	07971 962411
	Langford Tennis Club	www.langfordtennisclub.org.uk Contact; Paul Metcalfe	700991
	Police Contact	The snr community officer: PS Adam Sugden, Based in Biggleswade	01234 842531
	Providence Baptist Church	cliftonpbchurch@gmail.com	
	Residents Association	Amy Gardiner CliftonRASecretary@gmail.com	07812 792 974
	Scouts (All ages)	gsl@henlowcliftonscoutgroup.co.uk	
	WI	Sue Hyde	504335
	Woodlands	www.thewoodlandspreschool.co.uk office@thewoodlandspreschool.co.uk	811486

Dear Friends,

Easter is early this year, albeit at the end of March, the very last day, on the 5th Sunday of the month.



We're nearly there and the celebration, of Mothering Sunday, Palm Sunday, Holy Week, Maundy Thursday and Good Friday are there to guide us to that day in the Christian calendar of Easter Sunday: the Christian belief that on the third day after the crucifixion of Jesus on Good Friday, Jesus rose into new life which he offers to us all and forgiving us our sins.

Jesus is risen from the dead! Alleluia!

It's not that long ago that we celebrated the birth of Jesus, the Christmas story that the son of God came to earth to live among us over two thousand years ago. We've consumed the Christmas chocolate selection boxes only to be replaced by Easter eggs!

More Good News! Messy church celebrates its 10th anniversary on Good Friday at its Messy Easter service. Messy Church has offered a place for families of all ages to come and learn about Jesus. So wherever you are on your journey of faith: seeking, going deeper, even doubting, there is always a welcome for you at all our services at **All Saints church**. Do come and find out more about Jesus this Easter.



Happy Easter!

Something for EVERYONE.

All Saints' Church, Clifton From the Registers



Cremation at North Hertfordshire

9th January 2024 Pauleen Cecelia Kennedy

Services during Lent & Easter

Mothering Sunday, 10th March, 11.00am



Taizé Service, 13th March, 7.30pm

Palm Sunday, 24th March, 11.00am



Holy Week

Holy week online with Zoom, 7.30pm, (Link from the Rector)
Monday, Tuesday and Wednesday

Maundy Thursday, 28th March
7.30pm Stripping of the altar

Good Friday, 29th March
2.00pm Stations of the Cross



Easter Day, 31st March
11.00am Holy communion

All Saints' Church Clifton Services

Sundays:

11.00 am Parish Communion 1st, 3rd
Family Service, 2nd
Morning Prayer, 4th

10.30 am Messy Church 4th Sunday (Church Hall)

6.30 pm Evensong, 3rd Sunday

10.00 am Benefice Service 5th Sunday at Clifton, Haynes or Southill

Wednesdays:

10.00 am Holy Communion or Morning Prayer

For details of church services see: <https://www.clifton-beds.co.uk/>



Clifton All Saints Academy

Proposed Change of Age Range

Clifton All Saints Academy starts a four-week consultation to change the age range from 4 - 11 to 2 - 11 in order to provide pre-school provision.



The consultation runs from Monday 12 February 2024 to Noon on Monday 11 March 2024,

If you would like to view the consultation the full document is available to view on the school website at:

<https://www.cliftonallsaintsacademy.co.uk/consultation/>

Here you will also find a link to the consultation form where you can respond to the proposal.

If you would like a paper copy of the survey, please contact: school@cliftonallsaintsacademy.co.uk.



woodlands

pre-school

Proposed Closure of Woodlands Preschool

From Monday 12th February to 12pm on Monday 11th March 2024, Woodlands Preschool will begin a four-week consultation to close and merge with Clifton All Saints Academy.

For more information, please visit

<https://www.thewoodlandspreschool.co.uk>

where you will find the full consultation letter. If you would like a paper copy of the document, please

contact: office@thewoodlandspreschool.co.uk

Woodlands Preschool



woodlands

Woodlands Preschool is a charity run provision providing early years education for children between the ages of 2.5- 4 years old. We are nestled on the field of Clifton All Saints Academy and benefit from the lovely surroundings of the trees and wildlife. If you are looking for a place for your child and would like some more information about availability, please visit our website and complete a registration form.

<https://www.thewoodlandspreschool.co.uk/>

The half term has gone by in a flash at Woodlands! We are really proud of how well our new children have settled into Woodlands. During the first week of term, we had our routine inspection from Ofsted. This was our first inspection since 2016 and we are delighted to have received an overwhelmingly positive report and received the grade: 'Good'. We had a great Ofsted day, and the inspector was really impressed by our curriculum at Woodlands and how engaged the children were in their learning and play. I was so proud to show her all the amazing things we do at Woodlands every day. I have included a link to our report below. Here are some of the highlights:

- ★ 'Children are happy and settled in this warm and welcoming pre-school'
- ★ 'Children show positive attitudes to learning and are deeply engaged in their environment'.
- ★ 'Staff support children to gain high levels of self-esteem'
- ★ 'Children show high levels of curiosity as they play with their abundance of authentic, real-life objects that spark their imaginations'.
- ★ 'The new management team shows passion and dedication to providing high-quality education for children'.
- ★ 'Staff work together cohesively, with highly effective communication skills, to ensure the preschool runs smoothly.

I am so proud of the children and staff and I'm sure you will be just as delighted as we are with our report. Thank you so much to the parents who took the time to send in some wonderful comments which we were able to pass onto the inspector. We were touched by your kind words!

The full report can be found here:

<https://reports.ofsted.gov.uk/provider/16/2653584>



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Friday 15th March

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School Hall, Clifton All Saints
Academy, Clifton, SG17 5ES

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All Saints' Church Clifton

Let there be Light



Our church is floodlit at night as part of our efforts to keep our building safe and secure. To help us to meet escalating costs (now £66 pm) we are offering the opportunity to celebrate a special occasion or commemorate a loved one's anniversary by contributing towards the cost.

Just give us the month or months in which you wish to sponsor, your name and the dedication which can include a specific date. If you wish to remain anonymous and don't wish to give a dedication that is fine too. Your chosen donation can be made annually or as a one-off. Details of each month's sponsorship will be published in the Clifton Chronicles and on the church pew sheet.

To mark your special occasion in this way please and help us keep our church safe contact: benefice.admin@clifton-beds.co.uk
or 01462 816451

Church Floodlighting Sponsors: March

Sponsor	Dedication
Jane Mortimer (Parry)	In loving memory of Siegfried Bulow (Buffy) Born 3 March 1924.

Messy Easter—29th March

Church Hall, 10:30 am

- ✓ Craft activities for all the family
- ✓ Stories and songs
- ✓ Hot lunch
- ✓ No fixed cost- donations welcome
- ✓ No need to book



Come and join the fun!

Always on 4th Sunday of the month

CLIFTON GOOD NEIGHBOUR SCHEME

JUST AROUND THE CORNER

Today after seemingly weeks of strong and gusty winds, relentless rain and flooded fields and roads the sun shone for a few hours this morning and the temperature was relatively balmy.

A stroll round the garden revealed some miniature daffodils, snowdrops and polyanthus in bloom and tulips and larger daffodils well out of the ground. A time of hope and for looking forward with renewed optimism to Spring with all the joys it brings with it. And of course at the end of the month the clocks go forward and we can enjoy longer hours of daylight and perhaps get out more and take in all that the natural world has to offer at this lovely time of the year. You can, of course, also enjoy yourself by coming along to one of our Tea & Chat sessions. There's plenty of opportunities there to meet up with locals and have fun with great company.

We seem to have been extremely busy with requests for help of one sort or another since the start of the New Year so don't be surprised if you see a plea in a forthcoming article for volunteers to help keep the "Scheme" flourishing. If you need our help just call:

07817 614654

and to assist us in meeting requests please try and give at least 24 hours notice of your requirements

CGNS Tea & Chat on Wednesdays

Church Hall, Stanford Lane, 2.00 - 4.00



- ★ 13th March
- ★ 27th March
- ★ 10th April



2nd & 4th Wednesdays each month
For help with transport ring: **07817 614654**

Clifton Parish Council

At the end of last year, we published a somewhat tongue-in-cheek entry in this magazine to highlight some of the things the Parish Council does for our village. This time, may we suggest some things you might like to consider doing for our village? There are few things in life easier than saying, “someone should do something about that”, without thinking, “maybe I could do something about that”. The “something” could be as simple as picking up the phone to let the police know about an incident to help them build a picture of crime happening in our community. (**dial 101 or www.police.uk/pu/contact-us/**). Or going on-line to report a pothole, a dodgy lamp post, a blocked gully or any other issue that Central Bedfordshire Council need to deal with. (**www.fixmystreet.com**).

Are you annoyed at the litter we sometimes see in Clifton? Well, you could pick it up and pop it in the nearest waste bin or even join the “Adopt a Clifton Pathway” team of volunteers who do a sterling job keeping the village looking tidy.



(**clerk@cliftonbeds-pc.gov.uk**). And speaking of litter, don't forget the Great Clifton Spring Clean in March when residents have a jolly good tidy up in and around the street where they live. (15th – 31st March).

If you are regularly out and about, why not join the Street/dog/horse watch groups who simply keep an eye out for anything untoward.

(**watcheschemes@bedfordshire.pnn.police.uk**
<**watcheschemes@bedfordshire.pnn.police.uk**>;)

The Parish Council is re-starting the Speed Watch scheme, in collaboration with our neighbours in Henlow, Langford and Shefford. You can join by contacting (**clerk@cliftonbeds-pc.gov.uk**).

Finally, a couple of requests.

1. First, to those of us who have hedges in our front gardens, may we politely remind you to keep them trimmed to avoid obstructing the pavement. This is particularly important to pedestrians with pushchairs and users of mobility scooters.
2. Secondly, the grass cutting season will soon be upon us, (if it isn't already!). We are fortunate to have many verges in Clifton and keeping them cut is a big job. Without wishing to state the obvious, we can't mow a verge if there's a car plonked on it!

It doesn't take much to help
make a real difference to
keep Clifton special.

Thank you—It's The Spirit of

CLIFTON
PARISH COUNCIL

Churchyard Working Parties



We are planning regular working parties on the second Saturday of each month between March and October. With spring arriving please join us for our busy First Session on

Saturday 9th March

9:30 am - 12:30 pm

Do come along to help, bring tools if you can, enjoy working together and refreshments will be served!



HATS Drama Group

'Murder in the Mummy's Tomb'

Meppershall Village Hall

17th 18th & 19th May



Tickets will be available soon at Ticketsource

Archaeologist Professor Trollope has organised an exhibition of ancient Egyptian artefacts at the museum where she is curator. To complement the exhibition, she has invited a group of actors to perform a play based on historical figures from Egypt's New Kingdom 3,000 years ago. During a rehearsal a dead body is discovered, and the suspicion of murder falls upon the assembled characters.

The audience will be seated at tables of 6 and each table invited to guess who the murderer was and how the dastardly deed was done. The winning table will be awarded a small prize. A cheese ploughman's will be served during the interval.

Please come along and enjoy a wonderful evening!

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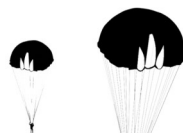
2024 Dates:
5th July
2nd August
6th September

Free Entry

For more information visit facebook.com/CliftonSpecialEvents



CLIFTON
PARISH COUNCIL



COMMEMORATIVE BEACON LIGHTING



THURSDAY 6TH JUNE 2024
FROM 7:30PM

ON THE GREEN OPPOSITE THE DUCK POND, GRANGE STREET
BEACON LIGHTING AT 9:15PM





Clifton in Bloom!

Sharpen your shears & polish your trowel

Get summer off to a blooming good start

Show off your gardening skills & add
to the beauty of Clifton

This year we are planning a

Floral Weekend

for busy bees to display their
beautiful bloomers

Mid July

look out for more information
next month





We are currently reaching out for new volunteers who are enthusiastic about the future of community events in Clifton.

Clifton Residents' Association pride themselves on organising inclusive events that foster a sense of community in our village, and which celebrate local or national occasions. This currently includes the standalone events of The Plant Swap, The Scarecrow Festival, and Light Up Clifton; as well as partnering with other committees and organisations to assist with events such as The Platinum Jubilee and The Coronation.

We generally meet around once per month, then form working parties for specific events.

Without volunteers, these Clifton events simply couldn't happen. So, come on in, join the team and enjoy making the Spirit of Clifton come alive!

If you think you can help by offering just a few hours a month of your time and would like to take an active role in the continuation of community events in Clifton, please contact us at CliftonRASecretary@gmail.com

Make A Difference



Marie Curie

Annual Day of Reflection

Sunday 3rd March



Care and support
through terminal illness

Let's come together on Sunday 3 March

Join us for Marie Curie's fourth annual Day of Reflection this March. It's a special moment to remember everyone who died during the pandemic.

We're encouraging everyone to take part in a minute's silence, share the name of who you're remembering on the day and plan a reflective event or activity.

All Saints Church, Clifton

will be marking this anniversary at the service on
Sunday 3rd March, at 11.00

Yellow ribbons will be available to tie on to a Remembrance Tree in the church porch; the tree will remain in the porch until Easter for those who want to mark this anniversary at a different time.



It will also be possible to write the name of a loved one on a leaf and place this on a Remembrance Tree inside the church.

Dear God,

Be with us as we think about all that has changed this year,
and help us to trust that you are always with us.

Be close to us as we remember those who have died, and help
us to trust they are at peace with you.

Show us how to reach out to others with kindness and care,
so that hope shines out in every heart and home,

Amen



Hitchin & Letchworth RSPB Local Group

Hitchin & Letchworth RSPB Group
have a great events coming up:

Friday 1st March 7.30pm

Godwits, Cranes & Turtle Doves: the RSPB's work in the Fens Priority Landscape Project by Bethany Kiamil & Daniel Pullan. Bethany & Daniel will talk about the RSPB's work to bring more nature back to the Fens.

At The Settlement, Letchworth SG6 4UB, 7.30pm,
visitors very welcome £4.

Sunday 17th March

**All-day coach trip to
Sculthorpe Moor and Sandringham Country Park.**

Local pickups, visitors welcome to come along, coach fare £30. Phone
Malcolm 01462 451320 for more info and booking.

Lions Jumble Sale

Saturday 23rd March

Doors open 1.30 pm

Entrance £1 per adult

**Community Centre,
Whiston Crescent, Clifton**



Clifton WI



I think you will agree, our afternoon with the East Anglian Air Ambulance, was inspirational. The talk was given by a serving doctor and included a practical demonstration.

Members were invited to participate in resuscitation techniques. Hopefully, "if push comes to shove," we may be able to help someone if necessary. The Air Ambulance is called out 2/3 times every day for Cardiac Arrest.



A reminder that in Clifton Defibrillators can be located at The Admiral Public House and The Community Centre.

March 6th is our AGM. We hope you will join us. After the necessary reports, retirements and nominations for the committee and notices etc, we will be playing **Crazy Bag Whist**. This is great fun. You will need 3 items in a bag, one for 50p, one for £1 and one for £1.50. You do not need to be experienced, it is all for fun. Tea, coffee biscuits and raffle supplied by the committee.

After an early Easter, at our 3rd April Meeting, we have Sarah Harrison, as our Speaker. I am sure some of you might remember her bestselling book, FLOWERS OF THE FIELD.

Visitors are welcome. We meet on the first Wednesday of each month in The Community Centre 2.00-4.00 pm.

Lesley Burton 07722357542



Thank You!

I would like to thank the kind person who found my van keys in Church Street on 9th Feb, and handed them in to the kind lady at the Golden Lion, allowing me to collect them from the pub.

Keith Wright, New Road



DATES FOR YOUR DIARY

Village Events 2024

Month	Date	Event
March	3	Day of Reflection, Marie Curie
	15	Quiz Night, PTA
	23	Lions Jumble Sale
May	18	Plant Swap
June	6	D-Day Beacon Lighting Event
July	5	Field Good Friday
	12	Duck Race
August	2	Field Good Friday
	4, 11, 18, 25	Sunday Afternoon Teas
September	6	Field Good Friday
	14/15	Scarecrow Festival
	29	Farm Run
November	10	Remembrance Sunday
December	7	Light Up Clifton

If you are organising a Village Event let us know and we will add you to our calendar.

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The Spring term has started well with a number of highlights already this month.

We hosted the annual Shefford and Stotfold Student Conference, which this year focussed on well-being. Over 100 pupils, aged between 9 and 19, from 20 schools in our cluster came together to discuss how they can improve well-being of the young people in their schools. The day opened with a national keynote speaker, who talked about well-being and how our knowledge of this area has grown enormously over the last few years. The pupils then spent the second session moving around a carousel of different presenters, including music, art, PE, Forest School, meditation and even Willow, the school dog. During the final session, the pupils spent their time creating presentations for their headteachers, recommending one or more of the activities that they had seen during the day for their school to adopt.

This week we had a fantastic evening of celebration for our high attaining students who shared their achievements with their parents/carers during an evening of performances and presentations. Mrs Linehan was overwhelmed by the students' work and delighted to share this with the community. If your child is interested in joining The Society they should speak with a member of the team and join The Google Classroom.

This week around 30 of our students took part in the 2nd of a six-week programme on Black Heritage, written and delivered by Sharon De Leonardis, who developed the programme to help students get in touch with their heritage. As CEO of SpectaculArts, Sharon wanted to educate students about their roots and has worked with schools all across the country. Following the initial session, Three Counties Radio covered the programme on their Friday night programme and this was then picked up by the BBC. This week we have also been contacted by ITV News about possibly covering the programme in the near future. We look forward to seeing the outcome of this exciting new programme over the weeks ahead.

The auditions for the musical Oliver are in full swing and the show is already shaping up to be another amazing extravaganza. We will have regular updates over the coming weeks.

In sport, we have had some great results, with the U16 girls basketball team gaining bronze in the county finals and the boys 1st XI beat

(Continued on page 32)

Windsor Boys 7-1 to gain a place in the quarter-finals of the national cup and the U14B team beat Boston School and then Bedford Academy to reach the last 8 in the country. The U14 girls rugby also beat Robert Clack B 37 - 29 in an exciting game of rugby which swung back and forth throughout the game and was a fantastic experience for all the girls involved. Finally, all four of our boys' rugby teams played St Josephs in a fantastic evening of rugby at Bedford Athletic Rugby Club. Despite the freezing cold weather, all four teams came away with victories and demonstrated yet again how far we have come over the last few years.

Finally, two incredibly talented students received amazing news this week with offers from Oxford and Cambridge. In addition, four students have received offers to study veterinary medicine. We are very proud of them all!

Nick Martin, Principal

Call for Girlguiding Volunteers



After 10 years as volunteer Girlguiding Leaders in Clifton we will be standing down in July 2024.

We would like to thank all the girls, and their parents, that have attended Brownies and Guides during that time. It has been an amazing and rewarding experience.

We are hoping that others will be interested in taking over the Guide unit, but if there are sufficient volunteers it would be great to resurrect Rainbow and Brownie units in the village too.

- ★ **Rainbows** welcomes all girls from 4 to 7 years old for play, learning and tons of fun in a colourful, safe space.
- ★ **Brownies** welcomes all girls from 7 to 10 years old for nonstop fun, learning and adventure.
- ★ **Guides** is a relaxed, welcoming space where you can have fun, learn and be yourself with good friends from 10 to 14 years old.

If you would like to find out more about volunteering with Girlguiding you can find more information on www.girlguiding.org.uk/get-involved/become-a-volunteer/. Alternatively contact us for an informal chat (firstcliftonguides@outlook.com). You don't need any previous experience of Guiding. We can arrange for you to join a meeting to get a taste of what we do, and will support you to become a Unit Leader yourself.

Girlguiding has been so popular in the village it would be great to keep providing these local opportunities for local girls.

Alison & Julia

Clifton Crime Statistics for JANUARY 2024

Provided by Bedfordshire Police to Clifton Parish Council

OTHER THEFT

03/01/2024 Bilberry Road

MALICIOUS COMMUNICATIONS

06/01/2024 Undisclosed

STALKING

10/01/2024 Undisclosed

PUBLIC FEAR ALARM OR DISTRESS

14/01/2024 Shefford Road

SEXUAL

15/01/2024 Undisclosed

ASSAULT WITHOUT INJURY

20/01/2024 Church Street

22/01/2024 Harwood Lane

RESIDENTIAL BURGLARY-HOME

20/01/2024 Spring Road

ASSAULT WITH INJURY

29/01/2024 Church Street

HARASSMENT

30/01/2024 Undisclosed



Clifton Walking Group

The Clifton Walking Group is a friendly bunch of local people who like to walk in the local area and chat along the way. We go out most days for about an hour, and once a month do a longer route of about 6 to 8 miles. We also arrange social events over the year.



If anyone is interested in joining us please contact Suzanne on:
ionssuzanne@gmail.com or 07933 709006

Clifton Planning Applications Update - Central Beds Decisions, 12th February 2024



CB/24/00275/FULL – 2nd February – 32, Hitchin Lane, SG17 5RS. Single storey rear extension and other alterations. **Consultation Period.**

CB/24/00246/VOC 29th January – Rear of 210, Shefford Road. Alterations and amendments to proposed 29 new dwellings. **Consultation Period.**

CB/24/00205/LB – 24th January – 14, Grange Street, SG17 5EW. Listed building. Replacement roof covering and guttering. **Consultation Period.**

CB/24/00061/FULL – 11th January – 175, Shefford Road, SG17 5AH. Erection of 2 single storey dwellings. **Consultation Period.**

CB/23/00018/FULL – 5th January – 32, Clifton Road, SG17 5AE. 2 storey side extension, single store front extension with loft conversion. Conservatory alteration. **Awaiting Decision.**

CB/23/04031/FULL 19th December – 55, Stockbridge Road, SG17 5HA. Single storey side extension and front canopy. **Decided.**

CB/23/03962/FULL – 11th December – 33a, Hitchin Lane, SG17 5RS. 2 storey side and rear extensions. **Decided.**

CB/23/03735/FULL 20th November – 32, Church Street, SG17 5EY. Demolition of existing garage and store. Construction of new garage. **Decided.**

CB/23/03567/FULL 15th November – 39, Shefford Road, SG17 5RQ. Erection of new 2 bed bungalow. **Awaiting Decision.**

CB/23/02987/FULL – 17th October – Clifton Park Homes, New Road. Erection of 29 new residential units. **Application Withdrawn.**

Joyce Marchant

11 Clifton Park, SG17 5SJ

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Top tips for looking after your ear health

There has been a lot of press recently about the lack of ear wax removal services available on the NHS, so our Audiologist Charlotte Chappell, answers some of the most common questions about how to look after your ears.

Why do we have ear wax?

Wax is a waterproof lining for your ear canal that helps protect your ears from infections and dryness which can cause irritation.

Should I use cotton buds to clean my ears?

Cotton buds are not recommended for cleaning your ears. They can push wax further into the ear canal, impacting the wax and potentially damaging the delicate ear drum leading to further complications.

How should I clean my ears?

The ears have a natural mechanism to self-clean, so wax and skin migrates from deeper in the ear canal to the outer ear. For most people, just leaving the ears alone is the best approach.

If you get a complete wax blockage, you can try and use medical grade olive oil (such as the Earol spray), to soften the wax for one week. You should not put anything in your ear to try and remove the blockage (cotton buds, hairgrips, pen lids, or knitting needles, just some of the things we have heard people confess to using over the years!) If the blockage in your ear doesn't improve after using olive oil, you will need professional wax removal.

Can you still have your ears syringed?

The old-fashioned ear syringing is no longer recommended as a safe way to remove wax, however wax removal completed by a trained specialist via water irrigation or micro-suction, can be performed safely to remove stubborn wax blockages.

Once the wax blockage is removed, the healthcare specialist can then examine your ears and might also be able to perform a hearing test.

How do I know if I have a wax blockage?

Some of the symptoms of a wax blockage include: hearing loss, earache, tinnitus (a ringing or buzzing noise in your ear), dizziness or a feeling of pressure in your ear.

If you are experiencing any of these symptoms, book an appointment with an Audiologist for advice and to check the health of your ears.



Photo shows wax removal procedure via micro-suction.

*If you would like to book a **free** mini hearing assessment with our Audiologist Charlotte, please call **Hing Hearing** today – **01462 811852**.*



CLIFTON PARISH COUNCIL

Clifton Community Centre

We are fortunate in Clifton to have a modern, spacious, well-equipped community centre with floodlit parking for 60 cars. For information on the facilities available, and to see just how easy and inexpensive it is to use this hall see:

[www.clifton-beds.co.uk/halls for hire/Community Centre](http://www.clifton-beds.co.uk/halls%20for%20hire/Community%20Centre)

To check availability and make a booking, please contact:

Parish.council@clifton-beds.co.uk

Kerri Kilby 07547 129038 or

Kevin Warren on 07546 239784

Booking forms and conditions of hire can be downloaded from the website.



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Communion is held during the 6.00 p.m. service on the 3rd Sunday in the month.

*The 10.30 a.m. Sunday morning service will continue to held at the Community Centre, Whiston Crescent, Clifton.

Mondays (term time)

Mums & Tots 10 a.m. – 11.30 a.m. at the Church

Explorers 5.30 p.m. to 6.30 p.m. (for Reception to Year 4) at Church

Wednesdays (term time)

Coffeepot 12.00 noon - 1.30 pm at the Church

Fridays (term time)

Mums & Tots 10 a.m. – 11.30 a.m. at the Church

Website: www.cliftonpbchurch.org.uk

Contact: cliftonpbchurch@gmail.com

ABOUT OUR FRIENDS



St Francis of Assisi, Roman Catholic Church, Shefford

Father	Canon Bennie Noonan	813436
Deacon	Rev Peter Hyde	711702
Parish Secretary	Rose Boulton	811547

Sunday Services

St Francis 9.00 am 5.15 pm

Saturday Service

St Francis 11.00 am

Shefford Methodist Church

Minister: Revd Lorna Valentine 813284

Bookings: Chris & Peter 815069

Sunday Service

9.30 am Worship for all, plus Junior Church, crèche facilities & refreshments afterwards.

Other activities see the notice-board &
www.sheffordmethodist.org.uk

Salvation Army, Stotfold

Church Leaders: Captains Adrian & Gemma Allen

Contact: 01462-731072

Sunday Services: 10.30 am

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