The Clifton Chronicles

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Sunday 7 May 2023 Clifton Coronation Celebration Friday 5



April 2023



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The Clifton Chronicles April 2023

The Clifton Chronicles is published 11 times a year and distributed to each of the 1650 houses in Clifton. We are the longest continuously running village magazine in Bedfordshire (possibly in the country). The Chronicles is produced and distributed entirely by a friendly team of over 60 volunteers. If you want to help with this amazing local enterprise please get in touch or if you have any suggestions we would also like to hear from you. Our revenue comes primarily from: local businesses who advertise, donations from local clubs and societies who regularly contribute and grants from Parish Council and All Saints Church.

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: May 2023

copy by: 14th April

Email: chronicles@clifton-beds.co.uk

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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
	Churchwardens	Pat Wisby, 51 Pedley Lane	816451
	Readers Robin Welsford, 13 Pedley Lane Ruth Gray, 21 Fairground Way		811303 812820
	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
ch	Church Hall Bookings	Ruth and Kevin Gray 21 Fairground Way	812820
	Bell-ringing Cpt	Russell Brown 10 Arnhem Close, Shefford	631057
	Mothers' Union	Betsy Gray, 18 Hitchin Lane, Clifton	629690
	Messy Church	Suzanne Stapleton, 811929; Ruth Gra	y 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: cliftonallsaintspta@gmail.com	·

Elected Representatives	Parish Council Chairman	Steve Langton, 45 Church Street	07721 885672
	Clerk (Community Centre bookings)	Kerri Kilby parish.council@clifton-beds.co.uk	07547 129038
	MP Nadine Dorries,	nadine.dorries.mp@parliament.uk	
	Councillors Henlow, Arlesey,	Richard Wenham , 2 Jordan Close, Henlow SG16 6PH,	0300300 8563
Š	Henlow Camp & Stondon	lan Dalgarno, 172 High Street, Arlesey SG15 6TB,	735510

Who's Who in Clifton p2

			, PC
Chronicles	Editor	Kathy Blackmore , Hawarden Cottage, 47 Church Street, Clifton	646371
	Advertising	Advertising year runs May to April chronicles@clifton-beds.co.uk	646371
Se	Distribution	John Good, Pedley Lane, Clifton	812596
	Biggleswade Gardening club	Mr A Gray www.biggleswade.gardenclub.care4free.net	01767 221428
	Brownies	Email: firstcliftonbrownies@outlook.com www.girlguiding.org.uk	
	Clifton Good Neighbours		07817 614654
	Cricket Club	Chairman: Rob Davidson	
Q	Friends All Saints Church	Keith Pledger, 2 Chapel Close k.pledger@ntlworld.com	629020
ther	Football Club	Jason Shacklock	816881
<u>≤</u> .	Guides	www.girlguiding.org.uk	
Other village organisations	HATS Drama Group	Pete Winfield	07971 962411
orga	Langford Tennis Club	www.langfordtennisclub.org.uk Contact; Paul Metcalfe	700991
nisat	Police Contact	tact The snr community officer: PS Adam Sugden, Based in Biggleswade	
ions	Providence Baptist Church	cliftonpbchurch@gmail.com	
	Rainbows	<u>girlguiding.org.uk</u>	
	Residents Association	BobSmith , Secretary 30 New Road	812336
	Scouts (All ages)	gsl@henlowcliftonscoutgroup.co.uk	
	Toddlers	cliftontoddlers@gmail.com	
	WI	Sue Hyde	504335
	Woodlands	Pre-School, Breakfast & After School Clubs www.thewoodlandspreschool.co.uk thewoodlands1@btconnect.com	811486

5

Dear Friends

It's nearly time for the Easter bunny to bring round those Easter eggs, and if you can't remember where the Easter bunny fits into the Easter story then don't worry, it doesn't! However, the symbols of new



life, eggs etc. help us remember why Easter is important to Christians.

Easter is my favourite time of year, not just because I enjoy eating Easter eggs, it is the event where the Christian faith begins. Jesus died on the cross on Good Friday for our sins and then rose again as he promised on the third day.

Those Easter eggs that are hollow, help me remember that on the first Easter morning when Mary and Martha arrived at the tomb, it was empty and Jesus had risen from the dead, unlike hollow Easter eggs which can sometimes be disappointing, the empty tomb was a joy to Jesus' friends. He promised that he would rise from the dead on the third day and fulfil his promise that all who believe in him will have eternal life and Christians believe he did.

By the time you read this edition you will may well have had some Easter Eggs. Rejoice with me that Jesus Christ is risen. Alleluia! Happy Easter!

With every blessing, Revd Caren

All Saints Church, Clifton, Bedfordshire Sunday 19 February 2023 in 41m A Quarter Peal of 1260 Doubles (2m) 720 Grandsire Doubles, 540 Plain Bob Doubles



- 1 Linda M Garton
- 2 Teresa J Brown
- 3 Anthony H Smith (C)
- 4 Charlotte M Smith
- 5 Clive Dunbavin
- 6 Shaun Somerville



Rung in memory of Stuart Paul Pavey, who died suddenly on 20 December 2022 aged 52. Stuart was the son of Canon Peter Pavey, a former Rector of All Saints Clifton.

All Saints Church, Clifton From the Registers



Funeral at North Herts Crematorium

20th February Joe Foster

All Saints' Church Clifton Services

Sundays:

11.00 am Parish Communion 1st, 3rd

Family Communion, 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

(see opposite for details)

Mondays:

Toddler Church, 2nd and 4th Mondays, 2.00 pm

Wednesdays:

10.00 am Holy Communion or Morning Prayer

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

Self-help Art Group

Are there any amateur artists out there who would be interested in forming a self-help group? Any kind of creative art: painting, drawing, printing, collage or whatever medium takes your fancy.



There is already an established crafts group which meets every Monday morning in Clifton Church so it would be great to add other different kinds of art. If you are interested in this idea, please contact me either by telephone 812336 or

email. elisabethisobel@gmail.com

CLIFTON GOOD NEIGHBOUR SCHEME

"YOUR VILLAGE NEEDS YOU"

This time its not a call to arms but a plea for help. For volunteers. Over the past six months the requests for transport to take local folk to the GP, hospital, dentist, hair dressers, shops etc has increased by 95%! An unprecedented increase. In almost every case we've been able to meet the demand but occasionally we've had to say sorry we can't help. This demand has also put a great deal of pressure on our existing volunteer drivers and it would good to be able to spread the load around thereby offering relief to existing volunteers and being in a stronger position to meet all of the requests. Volunteering can be extremely rewarding and satisfying particularly so when you are helping those from your own community. If you think you are in a position to help please ring the help line number below and leave your details and we will get back to you.

If you are interested in volunteering or 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.

Tea & Chat on Wednesdays

Church Hall, Stanford Lane, 2.00 - 4.00

- * 12th April
- * 26th April
- * 10th May



2nd & 4th Wednesdays each month

For help with transport ring: 07817 614654

Berkhamsted Ukulele Random Players



in concert at

Clifton Church Hall

Stanford Lane, SG17 5EL

7.30pm, Saturday 22nd April 2023

Tickets £18 including Fish & Chip Supper (Paying Bar)

Audience participation encouraged; any Ukulele players can strum along. Words/music available.

Admission by ticket in advance from Linda:

Tel: 01462 816074

Email: pcc.treasurer@clifton-beds.co.uk

Proceeds in aid of All Saints Church, Clifton

Samuel Whitbread Academy

Last week, three Ofsted inspectors visited the academy to talk to the staff and students, as well as look at lessons, paperwork and schemes of work. The outcome at this stage is confidential, but I would like to thank all the parents/carers who sent goodwill messages during the inspection. I would also like to praise our students, who the lead inspector described as polite, welcoming and very positive about the school. We will circulate the report as soon as it is published.

This week, Mrs Kirkman and the student council have been working with students on the rules for using toilets during lessons and the range of sanctions for students who misuse the toilet facilities. The students have come up with a number of excellent ideas which Mrs Kirkman will now trial with a wider group of students and parents/carers, before taking the ideas to the governing body the following week. The new rules will then be put in place in time for Easter. Please can I ask parents/carers to remind their children that it is illegal for people under the age of 18 to buy a vape and there is a growing evidence base on the potential impact of long term use of vapes.

The Masked Reader, which you may have seen on our social media, received a lot of interest last week, and I would like to thank all those involved in this novel and engaging idea. We also had a massive response to our photo celebrating International Women's Day this week, which I was particularly proud to see. In response to the people who asked when International Men's Day, it's on Sunday 19th November.

Over the last two weeks we have been conducting the final set of mock exams for Year 11, which have gone really well. Students took the mocks extremely seriously and made the most of this opportunity to discover what they need to work on towards their exams. Staff will be feeding back to students over the coming weeks and adapting their schemes of work to address any gaps in students' understanding.

Despite the snow this week, we are building up to the Spring concert and Dance showcase. These two annual events celebrate the amazing achievements of our arts students.

Finally, March has been an amazing month for sport at SWA, even by our standards. With national semi-finals and finals in football, netball and rugby. The first final is on Thursday 16th March at Twickenham, for our 1st XV, who will be playing in the final of the National Vase at 2:15pm and this will be live-streamed on YouTube. The finals in netball and football are also in the coming weeks and we are still on course to potentially be national champions in all three sports in the same year!

Nick Martin, Principal

Woodlands Preschool

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 surround-



ings of the trees and wildlife. If you are looking for a place for your child and would like some more information about availability, please contact us via email thewoodlands1@btconnect.com

We have had a busy term so far and are looking forward to the warmer weather coming soon (we hope!). The children have been busy making their Mother's Day craft and we will be starting to make our Easter craft soon.

Our recent fundraiser with 'Doughies' was a great success, with lots of orders of pizza and cookie dough kits being purchased by our Woodlands families. Fundraising has been tricky this year and we are always looking for new ways to raise much needed funds, to continue to provide good quality resources for the children to benefit from. Our Amazon Wish List is a great way to support us. Please visit the following link for the list of resources we would like to provide the children.

https://www.amazon.co.uk/hz/wishlist/ls/2HCS4E90VN1CZ? ref =wl share&fbclid=lwAR1D5YudY07f6pnrRn2wBWREB6u2ThxwevfkfnbH8rLEQIFQ37x87yqpnUM

On Friday 18th March we will be helping to raise money for Comic Relief by asking our children and staff to come to preschool in red clothing. We will be asking for a donation and have lots of fun activities planned.

School readiness - A child's journey throughout their time at Woodlands is carefully planned alongside our ambitious curriculum, which aims to teach children the wide range of skills they need to be prepared to move onto school. This year's cohort of leavers have been taking part in our 'school readiness' sessions each day. This is planned by Carly, Zoe and Cheryl who deliver fun and interactive activities with the children. We are fortunate to have a close connection to All Saints Academy who are always keen to support us in preparing children for their transition to school. Now that the building work is complete, we are able to once again start using some space in the school. This is of a huge benefit to the children who can start to become familiar with the spaces, sounds and feel of the school, as well as getting to know their new teachers. We will begin to take the children over to school at least once a week after the Easter break. Children will be supervised and supported by the school readiness team. We will also be taking children over to Ash class (reception) to spend time in their new classroom.

The Parish of All Saints, Clifton MEETING FOR THE ELECTION OF CHURCHWARDENS All Saints Church, 16th April 2023 at 12:30

This meeting may be attended by:

- All persons whose names are entered on the church electoral roll of the parish and
- All persons resident in the parish whose names are entered on a register of local government electors by reason of such residence.



ANNUAL PAROCHIAL CHURCH MEETING (APCM) All Saints Church 16th April 2023 at 12.35

For the election of Parochial representatives of the laity as follows:

- To the Parochial Church Council 6 representatives.
- For the appointment of the Independent Examiner or Auditor.

PCC

For the consideration of:

- A Report on changes in the Electoral Roll since the last annual parochial church meeting;
- An Annual Report of the proceedings of the parochial church council and the activities of the parish generally;
- The Financial Statements of the Council for the year ending on the 31st December immediately preceding the meeting, audited or independently examined;
- A Report on the fabric, goods and ornaments of the church or churches of the parish;
- · A Report on the proceedings of the Deanery Synod
- Other matters of parochial or general Church interest.

Every lay person whose name is entered on the Church Electoral Roll of this parish (and no other person) is entitled to vote at the election of parochial representatives of the laity.





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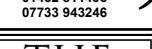
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Clifton Walking Group

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 which has been rather limited of late, but as restrictions are lifted we will organise more of these.

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

Toddler Church MONDAYS 2pm-3pm 17th April

Numbers are limited, please book with Revd Caren on 078851 76079



Messy Easter Friday 7th April

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

King's Coronation Weekend 5 - 7 May 2023

It is fun being a member of the Clifton Events Committee, (yes, really!). During the latter part of last year, as you no doubt know, the Committee set itself the task of organising a memorable Clifton King's Coronation Event weekend.



As the coronation draws ever closer, what started with a relaxed, "I've had an idea. Why don't we" (Insert your own daft innovative idea here), became the very real "you do realise there's only xx days left now?" There are challenges. But drawing on an almost infinite store of resourcefulness and good old-fashioned common sense we're transforming the problems we had yesterday into the solutions we grasp tomorrow.

Now, here's the thing. Despite there being more of you than there are of us, if we tell you what we are doing, maybe you'll let us tell you what you are doing. (Are you sure you read that correctly?!!!) Here goes!

We have arranged a Craft Exhibition, a Cake Competition and a Flower Competition. There will be displays of cars and people doing things that make our backs hurt just thinking about! Things to sit in, ride on, walk around, things to eat and to drink. A beacon will be set alight, treasure hunted, games played, prizes won, stalls browsed and a raffle drawn. Balls thrown, hoops aimed, skittles knocked and things that go ping will, well, go ping!

If that wasn't enough there will be performances by stars of the future. (Grab an autograph before they're famous!). Oh, and don't forget the clock-chutty! Or the abseiling teddy bears...!

What <u>will</u> you be doing? Well, for a start you could simply turn up. Or enter a competition? Or step up to the open mic? Or ride the helter-skelter, the teacups or the chair o'planes? Maybe climb the wall, bounce on the trampoline or climb in the inflatable castle? It's up to you - and before you ask, the competitions, rides and games are all free! You can watch the beacon being lit on Friday evening, join us all on the playing field on Saturday afternoon before strolling to All Saints Church on Sunday to sit and listen to the angels sing. (aka students from Samuel Whitbread Academy!).

So, we've had fun doing the work – you get to have fun having fun. Seems fair.



Friday 5th May 2023: Lighting of The Clifton Beacon

Join us on the green opposite the duck pond, Grange Street, from 7:30pm. The Beacon will be lit at around 9:15pm. Food and drink will be available to purchase from The Admiral and The Golden Lion.

Saturday 6th May 2023: Clifton's Coronation Celebrations.

2pm to 6pm, on the playing field and in Clifton Community Centre, lots of fun for all the family! FREE rides and activities, and games, for all children up to 18 years of age wearing their Clifton Coronation Celebrations Wristband*, including:

- Fairground Rides
- Trampolines
- Climbing wall
- Inflatables
- Other activities, including:
 - Raffle
 - Demonstrations from local clubs and organisations
 - Busking Stage

- Traditional fairground games
- "Have-a-go" activities
- Messy Church
- ...and much more!
- Craft exhibition
- Classic vehicle display
- · Variety of stalls
- Home baking competition

Refreshments will be in the Community Centre. Food and drink available throughout the day including a BBQ, Hey Spud topped chips, Tapped Bar, and an ice cream van.

*Wristbands will be issued to children up to 18 years of age who are residents of Clifton or have close family connections within the village. Distribution will be via schools and pre-schools. Collection points will be set up leading up to and on the day of the event. More details on where to collect wristbands from will be released via Facebook, use the QR code above to follow our page or email CliftonCoronation@gmail.com

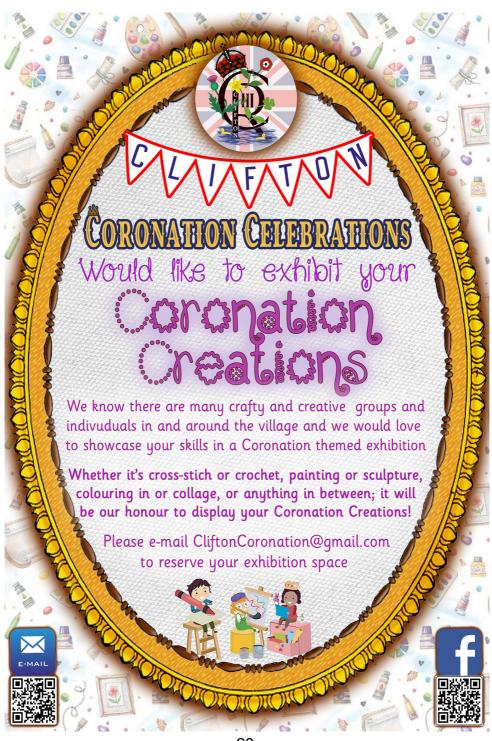
Sunday 7^{th} May 2023: Service and Events in Church.

The 11am Thanksgiving Service, accompanied by Samuel Whitbread Community College Choir. 2pm Coronation Re-enactment by children from All Saints Academy. 3pm to 5pm children's activities in and around the church. Refreshments and Floral Arrangement Fit for a King Contest throughout the day. Raffle draw at 5pm to close the weekend's festivities. (Please note all events are subject to change)











Saturday 6th May 2023 between 2pm and 6pm at Clifton Community Centre and Playing Field



We are looking for volunteers in the following areas:

- Setting Up
- Face Painting
- Temporary Tattoos
- Glitter Tattoos
- Wristband Sales
- Raffle Ticket Selling

- Entrance and Field Marshalls
- · Volunteer Welfare
- · Manning Games
- · Packing Down
- Supervising games
- _and more!



We are looking for any clubs and organisations that may be able to offer the following:

- "Have-A-Go" Sessions
- Musical Entertainment
- Arena Demonstrations
- Continuous Exhibitions

We are also looking for a small group willing to head up a community art project!

If you, your club or organisation, think you can help with any of the above; or have any other ideas of how you would like to be involved, please e-mail: CliftonCoronation@gmail.com

Chris Lawrence MCIOB Associate RICS

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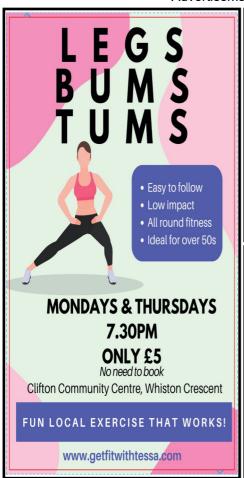
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The GLGS, based in Clifton, are looking for New Members



- All Afternoon Tee-offs
- Meal and drink back at The Admiral
- All standards welcome
- INTERESTED?
- Ring 07968 303340

Churchyard Working Parties



This year we are repeating our new approach! We are going to have regular Working Parties on the morning of the second Saturday of each month between March and October. Next one:

Saturday 8th April 9:30 am - 12:30 pm

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



Shefford Bowls Club Want to try Bowling?

We are looking for new members to join us. Irrespective of age, gender, experience or ability. Free, no obligation coaching available for novices.





New members reduced rate only £10 for 1st season

Contact club secretary: on 07708 640396 or secretarysheffordbowlsclub@gmail.com

Bowls provides medically approved gentle exercise.

The Club is situated within the grounds of the Shefford Town Memorial Association, which is just off Hitchin Road. The entrance is opposite the Woolpack Public House.

Clifton WI

Hello Members and friends, it was good to see so many of you attending our AGM. Diane Sanbrook, from County, oversaw the proceedings and I believe she enjoyed her visit, especially the Beetle Drive.



We owe the smooth running of our WI to our dedicated Committee, especially some long standing members, two of whom are retiring. We had a presentation of flowers and vouchers for our retirees, Iris Smyrk and Chris Greenwood for their tireless contributions to the Committee and WI in general. A big thank you also to our retiring President, Linda Patch, who is stepping down but staying on the Committee.

We are happy to welcome Gill Evans, Meryl Sanders and Chris Infante together with Lesley Wilson to the Committee. They will be a great asset, bringing fresh ideas and energy. We finished on a happy note with a Beetle Drive, tea and biscuits and raffle.

At our 5th April meeting we have a talk and demonstration of Stained Glass work. There will be an opportunity to purchase small items.

We look forward to seeing you there. If you would like to attend as a visitor, £4 entrance to include tea and biscuits, you will be welcome.

Lesley 01462 231657

Clifton Planning Applications Update Central Beds Decisions at 13th March 2023

CB/23/00689/FUILL – 3rd March – 29, Shefford Road SG17 7RG. Change of use from hairdressers to residential flat. **Awaiting Decision.**



CB/23/00501/FULL – 16th February – 67, Stockbridge Road SG17 5HH. Single storey side extension & garage conversion. **Consultation Period.**

CB/23/00277/FULL – 27th January – 55, Stockbridge Road, SG17 5HH. 2 storey side extension with roof lights. Front canopy. **Awaiting Decision.**

CB/23/00019/FULL – 11th January - 8, Whiston Crescent, SG17 5HJ. New front porch and internal works. **Decided.**

CB/22/03825/FULL – 29th September – Railway Steamer SG17 5AH. Demolition of existing building. Erection of single retail unit with front parking. **Consultation Period.**

Tony Hyde - Clifton Residents Association

HATS Drama Group

present the murder mystery

'Murder Afloat' by Christine Woodhead Meppershall Village Hall, Shefford SG17 5AB,

18th, 19th & 20th May @7.30 pm.



Tickets £16, or £90 for Table of 6, includes supper from www.ticketsource.co.uk/hats-drama or phone 0333 666 3366 (booking fees apply).

Let's take you back to the 1920s. On board his luxury yacht, Lord Malloran is entertaining his high-class guests at a cocktail party for Lady Prudence's birthday but relationships are fraught by hidden secrets and something ghastly is about to happen. You will have the chance to deduce who done the deed and why, whilst enjoying a sumptuous ploughman's supper!

Crime Statistics for FEBRUARY 2023

THEFT OR UNAUTH TAKING OF A MOTOR VEHICLE

02/02/2023 Whiston Crescent

SEXUAL

08/02/2023 Undisclosed 13/02/2023 Undisclosed

THEFT FROM A MOTOR VEHICLE

08/02/2023 Burrows Close 12/02/2023 A507 Shefford Road

HARASSMENT

14/02/2023 Undisclosed

OTHER CRMINAL DAMAGE

18/02/2023 Rookery Walk

ASSAULT WITHOUT INJURY

19/02/2023 Yew Tree Walk 26/02/2023 Church Street 26/02/2023 Whiston Crescent

ATTEMPTED BURGLARY - RESIDENTIAL

19/02/2023 Yew Tree Walk

CRIMINAL DAMAGE - RESIDENTIAL

19/02/2023 Yew Tree Walk 26/02/2023 Yew Tree Walk

ASSAULT WITH INJURY

21/02/2023 New Road 26/02/2023 Church Street

BURGLARY - RESIDENTIAL

24/02/2023 Hitchin Lane

TREAT INTENT TO COMMIT CRIM DAM

27/02/2023 Yew Tree Walk

BURGLARY - BUSINESS AND COMMUNITY

28/02/2023 Broad Street

MALICIOUS COMMUNICATIONS

28/02/2023 Undisclosed



Bedfordshire Rural Communities Charity

Green Wellbeing Directory



to help people across Bedfordshire Get Out in Nature

As we step into spring, it's a wonderful time to get out and about and enjoy the change of season. Bedfordshire Rural Communities Charity (Beds RCC) has put together a Green Wellbeing Directory on their 'Your Wellbeing Bedfordshire' website (www.ywb.org.uk). This directory features opportunities for people to get out in nature, and lists over 70 activities or places to visit across Bedfordshire already – which will continue to grow.

These activities and places give people the chance to get some exercise, meet new people, make a difference and/or learn new skills - all while being in nature. Activities range from volunteering at local community gardens or conservation groups to taking part in regular Wellbeing Walks.

A spokesperson for Beds RCC said: "Not only is nature free and available to all, but helps us to feel good too. People can also get a great deal out of joining more social activities outdoors, such as volunteering or walking groups. Our Green Wellbeing Directory makes it easy for people across Bedfordshire to find out about what's happening around them."

Beds RCC is at the forefront of promoting and developing green wellbeing activities in Bedfordshire. It also has a large team of Community Wellbeing Champions, who offer one-to-one support to people who may be feeling isolated, anxious or low, listening to them and helping them connect to groups or services in the local community.

This service is free of charge and is open to patients in GP practices in Bedford Borough or Central Bedfordshire.

Visit our website to use our Green Wellbeing Directory and find out more about our Community Wellbeing Champions: ywb.org.uk

If you know of other local projects that could be added to the directory, please let us know by emailing us on info@bedsrcc.org.uk or calling us on 07984 275652 / 01234 838771.

Ensuring Pain-free Studies for Teenagers

Extra study as exams approach can often lead to stiffness and discomfort for students. For some it may create additional worry about getting through the long written exam or completing their coursework.

There are different causes for pain and discomfort, such as:

- Posture when studying
- Working area is not ideal for study
- Stress of revision and exams
- · Postural changes during growth



Our teenage patients say that pain or discomfort is distracting, making it harder to focus and concentrate both at home and in school or college.

Teenagers' pain is often (inaccurately) attributed to:

- A parent's history of back pain, neck pain or headaches
- · It's normal growing pains or hormonal changes
- · It's just their bad posture

Frequent daily pain for teenagers is not considered normal and should be explored. The friendly team at Shefford Osteopathic Clinic starts by talking with the patient. We discuss what's going on and how it impacts them. Then, we carry out a thorough examination.

Treatment is always discussed with the patient. It usually involves a bespoke combination of:

- Hands on treatment (incorporating the whole body).
- Practical tips to try when studying and sitting the exams, such as how to avoid back pain.
- Stretches and/or exercises for relaxation, stretching and stability.
- If appropriate, referral to the patient's GP for further investigations.

Our patients usually see a drop in pain and discomfort after a few sessions. This enables them to complete their revision and exams. We aim to educate people about body posture and body movement offering the confidence to self-manage and take control. The key result is enabling teenagers to study, do their exams and do their best without being distracted by discomfort or pain.

Please don't let unnecessary pain affect your teenager's studying. Call us on 01462 811006 or visit www.SheffordOsteo.com to make an appointment.

Melissa Thorpe, a Registered Osteopath at Shefford Osteopathic Clinic.



2023 EXCURSIONS – 4th THURSDAY OF MONTH!

Call 0300-123-3023 or e-mail: thewanderbus@gmail.com for more info or to book your seat. We do require a deposit of £10.00 pp for any excursion.

Date	Destination	Entry+ Bus Fare pp		
27/4	Coton Manor Botanical Gardens, Northants	Entry £10.00+Bus £15.00		
	ell Woods and Water Garden. 'This is a bea ional charm with unexpected vistas at eve			
25/5	25/5 Gotha Gardens, Ashwell, Nr Baldock Entry £13.75+£6.25 Bus			
22/6	The Raptor Foundation, Woodhurst, Huntingdon	Entry £6.00+£11.50 Bus		
The Raptor Foundation rescues, rehabilitates and returns injured birds of prey back to the wild. If you love birds then there will be various owls, kites etc to view and also wonderful flying displays. Café on site.				
27/7	Stowe House & Gardens, Stowe, Buckingham	Entry £24.00+£11.00 Bus		
the Ga	House Tour Cost incl. Tea/Coffee & Biscuits. After House Tour we will drive to the Gardens entrance where there is a café. National Trust members free entry to the Gardens (Saving £13.00 – mention when booking)			
24/8	Barnsdale Gardens, Exton, Rutland 1.16hrs £12.50 entry+£17.50 Bu			
	Hamilton's gardens run by his son Nick. W nt-acre site, there's plenty to see and do. C			
28/9	Audley End House & Gardens, nr Saffron Walden, Essex	£19.50 Entry+£8.50 Bus		
One of the largest and most opulent Jacobean houses. Set in idyllic gardens (Capability Brown design) with a beautiful parterre and walled kitchen garden				
26/1 0	Bletchley Park, Bletchley, MK	£19.50 Entry+£8.50 Bus		
Bletchley Park is an English county house and estate in Bletcey, Milton Keynes that became the principal centre of Allied codebreaking during World War II. Guided tour available foc.				
23/1 1	Bury St Edmunds Christmas Market	ТВА		

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

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.



Providence Baptist Church – Clifton

Sunday Services

*10.30 a.m. and 6.00 p.m. A warm welcome is assured to all. 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

FatherCanon Bennie Noonan813436DeaconRev Peter Hyde711702Parish SecretaryRose Boulton811547

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

Alphabetic Index of Advertisers May 2020

Letters indicate the pages on the yellow sheets Local Businesses support the Chronicles, please support them

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I	AG Plumbing Services (Shefford)	С	JDS Property Maintenance Services
E	Angelina Wells Photography	J	Julian Biggs Chimney Sweeping & Stove Installation
K	ASB Property Services (UK) Ltd	Α	K4 Care Bedford Ltd
D	Carrie Molloy Beauty Therapist	Н	Leeds Painting and Decorating
J	Chris Jones Property Services	F	Local Locksmith
Е	Chris MacSweeney, Personal Estate Agent	В	Lucas, Huntley & Co
С	Clare Price Therapies	С	Marc Dellar Gardening Services
ı	Comer Construction Services	В	Martin Roe Painting & Decorating
K	Courtland Services Partnership	В	Music Lessons
J	D P Building & Plastering Services	С	Neville Funerals
Е	Dynamic Theatre Dance School	F	NK Mortgage Services
D	E. H. Crouch Funeral Directors	I	Oven Clean & Repair
С	Foot Health Professional	С	Peter H Wright & Son (Plumbing & Heating Ltd)
G	G & S Services Property Maintenance	G	RDG Plumbing & Heating Services
Н	George Alexander Living Spaces	F	Chris Lawrence-Construction Consultant
G	Get Fit With Tessa	Α	Shefford Dental Surgery
ı	Graeme Harley Chiropodist	J	Soanes Electrical Limited
G	Hing Opticians	В	Stefan Baltruschat Plasterwork
F	Home Comforts Pet Services	F	Stephen J Nott - Electrical Contractor
Е	I R Quince Monumental Mason Ltd	D	The Carpet Cleaner
K	J Child Plumbing & Gas Engineer	Н	The Garage Shefford
Н	J W Baxter Family Butcher	Α	The Peacock Café
D	James Bonfield Carpentry & Construction	В	The White Rooms
D	James Cullip Decorating & Maintenance	A	W&H Peacock Auctioneers





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