

Editorial

Dear Villagers,

If you want to vote in person at future elections you will need to have photo ID with you. That won't hurt most people who have a driving licence or a passport or similar documents and remember to take them to the polling station but what if you don't have acceptable ID? You have two choices: apply for a postal vote or get a Voter Authority Certificate from Central Beds Council. This is free, and Tina's came through in a few days, but you do need a digital picture and access to the internet. If you want to do this and don't have access contact me. I will try to set up something at the chapel, where we do have access, so that you can apply.

We have another full issue this month with some old friends returning to tell us what is going on, and new ones helping us to get ready for future events. Keep up the communications, it helps build the village.
Clive.

DISCLAIMER

Please note that Contact Magazine does not officially endorse any advertising material included in this publication

Our preferred typeface is Times New Roman for regular articles and notices. Submissions should be suitable for A5 format. Submissions may be abridged for space reasons and inclusion is at the discretion of the Editor/Management Team.

April 2023 copy by 10th March please.

**PROMPT PAYMENT OF
ADVERTISING INVOICES WOULD
BE GREATLY APPRECIATED**

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<https://harlingtonvillagemagazine.org>

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Harlington Upper School

VACANCIES

Please keep an eye on our school website for upcoming vacancies, including support staff and Invigilators.

<https://www.harlington.org>

Letter from the Life Church

A few months ago we celebrated Christmas and as grandparents, we looked forward to buying gifts for our grandchildren. Two of our grandchildren, when they were asked what would they like as a gift, excitedly spoke about having a swing in the garden of their new house. So our search for a swing began and after looking on a local buying site, we not only managed to find a swing but a combination of climbing frame, sand pit, slide and monkey bars. It was duly purchased but then another challenge commenced, how do we hide the dismantled gift and then put it up as a surprise for them on Christmas Day? It was finally decided to hide it in the garage at their house covered by a tarpaulin. It sat there for over six weeks undiscovered until on Christmas Eve it was reconstructed hidden from view behind a trampoline ready to be revealed the following day. Squeals of delight were heard as they found it and it was difficult to get them off, ready to eat Christmas dinner.

It reminded me that God is always there and wanting to be in relationship with each one of us. The climbing frame sat in the garage waiting and ready to be discovered, they just needed to be inquisitive and look.

In the Bible there is a verse that says;

Here I am ! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person and they with me.

Revelation ch3 v 20

The tarpaulin just needed to be lifted up by the grandchildren for the parts of the climbing frame and swing to be discovered. In its dismantled state, some parts would have looked familiar but other bits were just lengths of wood. It only became clear what it was when every part was put together and was in its right place.

As we open the door and see Jesus there would be parts that we would recognise but other parts that would remain a mystery and unknown. There is so much more to discover and experience. Spend time with him, read the Bible, talk to him or join with people who love him.

Jesus knocks at the door and we are all invited to open it and encounter him.

Carol Gibbs

Leader Life Church



Flittabus *plus* Harlington Heritage Trust

Flittabus

Community Transport Ltd.



Next Milton Keynes Flittabus

Tuesday 7 March 2023

Depart 09:15 am from Car Park at Harlington Village Hall:

Return 1:00 pm from Central Milton Keynes, Exit Door 5

Flittabus excursions

Wed 1 March Anglesea Abbey £36 pp

Fri 24 March Shopping day at Boundery Outlet Grantham £23pp

Wed 19 April Leeds Castle £38pp

Sun 30 April Chiltern Open Air Museum Chalfont St Giles £22pp

Fri 19 May Cambridge £26pp

Sat 3 June Imperial War Museum Duxford £46pp

Fri 23 June Blenheim Palace £45pp

Sat 8 July Black Country Living Museum £45pp

For more details and to book please call on 07563170067 or 07715161621

Payment by Cheque Credit/Debit card or Bank Transfer

e mail excursions@flittabus.co.uk

Harlington Heritage Trust

Sunday 26 March in Harlington Village Hall at 15.00 there will be a talk by Meryl Parker on “King’s Close, Edinburgh – the story of a forgotten underground street”. King’s Close was a unique street hidden beneath Edinburgh’s Royal Mile where people formerly lived, worked and died.

The cost for the talk is £4 for members and £5 for non-members, including refreshments afterwards.

Harlington Heritage Trust’s AGM and Social will be held on Saturday 15 April at 19.30 in the Village Hall. Refreshments will be provided. New members are most welcome.

This year’s coach trip will be to Derby on Saturday 15 July, leaving the Village Hall at 09.00. Cost £26 per person, payable by 1 June. To express an interest, please contact Janice on 01525 877419, or email jtuckett01@aol.com. Note that this trip will only run if we have sufficient numbers.

Other HHT events for 2023 will be publicised in the HHT members’ newsletter, “Contact” magazine and the HHT website.

Brain Tumour Research



Spring is sprung



Spring is sprung by the time you receive this article and I feel like I have been practicing spring these last few days as I have been able to be out in my garden washing pots, tidying my fundraising plants, sweeping up leaves, contemplate and make some plans this has fired me up, thank heavens for feeling motivated and feeling like I am achieving something, it has felt like a long inactive winter.

So it has been a good start to the new year in terms of fundraising thanks to kind neighbours who were involved in a house clearance and the owner requesting that items should be offered to a charity and Brain Tumour Research was chosen to receive the garden items. I received lots of lovely pots, there were appealing garden ornaments, scarecrows large and small, 2 lovely folding wooden tables and a trolley that folds flat (see photo) this is all that is left and the 2 large scarecrows and stand and more than £30 has been raised.



If anyone is interested in the trolley or scarecrows please knock my door. 132 Goswell End Road.

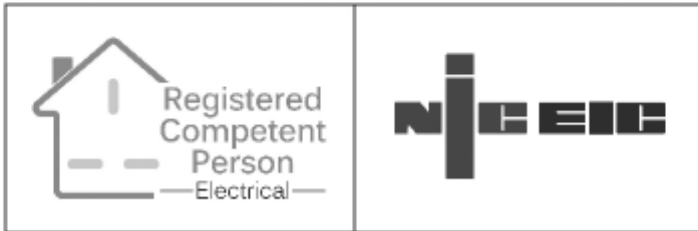
The month of March is officially the month dedicated to Brain Tumour and “wear a hat” is the finale of this month. This year it is March 31st so if you feel like supporting by wearing a hat on this day and joining those others supporting it would be really great. Wouldn’t it be fantastic if Harlington became a village all donning a hat. I will be serving tea and coffee and home made cakes on Saturday 25th March from 10-12 please do come along and buy a plant or two as well and if you feel like it wear a hat; WE WILL!

Just to bring you up to speed on my other mission to bring gardening to the world, well my world! I have now completed my first round of foundation age gardening groups at the school I retired from. There are about 130 children in this year group. The children have identified and named parts of a plant, planted a plant, bulbs, raked leaves and gathered seed to make a seed bank. We are now onto round 2 and the children will now plant their seed bank seeds as well as a herb. Round 3 will be for them to prick them out, plant on and to then plant one in the school garden then we will sell the excess to parents and the community in

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Luton to raise funds for future gardening projects. To this end I am wondering if there are any propagator lids lurking in your garages or sheds that you are no longer needing. I have 3 but not enough for 5 classes and my own use! If you do have any spare I would really appreciate you donating them to my school and our gardening endeavours. Thankyou.

And finally to encourage everyone in Harlington to garden I am putting a box on my drive with seed trays, plant pots and bulb bowls in for you to take. There are also lots of seeds in my seed box: flowers, vegetables, salad and herbs. All you will need to do is buy a small bag of compost, find a warm window ledge to germinate your seeds and then you've joined the fun and thrill when those tiny seeds produce flowers or food for you to eat and there is nothing like eating something you have grown or a flower in your garden that you have encouraged. If you would like to make small donation or buy a plant for your garden I would really appreciate your support.

Thank you for reading this article and for your continued or new support.

Happy growing!

Jane, Alice and Emma

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Crafternoon Tea *plus* HVH 100 Club



Craft doesn't have to be complicated – I seem to have used a number of pictures of complicated subjects recently.

These are pom-pom rabbits, made by children at 626 Club, who got a great deal of fun out of making them. They are made with two pom-pom makers of slightly different sizes, tied together firmly, with paper ears and feet, and googly eyes.

Craft seems to be another of those things that “are not done” with children these days. “Making your own” whatever is rather

out of fashion, although knitting seems to have made a come back, along with crochet, since Tom Daley was seen on television during the Olympics. I do try to make sure that the craft activities I supply on a Friday evening can be finished in one evening, as very few children want to carry on with the same activity for more than one week at a time.

Crafternoon Tea meets fortnightly on Monday afternoons, between 2 and 4 pm, at the Methodist Church on Sundon Road. You may find all sorts of crafts on the go, and if you want to learn a new craft, there may well be someone who can help. Conversation is often wide-ranging and not necessarily about craft – come and join in. If you don't have anything you are working on at present, don't worry, the conversation and refreshments will still be open to you! Refreshments are served at each meeting.

Our March meetings will be 13th and 27th. All meetings will be the hybrid version, on Zoom as well as in person. Please let me know if you want the Zoom link for any meeting.

Contact: Tina Salmon (christinasalmon60@gmail.com), 874481, website: <https://cliveandtina.co.uk>

HVH 100 Club

The winner of 100 club for January was no. 104 belonging to the Spittlehouse family of Sundon Road

If you wish to be part of the 100 Club and have the chance to win £50, please contact me at: hvhtreasurer@btinternet.com. The money raised each month helps to fund the upkeep of the Village Hall.

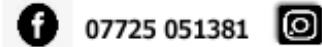
Dave Thew, Treasurer, HVH Management Committee

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Harlington Lower School



Back in the Autumn Term we held parent forums and community forums at Harlington Lower School where we asked four questions:

What are you proud of?

What do you want to keep?

What do you want to change?

What are your hopes/dreams for the schools?

We listened to the responses from both parents and community members and would like to share with you some of the things we have done.

You said: *“We are proud of the schools’ values.”*

We have: *Continued to promote the values and commissioned a mural in school of the values, which was kindly paid for by a donation from a local resident.*

You said: *“We are proud of the school’s community feel, values and brilliant teaching staff.”*

We have: *Used these to base our vision and development plans on.*

You said: *“We would like more face-to-face events.”*

We have: *Held face-to-face Art events, Christmas performances and Carols on the Playground.*

You said: *“We would like more discussion of different cultures to make all the children proud of their heritages and key celebrations.”*

We have: *Celebrated Black History Month. We also had an anti-racism workshop for Year 4 and equality training for all staff. We are looking at developing this more and it is one of our Equality Objectives.*

You said: *“We would like more community involvement in the school.”*

We have: *Built this into our vision and school development plan. We are looking at ways to develop partnerships between the school and community groups.*

We have used feedback from staff, pupils, parents, trustees and the community to develop our school development plan. We are now excited about moving forward with our plans. Our key priorities are to:

Develop active learning.

Develop our curriculum knowledge progression.

Plan small steps to help every child make even greater progress.

Improve the wellbeing of pupils through participating in the Stormbreak project.

www.stormbreak.org.uk/

We will keep you informed about how we develop in these areas!

Messy Church News *plus* 0—4 Club



In January we looked at St. Paul's missionary journeys. Paul was such an interesting preacher that one person fell asleep and tumbled out of an upstairs window! We made model houses from ice-cream wafers, pull apart bread and cheese for shared meals and a big basket.



Our next Messy Church will be on the 18th March, just before Mothering Sunday. We try always to have a Zoom link for those who can't get to the chapel, and to livestream the celebration to YouTube, which also provides a recording.

Our old material is still available. Look on <https://cliveandtina.co.uk> for written material and drawings, or on Harlington Methodist Church YouTube Channel for recordings of previous Messy Church Celebrations, and where you can see Tina or me demonstrate some of the activities.

Don't forget, while children need an adult, Messy Church is not just for children. If you find that making things helps you with the Bible stories, Messy Church may be for you.

Clive

0—4 Club



HARLINGTON 0-4 CLUB

A fun and inviting club for children aged 0-4 with toys, bubbles, Soft Play, baby area, songs and so much more!



Harlington Village Hall
£3.50 1st child. £1 for each additional child.
children under 6 months free with older sibling.
Monday & Friday 10am - 11:30am. Term time only.



HARLINGTON04

Hedgehogs *Plus* HNH Good Neighbours

It is not unheard of for male hedgehogs to come out of hibernation around February time and they will appear before female hedgehogs. Moving from winter to spring, it is essential to provide a water source and also to provide additional food if possible. Meaty cat/dog food (not fish flavour) will really help a hedgehog who has been hibernating since around November! When the warmer weather starts



to come in, we will all be tempted to give our gardens a good tidy, but remember that a small wild (messy) area will provide a natural food source for hedgehogs and other wildlife. Bugs, beetles, worms, slugs and snails will be attracted to the wild area and in turn attract hedgehogs. It is also very important to have a 'hedgehog highway' – cutting a 5x5 inch hole in your fence or digging a tunnel under your fence, will provide much needed access to allow the hedgehogs to roam from garden to garden, providing the opportunity of finding more food.

I am pleased to report that W E Black Ltd. who built the flats on the Station Yard site, have confirmed that hedgehog highway holes will be cut into the fencing as soon as possible and that they have since changed their processes so most new properties will have a post and rail fence between gardens allowing animals to roam freely. This is fantastic news and great to have a building company supporting local wildlife. And the good news keeps coming! We are now lucky enough to have a hedgehog rescue person in our village. Kate Dimmock has contact details below so if you find a sick or injured hedgehog, they won't have far to get help. (Alternative number for a rescue person also below in case Kate is unavailable.)

Facebook: Harlington Hedgehogs (now with 134 members) Please join for any hedgehog or wildlife concerns to gain advice from other members.

Harlington Hedgehog Rescue: Kate Dimmock 07572545179

Leighton Buzzard Hedgehog Rescue: 01525 759916 (leave a message and a call will be returned)

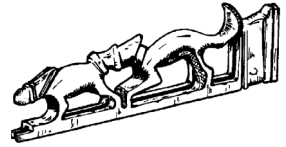
HNH Good Neighbours

Good Neighbours - Harlington Neighbourhood Help (HNH)

For help or more information contact:

HNH Good Neighbours line 07849 835410





Monday 6th March 2023

Jolly Good Boating Weather – Bedford Regattas

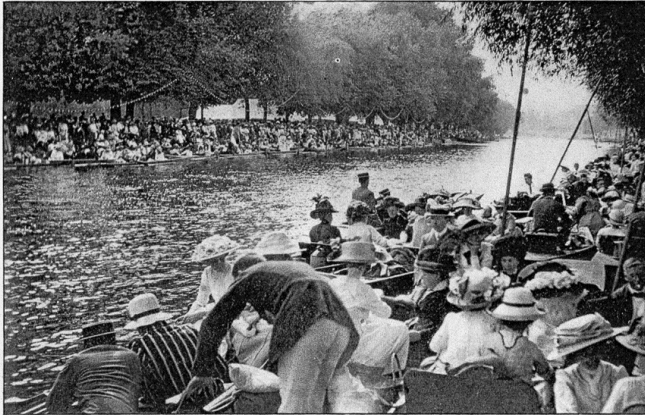


Photo by

BEDFORD REGATTA—THE ENCLOSURE.

Blake & Edgar.

This talk describes the transition from the busy Ouse Navigation to a Victorian pleasure ground, the making of The Embankment, pleasure craft, Bedford boat-builders, rowing and the Regatta.

Speaker: Bob Ricketts

Lecture Theatre, Flitwick Library, MK45 1QJ 7.30 for 7.45pm

£2.00 for members & £3.00 for visitors is payable on the door.

The talk will also be broadcast live via Zoom to Society members.

Future meeting:

3rd April - AGM and Local History Websites and Links

For further details visit:

www.adalhs.org.uk

Harlington Surgery/Sundon Medical Centre

Sundon Medical Centre and Harlington Surgery

Firstly (although we are already into the second month of 2023), Happy New Year!

Since the last newsletter, Sundon Medical Centre have been thinking of ways to help with the growing demand of appointments.

All our GPs have extended their clinics.

Online appointments are now available to book. If you haven't signed up to use the online service, please bring 2 forms of identification (one being photo ID and the other a utility bill) to the surgery and fill in an online form – Reception will then give you a log in and password.

The Surgery has also been holding a Saturday Clinic once a month for patients who are due annual checks – Diabetes, Asthma, pre-diabetes etc. This has proven to be popular with patients of working age.

Currently Sundon Medical Centre are looking for an experienced Receptionist to join the Team Monday - Friday. The applicant needs to have a professional attitude and appearance with the ability to be resourceful and proactive. The job includes significant amounts of multi-tasking with the ability to be compassionate.

If you are interested in the position please email – sundonmedicalcentre@nhs.net

Hatters Health PCN are conducting Virtual Health Educational Sessions – you may have already received a text message inviting you to join the sessions which include menopause, prostate cancer awareness, intermittent fasting, mindfulness. so far have proven to be popular and spaces are limited – so don't miss out!

And lastly a gentle reminder to all our patients to make sure when collecting medication from Harlington to sign the back of their prescription. This is for auditing purposes at the Health Authorities.

Thank you.

Sharlene Clarke

Practice Manager





Wildlife walks & talks

Monday, March 20th, Maulden Church Hall, 7:30pm

Talk by Dr Wilf Powell – ‘Wildlife of Estonia’*

Although a small country, Estonia has a wealth of wildlife and one of the lowest population densities in Europe. For example, it has over 100 butterfly species despite being on the same latitude as northern Scotland. It also lies on a major bird migration route, the East Atlantic Flyway, with around 2 million birds along its western and northern coastlines in Spring.

Wilf has been lucky enough to visit Estonia six times since 2009 and in this talk, he will discuss some of his favourite sites for wildlife and show a range of fauna and flora that can be encountered there.

*£4.00 per adult

Saturday, April 22nd, Pegsdon Hills (TL131307), 10:00am

Walk to Knocking Hoe Nature Reserve with Dr Graham Bellamy*

A walk round this lovely reserve looking for the Pasque Flowers and other chalk grassland plants which can be found here. We will also be looking out for birds, especially early migrants and anything else of interest.

Park at the rear of ‘The View’ pub or in the lay-by near The Lodge. Please do not park in the pub car park, or drive across it.

*£4.00 per adult

Open to all, but please reserve as space is limited.

For additional information or to reserve your place please email
flitvale.info@gmail.com.

(If you don’t have email, please ring Ann on 07580 178889 between 6-8 pm.)

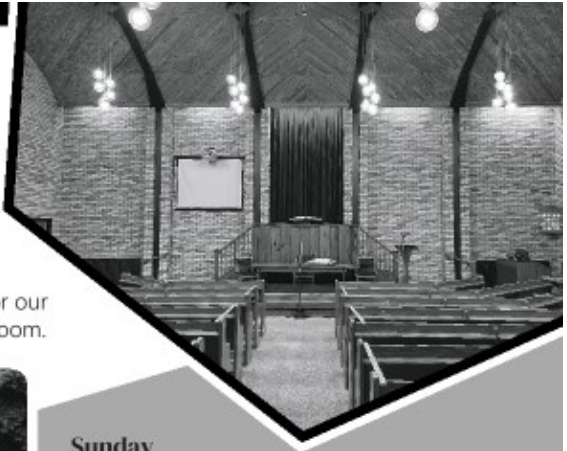
The Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire
Registered charity number: 1000412
www.wildlifebcn.org
Flit Vale Local Group
www.flitvale.org.uk

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Westoning Baptist Church

We are an independent Baptist Church in Central Bedfordshire.

You are very welcome to join us for our services at the Church or live on Zoom.



Sunday

Services 11am & 6pm

Sunday School 9.30am
- 10.30am (term-time)

Tuesday

Bible Study/Prayer Meeting
7.15pm

📍 Large free car park on site

📺 Zoom Meeting ID: 292 960 6969

📍 Greenfield Road MK45 5JD

🌐 westoningbaptistchurch.org



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LIFE Church *plus* Flitton Flits Family Fun Runs



LIFE CHURCH
HARLINGTON

Sunday services at 10.30am in The Parish Rooms

MARCH

5th - Vicky Yorke

12th - Message from Pioneer Conference

19th - Carol Gibbs

26th - John Doohan

Wednesday 7pm Prayer meeting continues to meet on Zoom.

For more information check us out on our website.

You can also contact us through our website if you have any prayer requests or would like to talk to someone

www.life-church-harlington.com

Flitton Flits Family Fun Runs

Notice of the 17th Flitton Flit Fun Runs

As usual the first Bank Holiday Monday in May

Monday 1st May 2023

**Time to get yourself fit for a great run around Flitton & Flitwick Moors
over a flat cross-country route.**

The event raises funds for the beautiful Flitton Moor local nature reserve.

Entry forms are available at local pubs

And on our website: www.FDHG.co.uk/events

For more information, offers of help, or enquiries, please contact

David Sedgley on 01525 714961 or Andrea McCormick on 01525 717661

Or by email: flittonflit@gmail.com

Methodist Church

Our morning services continue to be available on **Zoom** and streamed to **YouTube** on the Harlington Methodist Church YouTube channel, as well as in the church, where refreshments are available after the morning service.



MARCH preachers are:

- 5th 10 am Come and See led by Martin Wallis
- 6 pm Service with Holy Communion led by Rev. Claudia Lupi
- 12th 10 am Service with Holy Communion led by Rev. Claudia Lupi
- 19th 10 am Ivor Mitchelmore
- 26th 10 am Tina Salmon

If you want to join us on Zoom, the Zoom link is normally sent out the day before. Email me, clivedsalmon@aol.com, or phone 874481 to be added to the Zoom email list, or if you would like our printed service emailed to you.

COFFEE MORNING 25th March, from 10 am to 12 noon, in the hall

LADIES BRIGHT HOUR

We meet every Thursday at 2.45 pm in the Methodist Church Hall



- 2nd Rev'd Claudia Lupi
- 9th Jan O'Brien
- 16th Diane Maple
- 23rd Members Own
- 30th Annual Meeting

ROOM BOOKINGS

Contact Trevor Caveney if you are interested in booking any of our Halls, Rooms or the Church, subject to COVID rules. The Halls are suitable for meetings, groups, clubs and particularly good for children's parties. Reasonable prices. Tel 01525 754527 or hmc.bookings@ntlworld.com

"Springtime is the land awakening. The March winds are the morning yawn."

- Lewis Grizzard

"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice."

- Hal Borland

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Harlington Brownies



January to February has been a busy half term for Brownies. We have been learning how to Take Action and influence people and the Brownies have thought about litter around Harlington and Looking after animals. We have



played lots of fun games and made beautiful Valentine cards but the highlight of the half term has to be the visit from Teaching talons. The girls got to touch a snake, rats and stick insect and fed the tortoise worms. Chip the dog then showed us how obedient he was following lots of commands and showed us some tricks.



Well done Ava

Ava has been a marvellous Brownie for over 2 years. She made her promise on zoom during lockdown and has since completed 2 Theme awards making her a Bronze Brownie and we are so proud of her. To do this she completed 360 minutes of Meeting activities, Know Myself and Express Myself skills builders at Brownies and her collectors and performers badges at home. She loves Brownies and attends all the meetings and events,

We look forward to our Thinking day celebration with Dunstable district , we joined them for a great disco in January. There will be a visitor showing us old uniforms, Easter craft and egg hunt something special to make for our Mothers/ Grandmas, a singalong in Toddington, plus the completion of our Take Action Skills builder to look forward to at Brownies in the next half term.

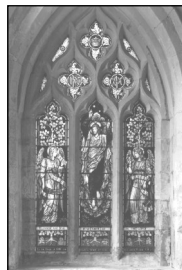
We have spaces for girls aged 7-10 and meet on Thursdays at the Village Hall 6.30 to 7.45. Girls are welcome to come along and visit.

Please phone Jane 01525 753612

or register your daughter for Brownies [Register your daughter | Girlguiding](#) and you will be contacted, to arrange a visit.

St. Mary's Church Services *plus* Celebration Days

Everyone is welcome to attend the services in our beautiful village church. This month includes a special service for Mothering Sunday on 19th. March's services are:



Sundays

- 5th 8 am Book of Common Prayer service
9 am Family Breakfast Club in Parish Rooms
9.30 am Holy Communion
- 12th 9.30 am Morning Praise service
- 19th 9.30 am Holy Communion Mothering Sunday service
- 26th 9.30 am Holy Communion

Wednesdays

Every Wednesday 10 am Holy Communion or Morning Prayer

Other times

The church can be made available for private prayer by arrangement, please contact one of the church wardens, Tricia Murphy tricia.murphy5@ntlworld.com or Neil Walter walterfamily@btinternet.com, or the Church Reader Dr. Robert Johns robert@harlingtonchurch.org. Alternatively email admin@harlingtonchurch.org

For personal enquiries, for requests for prayer, or for enquiries about baptisms, weddings or funerals please contact Dr. Robert Johns robert@harlingtonchurch.org or 01525 873214.

Further information and useful links

The church noticeboard is kept regularly up-to-date

The church website is at <https://www.harlingtonchurch.org>

The church Facebook page is: www.facebook.com/stmarysharlington/

A Church Near You at <https://www.achurchnearyou.com/church/7667/>

Remember that we are here for you.

Dr Robert Johns (Reader), Tricia Murphy and Neil Walter (Church Wardens)

March Celebration Days

1st St. David's Day St. David is the patron saint of Wales, and celebrations include wearing daffodils and leeks, eating traditional Welsh food and wearing Welsh national costume.

17th St. Patrick's Day Ireland's national day celebrates the Irish patron saint Pat-

St Mary's Churchwarden *plus* Celebration Days *ctd.*

St Mary's Church



Friends of St Mary's: we met on Thursday 23rd February at 7pm in the church and have hopefully moved on with some plans for future work as our number of interested 'friends' grows. Please get in touch if you'd like to be added to the list of those receiving updates.

Lent Brunch: 26th February after the 9.30am service. Home made soups and bread – you are welcome to join us after the service. What did one slice of bread slice say to the other when it saw butter on the table? “Uh oh. We are toast!”

Art Exhibition: Saturday 25th March Following the success of a previous solo exhibition held in the church, we would like to welcome local artists and crafters to display their work for everyone to enjoy. If you'd like to exhibit, or know more about the event, please email me: tricia.murphy5@ntlworld.com by the end of February.

South Porch restoration: contrary to the information I gave in the February Contact magazine, the contractors have now given us a start date of August 2023, with some possible exploratory work in June. One of the main problems is not knowing what state the brickwork is in under the cladding. We hope it's in a good condition! All of our church social events are raising funds for the ongoing restoration, and if you'd like to make a one-off donation then please contact me.

St Mary's Vicarage: many people think St Mary's Church owns the vicarage, but it is in fact owned and managed by the St Albans diocese. Final decisions about it will be taken by the diocese.

Services and events: please check Contact magazine, our website www.harlingtonchurch.org, or the noticeboard outside church for our service information.

Best wishes, Tricia Churchwarden

rick. The day is celebrated all around the world with Guinness and shamrock decorations.

19th Mothering Sunday Mothering Sunday was traditionally the day when you returned to the "Mother Church" where you were baptised. Now usually celebrated as Mothers' Day

31st Wear A Hat Day This fundraising day is in aid of Brain Tumour Research. Wear A Hat Day arrives as the culmination of weeks of awareness and campaigning as part of Brain Tumour Awareness Month.

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Village Diary *plus* Wellbeing Walks

March

5 th Family breakfast	Parish Hall 9 am
6 th ADALHS Talk	Flitwick Library 7.30 for 7.45 pm
7 th Flittabus Milton Keynes	Village Hall Car Park 9.15 am
13 th Crafternoon Tea	Methodist Church Hall 2 - 4 pm (plus Zoom)
18 th Messy Church	Methodist Church and Halls 4 – 6 pm
20 th Wildlife Talk	Maulden Church Hall 7.30 pm
25 th Coffee morning	Methodist Church Hall 10 am – 12 noon
25 th Coffee morning	Brain Tumour Research 132 Goswell End 10 am – 12 noon
25 th Art Exhibition	St. Mary's Church
26 th HHT Talk	Harlington Village Hall 3 pm
27 th Crafternoon Tea	Methodist Church Hall 2 - 4 pm (plus Zoom)

Don't forget the regular weekly things like the Wednesday Coffee Mornings and Friday Ramblers Wellbeing Walks that aren't shown here. If you want your events included here, send details to the editor. You can do that without sending anything else, if you want.

**GET YOUR APRIL 2023 DATES TO THE MAGAZINE BY
10TH MARCH**

Wellbeing Walks



We always aim to offer two Walks each week, a short 40-minute walk around the village and a longer more strenuous walk within the village, but over fields. They are all accompanied by experienced walk leaders and there is no charge. You can choose on the day which you prefer to do. Do come and join us, get some fresh air, stay fit and active and have a chat along the way.

Walks start from the village hall car park on Friday mornings at 10.30am.

If you might be interested in training to be a walk leader do please get in touch. The training is a simple and a very enjoyable day out.

Telephone number for all enquiries: The wellbeing team on 07887 708304