The newsletter of Brickhill Parish Council Issue 47 November 2016

Update on Woodlands Park

As one of the top five requested improvements to be funded following the Ravensden Parish transfer, CCTV cameras have recently been installed on Woodlands Park. Two fixed cameras are located at either end of Ashmead Road: at the lamppost adjacent to the Owl Park/changing rooms and on the lamppost leaving the built-up area of the estate near Westrope Way. The cameras are connected via microwave link to Bedford Borough Council's CCTV central control room, where the first images were successfully received on 28 October. The cameras are not routinely monitored, but record video for the purpose of crime prevention. The video is retained for a period of time to assist with a lawful request for access from an appropriate authority.

A range of improvement projects resulted from the Woodlands Park community consultation and the CCTV installation is the first of these to be delivered. Most of the other projects are reliant on adoption being completed. A succession of promised adoption completion dates have passed, with Persimmon failing to meet the Borough Council's minimum requirements. Brickhill Parish Council continues to support both Persimmon and Bedford Borough Council to facilitate the smooth transition of estate assets from the original owners to the Borough Council.



Christmas drawing competition



This year's competition will be judged at the beginning of December. We have invited entries from the children in years 3 & 4 at Scott Lower and Brickhill Lower schools. We look forward to seeing their drawings shortly. To view the winning entries visit our website at www.brickhillparishcouncil.gov.uk



New Parish Councillor for Brickhill - James Cross

James was elected on 6th October to fill the vacancy in the East Ward, caused by Alex Chrusciak stepping down as he moved from Brickhill. James has attended his first meeting of the council and will be joining the planning committee.

James believes residents views should always be listened to and we should all be encouraged to have a say in how our local community is run. As a parent of a child with additional needs, his focus will be on helping the more vulnerable parts of the community, for example making sure the elderly and differently abled are able to access all the great things Brickhill has to offer.



BRICKHILL PARISH COUNCILLORS

EAST WARD

Cllr Mark Fitzpatrick (Chair)
20 Nursery Gardens, Brickhill, MK41 8DU
201234 357259 10 mark.x.fitzpatrick@gmail.com

Clir Peter Blakeman (*Planning Committee Chair*)

15 Dove Road, Brickhill, MK41 7AA

© 01234 355952

↑ pj.blakeman@btopenworld.com

CIIr James Cross

44 Hindburn Close, Brickhill, MK41 7YJ ☎07490 367607 ∱james.cross@live.co.uk

CIIr Tim Retout

NORTH WARD

CIIr Nick Carter

18 Westrope Way Brickhill, MK41 7XU

201234 349534 [⊕]nickcarter2015@outlook.com

CIIr Vincent Holloway

6 Petteril Walk, Brickhill MK41 7XJ 201234 214533 ⁴ vholloway1975@hotmail.co.uk

CIIr Corinne Royden

The Vicarage, Calder Rise, Brickhill MK41 7UY \$\alpha\$01234 309175 \displace*corinneroyden@gmail.com

CIIr Charles Royden

The Vicarage, Calder Rise, Brickhill MK41 7UY \$\mathbb{2}\$01234 309175 \frac{1}{2}\$charlesroyden@gmail.com

WOODLANDS PARK WARD

CIIr Chris Bailes

16 Sturmer Road, Brickhill MK41 7FJ ☎07525 166313 ⁴cbailes78@gmail.com

SOUTH AND WEST WARD

CIIr Mark Bowler

72 Crispin Drive, Brickhill MK41 7FS \$\mathbb{\textit{207855}} 851266 \$\frac{1}{2}\$ markbrickhill@gmail.com

CIIr Morris Johns

129 Brickhill Drive, Brickhill MK41 7QG ☎01234 217364 ∜morrisjohns@yahoo.co.uk

Cllr Ann Reeve

7 Orwell Close, Brickhill MK41 7BQ ☎01234 343260 ⁴r_reeve1@sky.com

Cllr Wendy Rider

23 Orwell Close, Brickhill MK41 7BQ ☎01234 303254 √6wendyrider41@gmail.com

Cllr Cathrine Ward

8 Starling Way, Brickhill MK41 7HW ☎01234 295951 ⁴mahovoward@yahoo.co.uk

Parish Council meetings are open to the public and take place on the first Thursday of every month at 7:30pm (except August & December) and take place at St Mark's Church Community Centre, Calder Rise, Brickhill MK41 7UY

Councillor Surgeries are held at 7pm before each Parish Council meeting.

Sue Bottoms, Clerk to the Council

St Marks Church and Community Centre, Calder Rise, Brickhill, MK41 7UY ☎01234 271708





delerk@brickhillparishcouncil.gov.uk

Bulb Planting in Rooksmead

A group of councillors, parish council staff and one very young volunteer planted over 1000 bulbs near the pond between Rooksmead and Brickhill Drive. It was hard work, so let's hope they all come up in the Spring!



Swindale Christmas Lights—a great display in a good cause

Many of the houses in Swindale, off Avon Drive, will be putting on a fantastic display of Christmas lights once again this year. In the run-up to Christmas, why not go and have a look? Each year the residents raise money for charity; last year they raised over £150 for Macmillan Cancer Support and over £100 for the Stroke Association. Donations from visitors are welcome.

Parliamentary Boundary changes

The Boundary Commission for England has proposed changes that affect parliamentary seats in Bedfordshire. However their proposals would not affect the situation for Brickhill Parish; the Woodlands Park estate would remain in the North-East Bedfordshire seat and the rest of the parish remain in the Bedford seat. You can comment on the proposals until 5th December, see www.bce2018.org.uk.

Brickhill Community Clean Up

Saturday 26th November

10am—12 noon

Come along and help tidy up Woodlands Park and help make a difference to your local community. Meet by the post box on Ashmead Road near the Bridleway. All equipment is provided.

Please ring Brickhill Parish Council on 01234 271708 for more information or just turn up to help with litter picking.

Together we can make a difference!



News from Beauchamp Middle School

Beauchamp Middle School is delighted to announce that our Physical Education Department has achieved the kite-mark 'gold' for the second year running! This is down to the hard work and commitment of our staff and pupils to raise attainment and achievement in sport and we are delighted with the number of pupils who participate each week.

A group of Beauchamp pupils took part in the Bedpop Fun Palace event, a national initiative bringing art, science and culture to the heart of local communities. Beauchamp hosted graffiti workshops at The Higgins Museum, giving visitors an opportunity to create their very own graffiti artwork. The event was a great success!

Beauchamp Middle School would like to say a MASSIVE thank you for all the pupils and their family's generous donations to the food bank earlier this month. Launching it as our first house competition, each class was given a box to fill and we were overwhelmed with the generosity and support from both pupils and parents. In total, we donated 193.9kg of food, which equates to an astonishing 461 meals for those in our local community who are in need.

For the full story visit the parish council website: www.brickhillparishcouncil.gov.uk



Solar Panels Installed at Brickhill Community Centre

The Brickhill Community Centre 15.12 kWp solar panel array was installed on the roof of the centre earlier this year. The array was paid for by Brickhill Parish Council and cost £17,000 to supply and install. As well as generating electricity for use in the Community Centre, keeping the electricity bill down, any surplus electricity (like at the sunny midday peak) is exported to the local distribution grid providing much needed revenue to help keep tax bills down. The solar array is therefore a good investment as well as helping in the fight against climate change. The panels are expected to last for several decades



before they need a phased replacement to maintain power output. The financial return is in two parts: firstly we get paid a 'Generation Payment' from the electricity utility which is an amount for each kilowatt hour (kWh) the panels generate. Secondly we get paid an 'Export Payment' for the amount that is sold back to the national grid. This is estimated to be 50% of the amount generated to avoid the expense of an additional export meter. These payments are known as the 'Feed In Tariff' (FIT). So far, in the 4 months from May to August the FIT payments are equivalent to a return on investment (ROI) of over 2.5% for those 4 months which in financial terms alone is a good rate of interest. For more details see the full story at www.brickhillparishcouncil.gov.uk.

News from St Thomas More

Head Teacher, Alison Wilshaw, is one of more than 90 headteachers to be appointed to the role of National Leader of Education (NLE) in the latest recruitment round. NLEs along with staff in their school - designated a national support school (NSS) - use their success and professionalism to provide additional leadership capability in other schools. The type of support provided is flexible and can sometimes involve NLEs becoming Executive Headteachers. They also have responsibility for developing the next generation of NLEs and national support schools. Roger Pope, Chair of the National College for Teaching and Leadership, said: "It's fantastic that heads like Alison have the passion and ambition to help improve the life chances of young people, not just in their own but in other schools as well. The aim of national leaders of education is to drive improvement in underperforming schools. We now have over 1,100 NLEs and we're working to increase this number further to spread educational excellence everywhere." Successful heads have been invited to attend a formal induction and training event for the role in driving school improvement.

KS5 Science trip to CERN, Switzerland

We arrived at the airport very early at 5am. Our first stop was visiting a small but quaint History of Science museum with engaging demos outside. It was really interesting to see how different practical apparatus was developed and produced through scientific enquiry. Shortly after, we visited the United Nations building in the city; there was a multitude of donated artwork and grand rooms. It was a privilege to look around a building of such political prominence. On our way back to the hostel, we visited a small spherical church which due to its architecture appeared to be floating on water. It was nice to have a quiet reflection after a busy day of exploring the city. In the evening, we immersed ourselves in Swiss culture by visiting a traditional restaurant. We had a 3-course meal whilst a folk band entertained us... even Mr Brown had a go at the Alpine horn! The trip to CERN was the activity for Friday, here we were educated on the workings of the colliders and the history of the organisation; we also ate lunch with some English PhD students currently working at CERN. It was fascinating to experience a large scale scientific research centre which is world renown. It was particularly useful to speak to PhD students, we discussed their research, life at CERN and what they intend to do after submitting their thesis. Overall it was a very fun and interesting trip and thank you to Mr Brown, Mrs Grimley and Mrs Bond for giving us such a wonderful experience!



Neighbourhood Development Plan

Meeting:- 7pm on Tuesday 7th December, Wren Room, St Mark's Church Community Centre

You will be aware from previous articles that the Parish Council is looking into the creation of a Neighbourhood Development Plan for Brickhill. If you are interested in how our area develops over the years to come, do come along. The aim of the meeting is to create a plan or timeline for the Neighbourhood Development Plan itself, working out when and how to consult with residents, and what questions to ask. It may be that you can help with part of the process so if you are interested, please contact Cllr Mark Fitzpatrick 01234 357259 or email: mark.x.fitzpatrick@gmail.com

Make a difference! Become a volunteer







We have the following opportunity available in the area:

Bedford Volunteer Fundraising Group

Group meets once a month

(usually at Bedford Waitrose Café in the evening)

Be part of a local group that helps raise the awareness of Dementia in Bedford along with vital funds to support people affected by dementia and research.



To apply or find out more information, please call email; volsbedfordshire@alzheimers.org.uk

Brickhill Community Safety Forum meeting



Monday 28th November 7pm, St Mark's Church Community Centre

Tackling unauthorised encampments, Guest speaker—Andrew Kyle, Service Manager, Housing, Bedford Borough Council.

Following the recent unauthorised encampments by travellers in Brickhill and elsewhere in Bedford, what can be done to prevent them? What action should be taken by councils, residents and others? Come along and find out.

Plus: recent crime statistics for Brickhill, hints and tips on crime prevention. Reports from councillors and other agencies. Your chance to raise and discuss matters of concern.

Thermal Imaging - help for Brickhill residents

Are you losing heat from your home unnecessarily? Brickhill BEE (Better Energy Efficiency) Group is offering residents the chance again to find out where their home may be losing heat, due to problems with insulation, draughts etc. You can arrange for a volunteer surveyor, to visit you with a thermal imaging camera, which takes temperature pictures like this.

The surveyor will share the useful images with you and summarise what they show. The images are most revealing when it's 10°C (or more) warmer inside the house than out, so winter is the best time for these surveys. This winter surveys will be carried out in January 2017. If you are interested please call Mark Fitzpatrick on 01234 357259 alternatively please email mark.x.fitzpatrick@gmail.com. A small donation is requested, to be split between Cambridge Carbon Footprint (the provider of the camera) and the Brickhill BEE Group.

Brickhill News is published by Brickhill Parish Council. Printed by White Hart Press, 58a York Street, Bedford. Disclaimer: Whilst every effort has been made to ensure that the information provided is accurate at the time of going to press, the Parish Council takes no responsibility for the errors or omissions in editorial or advertising content. The views expressed by contributors are not necessarily those of the Council.

Francis Groves Close play area

At the November Parish Council meeting, I raised the issue of the small play area at Francis Groves Close, near Brickhill Lower School. From what residents have told me and through my own observations, I believe this area is seldom used. My understanding is that this park (with one swing and a climbing frame/slide) was a planning condition for the development of Francis Groves Close itself, and therefore pre-dates the larger play area nearby on Waveney Green. Since that play area has expanded, the smaller area has seen less use.

In my view this is a shame, but also an opportunity - for example, I have floated the possibility of converting the space into a Community Garden, if we could find volunteers and funds. We are speaking to the Borough to establish the maintenance costs of the current arrangement to build a case for any change of use.

We are interested in hearing residents' views on the future of this space:

- Do you use the Francis Groves Close play area? Would you be sad to see it go?
- What would you like to see in this space? What use would create the most benefit for the community? Please contact the Parish Council (contact details on page 2) if you have a view.

Cllr Tim Retout, Brickhill Parish Council (East Ward)

Brickhill and Clapham Community Governance Review

Thank you to the residents of Brickhill who have supported the proposals to realign the boundary between the two parishes. Clapham and Brickhill Parish Councils support the change, which would move the remaining area off Ashmead Road, St Thomas More school and Little Park Farm into Brickhill. Over 400 Brickhill residents supported the proposal. The Borough have agreed to move on to the next stage in the consultation which requires even more support (and apparently needs those who have said 'yes' already to do so again, which seem unnecessary bureaucracy to me). For the latest news on this, please see the parish council website.

Cllr Mark Fitzpatrick, Chair, Brickhill Parish Council

Parking Etiquette

The Parish Council often receives complaints about parking. It is worth noting what we can all do as residents as it can be easy to overlook the effect of our parking within the context of our neighbour's parking. Vehicles can build up, particularly along estate roads, which become difficult to navigate and cause delays for emergency vehicles. Any delay incurred by the emergency services can be vital. For example, during a cardiac arrest, it is estimated that every minute of delay in receiving treatment reduces the patient's likelihood of a positive outcome by around 10%. Problems typically arise at congested points or around junctions. The Highway Code Rule 243 is particularly pertinent to modern living and states when you should not stop/park as follows:

- Near a school entrance
- Anywhere you would prevent access for emergency services
- At or near a bus stop or taxi rank
- Opposite or within 10m of a junction, except in an authorised parking space
- Opposite a traffic island or (if this would cause an obstruction) another parked vehicle
- On a bend
- Where you would obstruct a cyclist's use of a cycle lane, except if forced to do so by stationary traffic

Contravention of the above rule is often contrary to law, and the area does not need to be marked by yellow lines for an offence to be committed and enforcement to be taken. Please park safely and considerately. Thank you! Cllr Chris Bailes, Brickhill Parish Council (Woodlands Park Ward)

VOLUNTEERS REQUIRED

Brickhill Parish Council are looking for volunteers to help deliver our newsletter. Brickhill News is published 4 times per year and delivered to every household within the Parish. This means we need lots of volunteers—could this be you? If you could deliver to a few local streets near to where you live and can spare an hour please contact our Clerk—details are on page 2. Thank You.

Brickhill Borough Councillors Update November 2016 Wendy Rider wendyrider41@gmail.com, 01234 309175 Charles Royden charlesroyden@gmail.com 01234 309175

At the end of the summer we suffered more unlawful encampments which left our green spaces in Brickhill covered in litter and contaminated with human waste. The council always takes action immediately but our



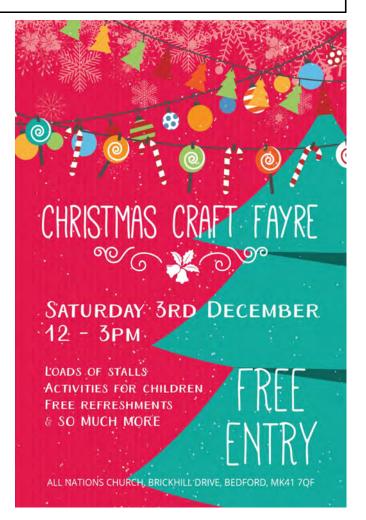
powers are restricted and it can take weeks to evict because we have to go through the courts. The law ties the hands of the council and transit sites, earthworks, bollards and gates have all proved ineffective at stopping these encampments. The Police however have S61 powers which can be used in such cases without reference to the court and we believe that they should always be used when our public recreation areas are treated in this way. The police would rightly take action if any ordinary resident were to behave like this, it appears there is one law for unlawful travellers and then another law for the rest of us. Whenever activity like this takes place we always keep residents regularly updated each day on our website www.puttingbrickhillfirst.com

It was a great sadness for us that October has seen the end of weekly black bin collections. Not only has government funding for weekly collections been taken away but we have to find £27million of cuts by 2020 and so difficult decisions have had to be taken and this is one of them. Over 75% of councils have already done this and we know people are recycling more to divert waste from the black bin. If you find your orange bin is getting full then you can request a roll of free orange sacks from the council.

We are pleased that surveys have been completed on Rooksmead Pond which show that a fountain could work and help reduce the weed problem. We have put aside our ward funds to enable more work to be done on the pond and we hope to install an illuminated fountain. We are now just waiting for UK Power to put in the electrical connection and this work should start soon. We look forward to seeing you at our Saturday surgeries:

Brickhill Drive Shops - Saturday 26th November at 10.00am Avon Drive - Saturday 10th December at 10.00am





Christmas services at St Mark's Church

www.stmarkschurch.com

01234 342613

Carols in the Car Park

Saturday 17 December at 6.30pm

Mulled wine, mince pies & Bedford Town Brass

Band

Saturday 24 December - Christmas Eve

3.00pm Children's Crib Service

Great for little ones but bring the whole family for a half hour service of carols as we build the Christmas crib

6.30pm Carols by Candlelight

A traditional service of nine lessons and carols in a candlelit setting with musical accompaniment by organ and Bedford Town Band

11.30pm Midnight Mass by Candlelight

We gather together this most holy night to welcome the birth of the Christ Child

Christmas Day

Morning Family Worship 9.30am

DRG Arbor Services

Offering a helpful and friendly service to many aspects of tree surgery including crown reduction, crown lifting, pruning, thinning, tree removal, stump grinding, re-planting.

Hedge work, garden clearance and maintenance undertaken. All waste is 100% recycled.

Bags / Loads of seasoned softwood/hardwood logs available.

Utilising more than 35 years of experience, fully qualified NPTC staff and work covered by our comprehensive public liability insurance, we offer a complete service to our customers, residential or business. Free no obligation quotations available upon request.

- We are a designated contractor for Brickhill Parish Council -

Tel: 01234 781962 / 07910 820996 Email: drg.arbor.services@gmail.com







Saturday 10 December at 7:30pm Christmas Carol Concert Kempston East Methodist Church

Kempston Musical Society plus guests from Goldington Green Academy school Choir present a selection of festive music. Tickets: £7.50 at the door. Further information from Janet on 01234 781010.

FREE CHRISTMAS PARTY FOR BRICKHILL SENIOR CITIZENS

Brickhill Community Centre Management Committee are once again hosting a free Christmas party for the Senior Citizens of Brickhill. The afternoon includes food, professional entertainment by Billy Keys and a free raffle.

Tuesday 6th December 2pm- 4pm Brickhill Community Centre, Avon Drive, Bedford

To book a place please phone Sue Stewart on 012334 312332 or contact us via email at brickhillcommunitycentre@googlemail.com

ADVERTISEMENTS

SWITCHED ON **ELECTRICAL SERVICES**

Domestic Electrical Services

Rewires **New RCD Consumer Units New Circuits New Lights & Sockets** Replacement Lights & Sockets **Outdoor Lighting & Power**

01234 360964 / 07703 017800





CHRISTMAS IN A BOX THEY NEED YOUR HELP Over many years we have been privileged to provide local peop in crisis with hampers. For 2016 we are building on the success last year's Christmas in a Box where we distributed over 600 bo reaching over 1,500 people in Bedford. One way you can help is by purchasing the items on this shopping list and donating them in an opened box wrapped in Christmas wrapping paper. Bring your completed boxes on Friday 9th December, 1pm - 4pm or Sunday 11th December, 3pm - 6pm to All Nations Church, Brickhill Drive, Bedford, MK41 7QF For more information and other ways to get involved visit our website, www.allnationsbedford.org/christmasinabox

FAMILY SHOPPING LIST

- O Box of chocolates
- O Mince pies
- O 2/3 Selection boxes O Stuffing mix
- O Cake
- O Carton of custard
- O Crisps
- O Tinned fruit
- O Tinned ham (Ige)

- O Tinned potatoes (Ige)
- O Christmas pudding O Tinned tuna
 - O Gravy granules

 - O Part baked baguettes
 - O Mayonnaise
 - O Jam
 - O Coca-cola/lemonade
 - O Squash
- O Tinned carrots (Ige) O Tea / Coffee
- O Tinned peas (Ige)



Nikki Gin

Carpentry & Property Maintenance No job too BIG or small

Specialised in:

All type of woodwork Refurbishments Roofline and all types of roofing **Building Maintenance** Extensions

Free quotes with no obligation

Biddenham, Bedford nikkiginn90@icloud.com

07974 633524



Fully Qualified, Insured, CRB Checked, Dog Groomer - Stylist, Dog Walker Sitter, Cat & Dog Emergency Pet First Aider, , Dog Psychologist, Micro-Chipping and Dog Behaviourist (GUIDE DOGS - FREE OF CHARGE) Services available:

BATHING & DRYING HAIR CUT (CLIP) PADS (CLIPPED) **NAILS CUT EAR PLUCKING & CLEANING TEETH CLEANING ANAL GLANDS DOG WALKING & FEEDING PUPPY PACKAGES POOCHES NAILS PAW PEDICURE**

Tel: 01234 217864 or

Mobile: 07580 468630

ADVERTISEMENTS



GreenThumb has a variety of treatment programmes to suit your pocket that include our traditional 'pay-as-you-go' service and our new, pay monthly, Direct Debit programmes, where you can save up to 25% annually.

Our treatments start from £5 per month, that's cheaper than D-I-Y and without the hassle!

Call your local branch today for a FREE lawn analysis and no obligation quote.

0800 0111 222 GreenThumb



Find us online at: www.greenthumb.co.uk

ZUMBA GOLD CLASSES



- Monday 1:15pm-2:15pm
 Brickhill Community centre,
 Avon Drive Bedford, MK41 7AF
- Wednesday 09:30am-10:30am Brickhill Community centre, Avon Drive Bedford, MK41 7AF
- Friday 10:00am-11:00am ST Johns Ambulance hall,
 Wellingborough road, Olney MK46 5AF

Shake It at your own pace

ZVMBA

Get active with great people at the dance party workout for the young at heart.

Easy-to-follow Zumba® Choreography that focus on balance, range of motion and coordination.

Come ready to sweat and prepare to leave empowered and feeling strong

Classes are £5 per class Plus Loyalty card.



Contact: Chantell on

Tel: 07743004519 or

Email cmcfitness28@gmail.com

Brickhill Help and Advice



Borough Councillor Wendy Rider

23 Orwell Close, Brickhill, Bedford. MK41 7BQ 01234 303254 wendyrider41@gmail.com

Borough Councillor Charles Royden

The Vicarage, Calder Rise, Brickhill, Bedford. MK41 7UY 01234 309175 charlesroyden@gmail.com

Local surgeries taking place at 10am at:

Brickhill Drive Saturday 19th December & Avon Drive Saturday 5th December

See our website www.puttingbrickhillfirst.com For details of surgeries and the latest Brickhill news

P.A.B. & Son Ltd Property Services



- Plumbing
- Garage Conversions
- UPV Windows & Doors
- Bathroom & Kitchen installations
- Fascias & Guttering
- Wood/Laminate Flooring
- Wall & Floor Tiling
- Painting & Decorating
- Patios/Fencing

We are a local firm based in Brickhill. For a competitive quote and to discuss your requirements please do not hesitate to contact us.

01234 325801 07932 638226 Email: pabandson@AOL.com

www.pabandson.co.uk

We look forward to hearing from you

ADVERTISEMENTS



NURSERY FOR 3 & 4 YEAR OLDS



Did you know that we have a fantastic Nursery for 3 and 4 year olds?

Did you know that we have limited places for January 2017?

Did you know that you can book a visit to see our amazing Nursery for yourself?





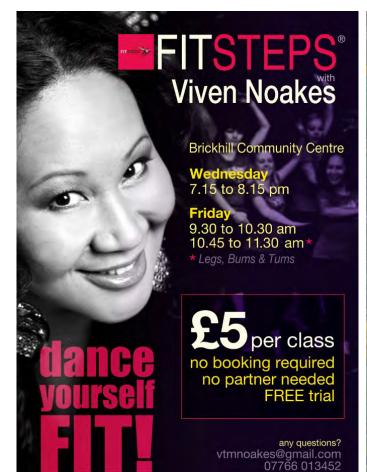




Scan me

Scott Lower School (01234) 352630

www.scottlower.co.uk



ALLOTMENTS TO RENT

GROW YOUR OWN FRESH PRODUCE ENJOY HEALTHY OUTDOOR EXERCISE

We currently have a few plots available to rent at Brickhill Allotments, Fosters Brow, off Brickhill Drive. Priority is given to Brickhill residents (proof of address will be required) and our rates are as follows:

Full Plot £52.00 Concessionary £26.00 Half Plot £30.00 Concessionary £20.00

Please contact the Allotments Officer for further details:

Brickhill Parish Council, c/o St Mark's Church Community Centre, Calder Rise, Bedford MK41 7UY Tel: 01234 271708 or email clerk@brickhillparishcouncil.gov.uk

ive nappy!

Slimming World





Calder Rise, Off Avon Drive Brickhill, Bedford

9.30 am & 11.30 am 3.30 pm, 5.30 pm & 7.30 pm

Contact: Lorrie 01234 340 473

visit the website to read Emmas story slimmingworld.co.uk & **F O** 0344 897 8000



touching hearts, changing lives