

## NEED A LITTLE HELP?

If you need to speak to someone, you can text or call:

- **SANEline:** [www.sane.org.uk](http://www.sane.org.uk), leave a message on 07984 967 708 giving your first name and a contact number or email [support@sane.org.uk](mailto:support@sane.org.uk)
- **Samaritans:** visit [www.samaritans.org](http://www.samaritans.org) or call 116 123. You can also email [jo@samaritans.org](mailto:jo@samaritans.org)
- **Shout 85258** is the UK's first free, confidential, 24/7 mental health text support service. It's a place to go if you're struggling to cope and need mental health support.
- **CALM:** [www.thecalmzone.net](http://www.thecalmzone.net). Calm is for men in the UK who need to talk or find information and support. They are open 5pm - midnight, 365 days a year. Call 0800 58 58 58
- **Young Minds:** [www.youngminds.org.uk](http://www.youngminds.org.uk) or call the parents help line 0808 802 5544
- **Age UK:** [www.ageuk.org.uk](http://www.ageuk.org.uk) or call 0800 678 1602 (8am-7pm)
- **Every Mind Matters:** [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) New Public Health England/NHS website which aims to help people take simple steps to look after their mental health, improve their mental well being and support others.
- **Heads Up for men's mental health:** [www.thisisheads-up.uk](http://www.thisisheads-up.uk)
- **'For Men To Talk'** was set up by Luke Newman. It's a chance for men suffering with anxiety, depression and grief to talk with other fellow sufferers trying to end the stigma of men to keep quiet and have a 'stiff upper-lip' [www.formentotalk.co.uk](http://www.formentotalk.co.uk)



## Biggleswade Community News

DECEMBER 2020



Email: [editor@biggleswadecommunitynews.uk](mailto:editor@biggleswadecommunitynews.uk) Tel: 01767 448954

### Biggleswade Town Council Christmas 2020 Christmas Laser Light Show Market Square -5pm to 8pm

Friday 4<sup>th</sup>& Saturday 5<sup>th</sup> December

Friday 11<sup>th</sup>& Saturday 12<sup>th</sup> December

Friday 18<sup>th</sup>& Saturday 19<sup>th</sup> December

Wednesday 23<sup>rd</sup>& Thursday 24<sup>th</sup> December

(Please adhere to social distancing rules)

#### Santa's Grotto

Saturday 12<sup>th</sup>& 19<sup>th</sup> December

£5 per child with a present from Santa (by appointment only)

☎01767 313134 to book your place

Social distancing and COVID 19 secure measures in place.

#### Children's Competition

Free Children's Christmas Treasure Hunt  
to look for items in shop windows.

Entry forms available in the markets  
from 5<sup>th</sup> until 18<sup>th</sup> December,  
from the Town Council office  
or downloaded from their website:

[www.biggleswadetowncouncil.gov.uk](http://www.biggleswadetowncouncil.gov.uk)

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## MERRY CHRISTMAS

Christmas has come to Biggleswade with many buildings, including private houses, lit up. Churches together are encouraging people to obtain or make a star to display in a front window. Members of the Baptist Church are going a step further with a whole nativity scene with photos online.

### BTC-OPERATED CAR PARKS

The Town Council wish to inform residents that BTC-Operated car parks will not be chargeable from now until the 4<sup>th</sup> January 2021. This decision has been taken in order to support local businesses and Biggleswade residents throughout the Christmas and New Year period.

We are being encouraged to support our local traders. For instance Future Action Biggleswade (FAB) have an online video library to showcase some local small businesses.



The Square in King's Reach is coming to life gradually as a destination

Sainsbury have been there from the start, Kings Corner Baptist Church drop in centre is opposite and is looking festive.

Millers Coffee House is popular serving hot and cold drinks and has inside and outside under cover seating.

The new Fish and Chip Shop will open soon .



## IMPORTANT INFORMATION

13. Places of worship remain open but you must not socialise with people from outside of your household or support bubble while you are indoors there, unless a legal exemption applies (such as in item 5 and 6)

14. You can continue to travel to venues and amenities which are open, but should aim to reduce the number of journeys you make where possible

15. You must continue to follow tier 2 rules when travelling to a tier 1 area.

16. Avoid travel to or overnight stays in tier 3 areas other than where necessary, such as for work, education, youth services, medical treatment or caring.

17. You can travel through a tier 3 area as part of a longer journey

18. For international travel see the Foreign Commonwealth and Development travel advice at [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) and the travel corridor list at

[www.gov.uk/guidance/coronavirus-covid-19-travel-corridors](http://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors)



**LOCAL COMMUNITY NEWS PICK UP POINTS** The number of pick up points in our town is increasing. Most Community Centres are displaying the newsletter when they can open. The Town Hall, Howells Stationery in Hitchin Street, the Convenience Store in Shortmead Street and Snappy Snaps are taking copies. Look out for a copy at your favourite café. To guarantee it each month join our increasing list of online subscribers email [editors@biggleswadecommunitynews.uk](mailto:editors@biggleswadecommunitynews.uk) or phone 01767 448954.

We welcome information about anything local. For information that misses the newsletter we post on our Web Site [www.biggleswadecommunitynews.uk](http://www.biggleswadecommunitynews.uk)

Increasingly some things are only available online, but if you phone the number above, we will try and help you to access the information you need.

## IMPORTANT INFORMATION

### COVID – TIER 2 GOVERNMENT ADVICE

The following instructions have been taken from the Government website at [www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know#high-alert](http://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know#high-alert) As at 17.11.20

Note: a household that is in a support bubble is classed as one household.

1. You must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place
2. May socialise with maximum of only 6 people outside, in public places or in gardens – this is the 'rule of 6'
3. Pubs and bars must close other than those operating as restaurants. Hospitality venues can only serve alcohol with substantial meals and you should leave after you finish eating.
4. Businesses selling alcohol must provide table service only and be closed between 11pm and 5am
5. Weddings can go ahead – maximum 15 attending
6. Funerals can go ahead – maximum 30 attending
7. A maximum of 15 people can attend commemorative services such as a wake or stone settings
8. Organised outdoor sport, physical activity and exercise classes is permitted only if people can avoid mixing with people they do not live with or share a support bubble with. There are exceptions for indoor disability sport, etc. and for physical activity for under 18s as they can take place in larger groups.
9. 11pm closures for cinemas, theatres, concert halls and bingo halls, etc.
10. Public attendance at indoor performances and shows is permitted but is limited to 50% capacity or 1,000 people whichever is the lower.
11. Ditto for outdoor performances – limited to 50% capacity or 2,000 people, whichever is the lower
12. Public attendance at spectator sport and business events can resume inside and outside under same rules as 10 and 11, subject to social contact rules.

**Santa to visit Saxon Gate in Biggleswade.** Keech Hospice Care, with the aid of Biggleswade Ivel Rotary Club, will be showing Santa Claus around Saxon Gate and other Biggleswade estates on Wednesday, December 16 during the evening. Children and parents are encouraged to come out and welcome Santa to their streets and homes.



[www.carersinbeds.org.uk](http://www.carersinbeds.org.uk)

Two virtual events on Zoom - for Carers, those they care for, former carers & Staff

**Festive Christmas Quiz** 7.00 - 9.00 pm Friday December 11  
**Christmas Carol Sing-along** 7.00 - 8.30 pm Monday December 21. Wear a Christmas jumper and a Christmas hat.

**CHRISTMAS CHEER ON ZOOM!** Through the events websites, (which are so sparse this year) we found two 'virtual' events. **DOWN OLD MEMORY LANE on Friday, December 11** based on the old music hall available on Zoom at £6 per household. Another is the pantomime **ALADDIN on Boxing Day**, also via Zoom at £10 + booking fee.



Both shows are presented by AMA Theatre Company, a husband and wife team based in Letchworth who run a small touring theatre company. In normal times Anna-Maria Albici and Ian Britten-Hulltour take their panto and community theatre shows to care homes and to children. But in 2020, due to covid, they have created a live online panto, via Zoom, where the audience and performers can respond to each other. They have also created an online grotto where children can speak to Santa and his two friends, Ana and Olaf from Frozen.

A not-for profit business AMA tries to keep prices low to make the shows as affordable as possible. To book tickets visit their website [www.amatheatre.biz/online-theatre](http://www.amatheatre.biz/online-theatre). or for more information telephone 01462 481 969 or email: [enquiries@amatheatre.biz](mailto:enquiries@amatheatre.biz)

It's hard to believe it's a year since a fantastic evening of music at the Baptist Church in aid of BIGG Welcome, as so much has

happened since then. But it's lovely to reflect on what was a truly wonderful night last November, when stars of the West End joined local musicians for a fantastic evening of live music and entertainment to raise funds for BIGG Welcome - Biggleswade's community sponsorship group working to resettle a refugee family in the town.

A year on, BIGG Welcome is continuing to plan and prepare, supported by the government agency RESET, to work on a resettlement plan to hopefully be able to welcome, resettle and integrate a refugee family in 2021.

Fund raising has stalled during the pandemic but we have raised a fantastic amount of nearly £5,000 so far through some brilliant community activities and hope to restart as soon as we can.

Meanwhile if you wish to support their goals visit [www.justgiving.com/crowdfunding/bigggwelcome](http://www.justgiving.com/crowdfunding/bigggwelcome) For more information see [www.bigggwelcome.co.uk](http://www.bigggwelcome.co.uk) or contact Gary Sutcliffe at [bigggwelcome@gmail.com](mailto:bigggwelcome@gmail.com)

### **CEROC SPIRIT- JIVE WORKSHOPS COME TO BIGGLESWADE**

Ceroc is an 'easy' partner dance style designed to ensure that beginners can pick up dance moves easily meet new people. Beginners will be able to dance after just one session! It is a great way to learn to dance in different styles with new people once covid restrictions are lifted.



In normal times a partner is not required but currently only 'fixed partners' can join the new Monday night jive workshops at the Weatherley Centre. Recently relocated from Letchworth, Ceroc is making the Weatherley Centre its new home. Workshops commence on Mondays 7th and 21st December 7.45 to 9.45 pm at £10 per session.

A few spaces are left but numbers are limited due to social distancing and pre-registration is required. Email Alma Neville at [alma@cerocspirit.co.uk](mailto:alma@cerocspirit.co.uk) ☎07710 409167

For more details of the Ceroc Spirit social dance concept visit [www.cerocspirit.co.uk](http://www.cerocspirit.co.uk) or the Letchworth Ceroc Facebook page at [www.facebook.com/groups/167935686702758](https://www.facebook.com/groups/167935686702758)

Eagle Farm Road, Biggleswade, SG188JH ☎01767 315709

The Weatherley Centre is open for business although many of the activities taking place at the Centre temporarily ceased in the latest lockdown. The Centre is quickly becoming a venue for dance, drama and exercise classes – all those activities that can take advantage of the very large Grand Hall and its sprung floor. This has allowed the Centre to remain open since August, an opportunity other smaller local venues haven't had.

Many activities are returning after December 2nd, but, like everything else at the moment, they will continue to be subject to covid tier restrictions. However, the Government has implied that gyms and exercise venues are expected to remain open.

There has recently been a consultation on indoor leisure facilities and Biggleswade needs more dance studio space, etc. With exercise to music in demand, it is no surprise that Weatherley with its extensive car parking, is such a popular venue. However, the Grand Hall, and its other smaller halls, are still available to hire for small and large scale community events/groups etc. Existing groups such as the WI, Camera Club and Townswomen's Guild, haven't reconvened since the March lockdown, but with the vaccines on the horizon, it is hoped they will all be back soon.

Those activities and support groups intending to return after December 2nd include, Lisa Hiller's dance classes, Helen O'Grady children's drama classes, Beatz with Dee, Tai Kwondo etc. New sessions include Baby Ballet, Baby Sensory Bedfordshire, Tots Jam music for babies and toddlers (and parents!) a Friday evening Street Dance, Dream Theatre School on Saturday mornings, Arrows Elite Cheerleading Group and Ceroc dancing.

There is something for all age groups and abilities. Phone Helen and her team for more details or visit Weatherley Centre's Facebook Page