

IMPORTANT INFORMATION

Social Prescribing Team
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IF YOU NEED URGENT HELP
If you feel you are in crisis, you can make an urgent appointment with your GP to discuss options. Or you can call 111 and follow the instructions for mental health support. You can also call the Samaritans on 116 123, or Text SHOUT to 85258 to contact a crisis volunteer from the Shout team, or attend your local hospital Accident & Emergency.

Bedfordshire, Luton and Milton Keynes Health and Care Partnership
In partnership with **shout**

Feeling stressed or low?

Struggling to cope?

Text **REFLECT** to **85258**
for free and confidential support, 24/7
Texting 'REFLECT' to 85258 is anonymous and will not show up on your phone bill.

SMALL BUSINESS BRITAIN

Become a Small Business Award Winner!
Completely free to enter with 12 up for grabs, an opportunity to get the recognition you deserve. Entries close at midnight on 29 February. For more information and to apply see <https://thesmallawards.uk/>

- The Categories:**
- High Street Hero** Best high street business
 - Bricks and Clicks Award** Best multi-channel small business
 - Legacy Award** Best family business
 - Supply Chain Champion** Best B2B business
 - New Kid On The Block** Best business start up (less than 18 months)
 - Digital Star** Best digital only business
 - Heart Of Gold** The business that contributes most to their community
 - At Your Service** Best small service business
 - Sole to Sole** Best self employed small business owner
 - Mission Possible** Best social enterprise business
 - Net Hero** The business that demonstrates exceptional commitment to environmental sustainability
 - Small Business of the Year Award** Best overall small business

Biggleswade Community News

FEBRUARY 2024

Email: editor@biggleswadecommunitynews.uk Tel: 01767 310163

"All you need is love. But a little chocolate now and then doesn't hurt." – Charles Schulz

You are not alone. We are here for you!

IVEL VALLEY
Good Neighbours
FAB
BIGGLESWADE TOWN COUNCIL
Lawnside Academy
Let's Get Going
Biggleswade Community Gardens
BIGGLESWADE HISTORY SOCIETY
SMALL BUSINESS BRITAIN
Beds RCC
Celebrating 70 years
Bedfordshire Rural Communities Charity

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Copies are available from Newsagents, Community Centres, Town Hall, Library, Churches and cafes. Also delivered by Biggleswade Good Neighbours to their clients and volunteers. Or you can read it online at www.biggleswadecommunitynews.uk

UPDATES FROM OUR PARTNERS



Future Action Biggleswade

fab@fabweb.org.uk www.fabweb.org.uk

Meets monthly to review events and make plans. We are planning a "Think As You Shop" event showcasing local/ethical/sustainable producers and retailers. Contact us if you would like a free stall for your organisation.

Biggleswade Good Neighbours



TEL 07771 104255

or email biggleswadegoodneighbours@gmail.com

We say goodbye this month to Lucy Roy, who was formerly our group's secretary, with many thanks for all she has done, and we wish her well on her travels. We also thank Eva-Maria Nichols who has been compiling quarterly reports on BGN activities to our parent body Beds RCC for a long time now. Stepping up in her place is Tracy Jones, whom we also thank for being willing to take on this role.

Biggleswade Community Gardens is a local group working to improve Biggleswade's green spaces and grow fresh food to share. They meet regularly to socialise and maintain the gardens. All welcome! Biggleswadecommunitygardens.org



Ivel Valley College Contact Dean Hawkins - dean.hawkins@ivelvalley.beds.sch.uk - 01767 512080

Our students have been distributing newsletters to pickup points around the town.

Are you passionate about making a difference in the lives of children and young people? We are looking for highly motivated and enthusiastic individuals to join our team as Teaching Assistants or Midday Supervisory Assistants.

Ivel Valley is a special needs school and college in Biggleswade, providing education for pupils aged 3-19 with a range of special educational needs and disabilities.

In our 2023 staff survey, 100% of staff said that they enjoy working at Ivel Valley. So, if you are looking for a new, rewarding job, come and join us!



WHAT'S ON

Light Lunch at Trinity Methodist Church in Shortmead Street
Thursday February 22nd 12-1.30pm. Choice of homemade soups with roll and butter, piece of cake with tea/coffee/squash All for £6



What is The Chatty Cafe Scheme?

Three services, designed to reduce loneliness and social isolation.

Face to face meet ups where venues such as Bigg Theatre have 'Chatter & Natter' tables, where customers can get together and chat.

Online Chatty Cafe Sessions

A Telephone Friendship Service for anyone over 18 who is lonely and could benefit from a weekly chat <https://thechattycafescheme.co.uk/>

Let's Get Going



Calling all Biggleswade residents that would like to get out, meet people, get a bit more active but in a safe way, create something different each week and have a cup of tea or coffee? Then why not join us at Northfields Community Centre on Mondays from 10.30 - 12.00pm?

Sessions are e £4, all equipment is provided. Nature themed sessions, chair based exercise with a trained instructor to help you keep going.

All welcome, only requirement is you like to focus on the brighter lighter side of life - the aim is to feel good! For more information please contact Emma at 07763944587,

www.letsgetgoingcic.com



Starting 10th Jan 2024



FREE

NEXT 7th February



BIGGLESWADE WELLBEING HUB

Join us for...

- Refreshments
- Crafts and board games
- Signposting to local services
- Coffee and a chat ...and more!

Fortnightly
Wednesdays
10am - 1pm

Adults only, but babies in prams welcome
Northfields Community Room, Biggleswade, SG18 0HD



Find out more:
deborah.taylor@bedsrcc.org.uk
07951938237



Biggleswade History Society

Meet in the Methodist Church, Shortmead Street, Biggleswade. Doors open 7.30 for 8 pm start, BHS members free, non-members £4. No pre-booking required.

biggleswadehistory.org.uk

Monday 5th February "Trench Humour in the First World War" - by Stephen Barker of the Buckinghamshire Military Museum Trust. Soldiers often turned to humour to alleviate the stress of life in the trenches. This presentation takes a light-hearted look at trench humour in slang and through tunes, cartoons, satirical journals, concert parties and in many other ways.

Monday 4th March - John Hammond of the United Counties Preservation Group - Cook's Way from Kumfy Cabs to Cooks European.

Biggleswade and District Camera Club

The 2023/24 Season continues.

On **February 8th 2024** we have our seventh lecture entitled "Stuck in Vietnam" given by Julian Elliott.

On **February 22nd 2024** we have our eighth lecture entitled "In his Element" given by Mark Gilligan.

We meet every Thursday at 7:30 for 8:00pm in The Sullivan Room, The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH. The entry is £3.00, payable at the door.



Neptune Cubs BIGG LOO PUSH for Mafambisa

Neptune cub pack are raising money for the community of Mafambisa to allow them to replace their toilet block.

The cubs will be pushing two modified go-karts carrying a toilet and a cub leader. The LOO PUSH will be sponsored and will take place on Saturday 3rd February from Saxon Swimming pool to Penrose Court via Baden Powell way footpath starting at 10am. The Cubs have a Just giving page [BIGG LOO PUSH](#). Please support them if you can.



Last month, Richard Fuller visited **Lawnside Academy** in Biggleswade and spent time with Principal, Cheryl Johnson and sat in on some of the pupils' lessons. The school has recently received a 'good' rating from Ofsted with the report highlighting many aspects of the great work being done at the school. The Ofsted report detailed:

The Pupils enjoy going to school. They talk positively about their learning and they are proud of their school. Those with special educational needs and/or disabilities (SEND) are well supported and fully included in the life of the school. The school curriculum is ambitious. The content has been carefully planned and pupils learn important knowledge in a logical order. Staff teach the content of the curriculum well. Teachers understand how to check for any misconceptions in pupils' learning. They know how to address any barriers to help pupils build their understanding.

Speaking after the visit, Richard Fuller MP said: "It is fantastic to see a local school receive this sort of praise and I congratulate Principal Cheryl Johnson and all the staff for their hard work in delivering such high educational and pastoral standards.

Bedfordshire Group - Alpine Garden Society

We're back after our Christmas Break! Our first meeting of the New Year will be on Saturday 17th February at 2.30 pm with the talk starting at 3.00 pm in the Elgar Room, Weatherley Centre, Biggleswade. The talk this month will be about the Flowers of the Pyrenees given by Liz Livermore. The Pyrenees is the range of mountains that straddle the border between France and Spain and in addition to stunning landscapes have a wealth of flowers. Liz's talk is based on two trips she made to different parts of these mountains in late June and early July. We hope plants will be on sale at the meeting.

The cost per meeting for non-members is £5, which includes a cup of tea or coffee and biscuits. But, of course, you're more than welcome to join the group. Annual membership is £10 for a single member and £15 for joint membership and members pay only £2 per meeting.

In March, instead of our usual talk, we will be having an exhibition of Alpine plants and photographs. There will also be plants for sale. This will take place on 23rd March in the Elgar Room at the Weatherley Centre. More details will be available next month and on our website:

www.bedfordshirealpines.com

ABOUT THE TOWN

**WARM SPACES
IN BIGGLESWADE**

A warm space is a friendly, comfortable environment where people can feel safe and at ease.

Labour Hall, Crab Lane;
Kings Corner, Sullivan Court;
Krafty Shed, Sullivan Court;
St Andrew's Church,
Shortmead Street.

CareChoices

Bedfordshire & Luton
Adult Care & Support Services Directory 2023/24

Information and advice about local care and support
Home support • Specialist care • Useful contacts • Care homes

Bedfordshire Luton

Ask for a copy
at
Cafe Mocha

The friendly
cafe at
59 High Street



Musical Stories!
For the under 5s with Steve Grocott

FREE Interactive Performance
for children under 5 and
their parents/carers

- Songs
- Rhymes
- Stories
- Instrumental delights

Biggleswade Library
Thursday
1st February
9:45am - 10:15am

Book your place by calling your Library on 0300 300 8055

inspiring music
in Central Bedfordshire

**FREE
Events in
Bar at**



**....Just
turn up
and en-
joy!**

**36 High St,
Biggleswade**