

A Little Help



FREE

Bees RCC
Bedfordshire Rural Connection Charity

BIGGLESWADE WELLBEING HUB

Join us for...

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

12th June
3rd July
17th July
31st July
10am-1pm

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

Find out more and check the next dates:
deborah.taylor@bedsrcc.org.uk
07951938237

WELLBEING IN BIGGLESWADE

Grand Union Housing Group

29th May – Respite at Home Volunteers

12th June - Mind

3rd July – Deaf awareness/basic BSL (delivered by a client of mine who is deaf and a friend who uses BSL to support)

17th July – Potton Veg Box Scheme

31st July – Sandy Helping Hands (Counselling Service) tbc

IVEL BEREAVEMENT SUPPORT SERVICE

Are you recently bereaved?

Have you been struggling with coming to terms with your loss?

Would it help to talk to someone?

For more information telephone

07704 734225

(Monday - Friday 9-6pm)

And speak to one of our

Bereavement Support Volunteers

Sharing your loss can make the burden of grief easier to manage



Parkes Therapy Centre, currently based in Baystrait House, Station Road, next to the railway station, will shortly be moving to their newly built premises in the High Street, planned for 1st July 2024.

We will give you more details of the services they wish to provide in our next newsletter, but for those readers who have climbed all those stairs to access their physiotherapy service, their new premises should come as a welcome relief!

We exist to reduce isolation and draw attention to what help is available. If you know anything that we don't, tell us so that we can spread the word and tell others.



Biggleswade
Community News
JUNE 2024

THE GREAT BIG GREEN WEEK

Email: editor@biggleswadecommunitynews.uk Tel: 01767 310163

Join us at Biggleswade's
GREAT BIG GREEN EVENT

Sunday 9th June 2024, 12pm – 4pm
Dan Albone car park (near Sainsbury's)

Come and find out more about local groups of volunteers taking action for social and environmental justice

Part of Biggleswade Carnival's Duck Race event



Join a litter pick and win Fairtrade goodies

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

Published by Biggleswade Community Group 01767 310163

Email: admin@biggleswadecommunitygroup.org.uk

Grab a paper copy 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

On Sunday 9th June we will be promoting "Great Big Green Week" at the Biggleswade Carnival Duck Race (See Page 6)

Then on the morning of 6th July, we are running a "Think As You Shop" event in the Bigg Theatre, showcasing local / ethical / sustainable producers and retailers. Contact us if you would like a free stall.



Biggleswade Good Neighbours

TEL 07771 104255

or email biggleswadegoodneighbours@gmail.com

If you receive this newsletter through your door it will almost certainly have been delivered by a volunteer from Biggleswade Good Neighbours. If you would like to help with deliveries or join the team to provide help to those who need it, contact us on 07771 104255 or email biggleswadegoodneighbours@gmail.com. A volunteer to deliver 20 newsletters in Upper Caldecote would be greatly appreciated.



Biggleswade Community Gardens

We are a local group working to improve Biggleswade's green spaces and grow fresh food to share. You can join us on the dates below.

June:- Sunday 2nd, 9:30am: Gardening at Chestnut Avenue

- Saturday 8th, 12:30pm: Harvesting & Gardening at Northfields

- Sunday 9th: Duck Race & Plant Swap at Dan Albone Car Park

July:- Sunday 7th, 9:30am: Gardening at Chestnut Avenue

- Saturday 13th, 12:30pm: Harvesting & Gardening at Northfields

SG180HD or email biggleswadecommunitygardens@gmail.com



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

Our students distribute newsletters to pickup points around the town.

We work with the above partner organisations to spread the word about activities and services that we offer. If you are involved with a Community Group perhaps you can join us. Just ask! Together we can do more.

WHAT'S ON



DUNTON SUMMER FETE

With DRA and friends

Sunday 30th June 2024

1pm - 4pm, Free Entry

Dunton Recreation Ground

Horseshoe Close, Dunton SG18 8RY

07710163135

glynis.keech@gmail.com

Something for everyone

Stalls and car boot pitches available

Beach - bring your buckets and spades, plus

please use above details to pre-book

Bouncy Castle - **Music** - **Raffle** - **Bar**

Stalls - £10 per pitch

Plate smashing - **Ice Creams** - **Games**

Car boot - £5 for car

Entertainment - **BBQ** - **Refreshments &**

£10 for van

much much more! **Dogs on leads welcome**

Please note, some stalls are cash only



On 7th June we're introducing the BIGG House Band with guest vocalist, Gavin Skeggs, in what promises to be a fantastic night out and one not to be missed.

The following week we've got a double header in the form of guitarist Emily Slade and award-winning singer-songwriter Chris Fox.

Later in the month, the new one woman play, The Essence of Audrey, gives us an insight into the life of this most glamorous of icons.

And, for all you fans of Victoria Wood, we have Looking For Me Friend: The Music of Victoria Wood providing belly laughs and nostalgia on Friday 28th June.

More on : www.thebiggtheatre.co.uk/whats-on

Fresh Strawberry Cream Tea

6th June 2-4.00pm Trinity Methodist Church, Shortmead Street, Biggleswade. An afternoon of fresh strawberries, scones, Cornish clotted cream and tea/coffee £6. In aid of EMBRACE (formerly Bedford & District Cerebral Palsy Society).

WHAT'S ON



Carnival Month is here!

The first event is the duck race and community fete Sunday 9th June in Dan Albone car park. Get your ducks and raffle tickets in the Market Square on Saturday 8th June or on the day from 12 noon.

There will be food, rides, craft stalls, games and music to keep you entertained, whilst your ducks race down the river for that chance to win cash prizes. Bring your family for some good old fashioned fun, with rides, stalls and of course the duck race! The event opens at 12noon with the first duck race at 2pm. Ducks will be available for purchase at the Carnival Market stall on Saturday 8th June and at the Duck Race itself.

The duck race event is run by a small group of volunteers to raise funds for local charities and organisations and enrich the community with social engagement and to build a better community.



Future Action Biggleswade

We will be promoting "Great Big Green Week" at the Biggleswade Carnival Duck Race. Come along to find out how we can all help Biggleswade become greener, with Biggleswade Community Gardens, Central Bedfordshire's recycling team and a litter pick where you can swap the litter you collect for Fairtrade prizes!



Trains At Trinity Sat 29th June 10:30am – 4:30pm
Admission: £5 Children aged 5-15 £3 – Under 5's free.
Light refreshments, including lunches. Pedestrian access from Shortmead Street and Chapel Fields.



On-site Blue Badge parking only (See below for other parking)
Disabled Access. FREE car parking behind Motley & Hope/I.T. Solutions in Shortmead Street, a short walk from the show.

Under half a mile from Biggleswade Rail and Bus stations.

COMMUNITY GROUP UPDATE



All of the work of running the group is carried out by our volunteers without any cost.

We continue to produce this newsletter each month and print paper copies. This is our biggest outlay so we need to seek further funding opportunities. We are keen to continue to offer it free of charge.

You can contact us on 01767 310163

Email: admin@biggleswadecommunitygroup.org.uk

28TH AUGUST OUTING TO GREAT YARMOUTH



Nearly 30 of our readers have booked to go to Great Yarmouth on Wednesday 28th August. We will be collecting payment soon. By booking through Biggleswade Community Group, you have alternate ways to pay, including cash by arrangement. And if, unfortunately, you want to cancel, we will do our best to resell the tickets on your behalf. Our readers will all be seated together on the coach, and you may well see some familiar faces, or perhaps even make new friends.

Would you like a trip out for Christmas Shopping? Three different trips are on offer. To Bicester Village in the Oxfordshire countryside with around 150 boutiques offering discounts on the recommended retail prices. Or to the largest urban shopping and leisure destination in Europe – Westfield Stratford City in London. With its 250 shops, 65 restaurants, All Lanes Bowling, and Aspers Casino (the biggest in the UK) it has something for everyone.

Or nearer to home, what about a trip to Centre MK in Milton Keynes? All three trips cost £17 or £18 for adults or £12 for 60s and over, and £11 or £12 for children.

If Great Yarmouth proves a success we hope to offer further trips in 2025. Contact Shirley on 07988 822678 or 01767 448954, or email her at shirley.legate@gmail.com if you are interested in any of the above, or just want to add your contact details to the list we are compiling of people interested in excursions via this newsletter.

NEWS FROM LOCAL ORGANISATIONS



Bedfordshire Group - Alpine Garden Society

After two lovely visits to member's gardens in April and May, we're back in the **Weatherley Centre** for our June meeting. The meeting will be on **Saturday 29th June, at 2.30 for 3.00 pm**, in the **Elgar Room**. This month our speaker will be **Andrew Mayo**, who will be telling us all about the flowers of Kurdish mountains, which includes Eastern Turkey and the less well-known Azerbaijan. The area is very rich in flora, particularly bulbs and stunning irises, so I'm sure we're in for a treat.

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.

More details on our website: www.bedfordshirealpines.com

ABOUT THE TOWN



Grant Palmer are replacing the services withdrawn by Herberts Travel. The new services are :

85 and 85A will be renumbered 73 and operate the current town service before proceeding to Bedford and Sandy, giving through links to Bedford from Kings Reach and Biggleswade Retail Park for the first time.

Service 72 will extend to Biggleswade from Potton, providing new journeys

to Bedford for customers in Eyeworth and Dunton. Services 189 and 190 will replace routes 188 and 190, providing similar timetables to the current Herberts Travel services. New timetable booklets for all Biggleswade area bus services are now available in the library and Café Mocha.

All single journeys will be capped at £2 whatever the distance with a range of weekly and monthly tickets also available. Concessionary pass holders are most welcome, with Central Bedfordshire concessionaires able to travel for free at any time.

BIGGLESWADE WELLBEING HUB



Based at Northfields Community Centre, this is becoming a popular free drop in social destination on alternate Wednesday mornings between 10am and 1pm. Refreshments, crafts and board games are available. But there is MORE! Sponsored by Beds RCC, and Grand Union Housing Association, there is also signposting to local services and regular visits by local organisations such as Public Health, local police officers, The Fire Service etc. Adults only but babies in prams are welcome.



Dates can change, so contact Deborah Taylor@bedsrcc.org.uk to check, but the next dates pencilled in are

Wednesday 12th June and the 3rd July.



We meet on Monday mornings 10.30 to 12 noon, at Northfields Community Centre, Emma Foxley's Let's Get Going Group enjoys chair based exercise in a fun environment, followed by refreshments and crafts or flower arranging at £4. For more details contact Emma on 07763 944587 or email her at info@letsgetgoingcic.com



A local Biggleswade business, Smith Myers, based on the Stratton Business Park has been awarded the King's Award for Enterprise. These are

awarded for outstanding achievement, and Smith Myers achieved theirs in the Innovation Category for their ARTEMIS project, designed to accurately locate mobile telephones in the challenging airborne SAR (Search and Rescue) environment using only two small antennas. Visit <https://smithmyers.com> to learn more.

(The King's Awards for Enterprise are awarded to businesses for outstanding achievement in four categories; International Trade, Innovation, Sustainable Development and Promoting Opportunity (through social mobility).