

ABOUT TOWN



LEIGHTON-LINSLADE
TOWN COUNCIL

January/February 2023

The newsletter for residents of Leighton Buzzard and Linslade

Published by Leighton-Linslade Town Council

HAPPY NEW YEAR
to all our residents

LEIGHTON-LINSLADE

A Great Place to Live

Celebrating Our Achievements

Here is some recent feedback received on the services we provide. "Just wanted to share my feedback regarding your town events. After living in a nearby town for 32 years and living in Leighton Buzzard the last 12 years I think what you do is excellent. My 4 year old son loves the splash park, beach and the new park that you have installed. Also, we really enjoyed the Queen's Jubilee Celebrations."

Your feedback is important to us and we welcome any comments. Please email: info@leightonlinslade-tc.gov.uk with any suggestions you may have.



"keep up the good work"

"what you do is excellent"



Search begins for a possible Memorial to our late Queen

Queen Elizabeth II was Monarch for longer than any other King or Queen in British history, becoming a much loved and respected figure across the globe. Continued on page 2.



SCAN to visit our website.

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Tackling loneliness and isolation in older people.
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Important numbers - handy cut-out and keep sheet.
- 5** : NEW YEAR, NEW YOU?
Suggestions & local contacts for groups.
- 7** : HELP FOR CYCLISTS
New bike maintenance stands installed.

EVENTS

Community Events for 2023

Wednesday 19 April
Business Networking Event



Saturday 6 May
Celebration of The Coronation of His Majesty The King

Sunday 4 June
Big Lunch Food Festival



Sunday 4 June – Sunday 3 September
Band Concerts



Saturday 29 July
Canal Festival



Saturday 9 September
Last Night of the Proms & Picnic in the Park



Friday 24– Sunday 26 November
Christmas Festival Weekend



Possible Memorial to Queen Elizabeth

Take our short survey to share your views.

Continued from front page.

The Queen's image will continue in many diverse ways, from the traditional statues and paintings to the naming of the new Elizabeth railway line as well as the H.M.S Queen Elizabeth aircraft carrier.

It has been suggested that the Town Council consider the creation of a lasting memorial to Queen Elizabeth II within the parish, as a way to commemorate and remember her long reign.

We would like to hear thoughts from residents on this, including

any ideas and suggestions for what kind of memorial you feel would be fitting and appropriate.



To send us your feedback, please scan the QR code to

complete our survey, or visit our website. Paper copies are also available in the White House. We will keep the survey open until 28 February 2023.



COUNCIL MEETINGS

All meetings take place at the White House starting at 1930 hours unless otherwise stated. Meetings are open to the public. For more details including agendas and to check there are no changes to the schedule, please visit our website.

January 2023

Wed	4	Planning & Transport Committee
Mon	16	Community Safety Sub Committee
Mon	23	Policy & Finance Committee
Wed	25	Planning & Transport Committee
Mon	30	COUNCIL (Astral Park)

February 2023

Wed	15	Planning & Transport Committee
Thur	23	Market Sub Committee (1030 hours)
Mon	27	Policy & Finance Committee



The easiest way to read our bi-monthly newsletter is to:

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to
ABOUTTOWN

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CLICK HERE

www.leightonlinslade-tc.gov.uk/about-town-newsletters/

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Email: freeflowmk@gmail.com

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Company No. 04730483 - VAT No. 829 5367 90
13 Ashburnham Crescent, Linslade, Leighton Buzzard
Beds. LU7 2PB



Mayor of Leighton-Linslade



As always, New Year is a time of mixed emotions for us all. A new year offers a new start and the opportunity

to look forward – but comes at a time when the days are short and dark, the weather is cold and the period of festive celebrations is behind us. We know that Spring will come again with its warmth and life, but in the meantime, this can be a difficult time of year for many of us.

In this edition of About Town we have included some ideas for new activities you might wish to try, as well as ideas of where to look for information about what's on. (Turn to page 5). Connecting with others is so important for our wellbeing and joining a club or group, trying a new activity

or becoming a volunteer could be a wonderful way to start 2023. If you've been thinking about trying something new for a while – this could be the ideal time to take the plunge.

If you do find yourself feeling isolated or in need of help and not sure where to turn, please do reach out. Our Community Agent Caroline can help put you in touch with sources of support and our digital champions can help you get connected online so that you can stay in touch with friends and family more easily. Our local Citizens Advice team can also help you with a range of issues so please do get in touch with them.

The annual Civic Service on 26 February provides a wonderful opportunity for us to gather as a community and I hope to see many of you there.

Cllr. Farzana Kharawala

Supporting the Mayor's chosen charities



Leighton-Linslade

LEIGHTON LINSLADE
HELPERS

Civic Service

26 February
at 1500 hours
All Saints Church



This service is open to all and we look forward to seeing you there.

The Civic Service takes place this year at 1500 hours on Sunday 26 February at All Saints Church and provides us with an opportunity to celebrate and give thanks for our community.

The service will include presentation of the 2023 Community Volunteer Awards; a scheme to recognise and thank individuals who have volunteered for 5 or more years to the benefit of the town.



Have you heard about the Town Council's 55UP project?



The Town Council's 55UP project is a range of programmes seeking to tackle loneliness and isolation in our older community.

Citizens Online

Citizens Online offers free face to face and over the phone support with digital skills. Their volunteer digital champions can help with navigating new devices, using emails, using video calls and much more! You can call their helpline on 0808 196 5883 or pop down to the free drop in sessions on Tuesdays (1000 hours -1300 hours) at the Chatty Café, TACTIC Centre, Hockliffe Street.



Community Agent

Our Leighton-Linslade Community Agent offers free support to vulnerable and isolated residents. She can offer support with a range of issues including identifying benefits you may be entitled to, completing forms, supporting carers and joining social groups. You can contact our Community Agent on 07498 625526 or email leightonagent@bedsrcc.org.uk



Movies for the More Mature

A joint initiative with Leighton Buzzard Library Theatre, providing Wednesday afternoon film shows for residents 55 and up. Membership is free! Visit www.leightonlinslade-tc.gov.uk/film-clubs to find out more or call the Theatre Box Office on 0300 300 8125.



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NEED HELP? Handy sheet to cut-out and keep!

How do we know what numbers to call when we need help? Recent reports have demonstrated that so many people call 999 or 101, when they could receive quicker and more appropriate assistance by calling a different number. Some numbers worth keeping to hand are below:

IMPORTANT
NUMBERS

ORGANISATION

CONTACT DETAILS

Safety Concerns About Children	0300 300 8585 (daytime) / 8123 (out of hours)
Safety Concerns About Adults	0300 300 8122 (daytime) / 8123 (out of hours)
Highways	0300 300 8049 or fixmystreet.centralbedfordshire.gov.uk/
Homelessness	0300 300 4370 (daytime) / 8098 (out of hours) or visit: www.streetlink.org.uk/
Bedfordshire Police Community Safety Issues	01234 841212 or www.beds.police.uk
Crimestoppers	0800 555 111 or crimestoppers-uk.org/
NHS Medical Help and Advice	111 or www.111.nhs.uk or Your GP out of hours service
Bedfordshire Wellbeing Service	01234 880400 or www.elft.nhs.uk/bedfordshire-wellbeing-service
Domestic Abuse Helpline for Women	0808 2000 247 or bedsdv.org.uk/contact-us/
Domestic Abuse Advice Line for Men	0808 8010 327 or mensadviceline.org.uk/
LGBT+ Domestic Abuse Helpline	0800 999 5428 or galop.org.uk/

Bedfordshire Wellbeing Service
Helping you overcome challenges through Talking Therapies

Crimestoppers.
Speak up. Stay safe.

Respect
Hear us, believe us, help us

NHS

Street
10Link

DOMESTIC
ABUSE
PARTNERSHIP
A united effort to end domestic abuse

Central Bedfordshire Council
Working in partnership



A warm space, free food and hot drinks were on the menu!

Cost of Living grant scheme supports residents over the winter.

In October the Council agreed to make £10,000 available to local charities and groups providing support to residents of Leighton-Linslade over the winter months. The first grant awarded was to All Saints Church to support their “Warm Week” in the run-up to Christmas. The church was open from 19-24 December providing hot drinks and soup to those who visited.

Other initiatives being supported include a scheme from Freddie and Friends to offer food at their Community Café at Pages Park Pavilion (just quote “Sunshine” to access this offer on visiting the café). Search for “Freddie & Friends Community Café” on Facebook or visit: www.freddieandfriends.org

The Church of the Good Shepherd is also running a Community Café on Wednesday mornings at Astral Park, Johnson Drive.



How we spend your money

Would you like to know more about how the Town Council spends your money? At this time of year, the Council is agreeing its budget for the next financial year. You can view the draft budget with the agenda papers for the Council meeting on 30 January 2023 on our website. Alternatively on the Finance page, you can see an overview of spending as well as information on contracts, procurement, fees and charges, audits and the year end finances for the last five years.



New Year's resolutions?

Did you decide to try something new, take up a hobby or create a healthy habit as one of your New Year's Resolutions? Here are a few suggestions which may help:

Fitness

Why not explore our local walks and open spaces, or start using one of the free outdoor gyms in the parish? Our outdoor gyms are located in Astral Park, Pages Park, Linslade Recreation Ground and Linslade Memorial Playing Fields.



Gardening

Why not get involved with the groups maintaining the beautiful community gardens at various sites in the town?



Music

Did you know that the Music Centre on a Saturday morning is open to both adults and children? Anyone is welcome from beginners to more practised musicians. If you love to sing or fancy learning to play a ukulele or steel pan drum, why not give it a try? Find out more at: www.inspiringmusic.co.uk/centres/leighton-linslade



Volunteering

Would you like to help with Street Watch or Speed Watch schemes; become a "digital champion" or help support our weekly Chatty Café? There are a range of groups and organisations looking for volunteers locally. For ideas take a look at www.bedsrcc.org.uk or www.cvsbeds.org.uk.



Groups

Events & activities – to find out what's going on, have a look at the noticeboards in our local parks, churches and shops as well as the Library, search online or visit the virtual community noticeboard on the Town Council website: www.leightonlinslade-tc.gov.uk/noticeboard/



New Year. New Me. Same Dreams. Fresh Start!

MAKE A CHANGE



May Elections 2023

Have you ever thought of volunteering to be a parish councillor?

Elections for the next four-year term are due to take place on Thursday 4 May 2023 and nominations can be submitted to the electoral authority by 4 April.

The Town Council comprises 21 volunteer members from 8 different wards in the town (this will change to 9 from May). Council and committee meetings are mainly held on Monday evenings.

Find out more about what's involved and to check the eligibility criteria.

Visit our website for more information:
www.leightonlinslade-tc.gov.uk/become-a-councillor/



Be part of a great team!



Becoming a parish councillor gives you the opportunity to help shape community services directly affecting the parish of Leighton-Linslade, for example allotments, parks and play areas.



Teenage Advice
& Information
Centre

01525 373838

www.tactic-centre.co.uk



BOX RELEASE

This non-contact sport is a disciplined activity and aims to teach self defence, assist stress relief, build confidence and encourage a healthy lifestyle.

Supported by Leighton Town Boxing Club, the sessions will also have a Lead Sports Coach to teach skills and techniques in a fun way whilst encouraging teamwork.

Sessions are FREE for 12-19 years and run weekly from 1700 hours until 1800 hours. To reserve a place or for more details please contact TACTIC on 01525 373838.

Limited places available.

BENEFITS OF BOXING

- Best form of exercise
- Disciplined sport
- Teaches self defence
- Assists stress relief
- Builds confidence
- Encourages health & fitness

STARTING!

Thursday
26 January at
Pages Park Pavilion



FREE SESSIONS

WARM SPACES

This winter, both Councils as well as our churches and community groups have been supporting the provision of warm spaces for residents. Some warm spaces are also offering drinks, food, activities and opportunities to connect with others.

Mon/Weds/Fri (1200 – 1600 hours)

Check in and Chat Café,
Meadow Way Community Centre

Tues (1000 – 1300 hours)

Chatty Café, TACTIC Centre, 17 Hockliffe St.

Weds (1000 – 1200 hours)

Community Café,
Astral Park Community Centre

Thurs (1000 – 1330 hours)

Inclusive Café, Pages Park Pavilion

Thurs (1200 – 1400 hours)

Warm Welcome Space,
Hockliffe Street Baptist Church

Fri (1000 – 1200 hours)

Inclusive Café, Pages Park Pavilion

Tues (1300 - 1500 hours) Running until the end of February.

Friends Meeting House, North St.

Visit our website for more information.

www.leightonlinlade-tc.gov.uk/cost-of-living/



Information correct at time of going to print

LEIGHTON BUZZARD MARKET

New Year, New Job? Seeking new traders to join us!

Leighton Buzzard has a bustling, modern twice-weekly market at the heart of the vibrant High Street. The market runs on a Tuesday and Saturday (0830 hours - 1500 hours) where shoppers can choose from stalls selling everything from classic market staples such as fresh fruit and vegetables, fish, plants and cut flowers to books, shoes, clothing & food.

We are committed to supporting the market traders of the future and as such, have set up the Young Trader Scheme to support young people (aged 16-30) to have a trial period of trading on our market. We also run a 'Start-Up' scheme for potential traders of any age, prices start at just £15 for a pitch, with a gazebo and 2 tables set up ready for you.

Find out more by visiting our website:- leightonbuzzardmarket.co.uk/ and keep up-to-date by following us on social media [f](https://www.facebook.com/leightonbuzzardmarket) [i](https://www.instagram.com/leightonbuzzardmarket) [t](https://www.tiktok.com/@leightonbuzzardmarket) [y](https://www.youtube.com/channel/UC...) /market_LB

We would love to welcome you to Leighton Buzzard Market soon.

This is what it has to offer:

- Historic Charter Market every Tues & Sat
- Monthly Farmers and Producers Market
 - Monthly Handmade & Craft Market
 - Events throughout the year
- Casual & Permanent stall opportunities
 - Start-Up Pitch initiative
- Young Traders Scheme (Aged 16-30)
 - 'Share a Pitch' option



T: Market Manager on 07812 088116 [f](https://www.facebook.com/leightonbuzzardmarket) [i](https://www.instagram.com/leightonbuzzardmarket) [t](https://www.tiktok.com/@leightonbuzzardmarket) [y](https://www.youtube.com/channel/UC...) /market_LB #LBMarket E:Markets@leightonlinlade-tc.gov.uk www.leightonlinlade-tc.gov.uk

Hi, Sustainable Suzi here:

With winter now fully upon us, I've recently been speaking with the Energy Saving Trust to find out how I can reduce heat loss at home and keep my energy bills lower. They have some great tips, from adding extra insulation to walls, floors or the loft, to insulating tanks, pipes and radiators. I had no idea that fitting the hot water tank with an insulating jacket could save up to £70/year in heating costs – not to mention saving 155kg of carbon dioxide emissions!

The Trust suggests that curtains lined with a layer of heavy material can cut draughts and reduce heat loss from windows. I've also been trying to reduce draughts from doors and found a great suggestion online to re-purpose old clothes by cutting

the leg off a pair of trousers or the sleeve off a jumper, fill them with stuffing and sew them up, creating a quick and easy draught excluder. Even easier would be to use an old pair of tights or long socks. To weigh it down, include some dried peas or similar for the filling. Why not give it a go?

JUST 1 CHANGE

Make your own draught excluder.
It's quick and cheap to do!



In every issue we will share with you how you can make **JUST 1 CHANGE**

Bike Maintenance Stands installed

Central Bedfordshire Council has recently installed two bicycle repair stands locally, one at Tiddenfoot Leisure Centre and one at Rushmere Country Park, with a third due to be installed near the Flypast Memorial in Bridge Street.

Each unit provides a stand for a bike to be secured on, a series of tools (Allen keys, spanners, screwdrivers etc.) and a pump.

These provide a useful, on-the-go facility for cyclists to make minor repairs, such as adjusting seat heights, inflating tyres, changing inner tubes, putting chains back on, but can also be used by wheelchair and pram users.



Tiddenfoot
Leisure Centre

Rushmere
Country Park

Fairtrade Fortnight

27 February to 12 March 2023

During Fairtrade Fortnight join us in spreading a simple message: "choose Fairtrade now and help save our favourite foods".

Did you know cocoa, bananas and coffee could soon be much more difficult to find on our shelves?

Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink.

Here's the good news! More of us choosing Fairtrade means extra income, power and support for these communities, as they work to build sustainable and prosperous futures.

So not only is choosing Fairtrade best for people and planet, it could help save everyday treats like chocolate bars, bananas and a warm cuppa!

Stand with farmers taking on climate change by getting that message out there during Fairtrade Fortnight. Whether it's a coffee morning, a quiz night, social media posting or something completely different, anything you can do makes a real difference.

Keep an eye on our social media to find out about local activities.

www.facebook.com/fairtradell/

What's Happening Locally?

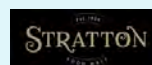
Fairtrade support in our town.



We were pleased to hear 'The House of Coffee'

have recently renewed their Fairtrade licence for a further three years.

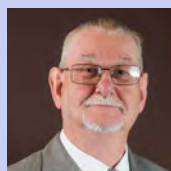
Proprietor, Nick Stagg said "our Fairtrade offers have proved very popular in the shop and online. We've just introduced a very fine, organically grown, Peruvian Tapir Andino (Red Honey processed) to our Fairtrade range. We are also encouraging shop customers to bring their own coffee caddies to eliminate bag waste (20p discount) and are offering compostable 'natureflex' packets for people without their own caddy." Please see the link; thehouseofcoffee.co.uk/product/fairtrade-tapir-andino-red-honey-peru/.



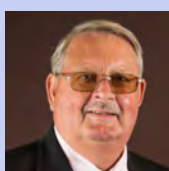
Stratton Food Hall have recently started serving a Fairtrade coffee, sourced locally from The House of Coffee.

FAIRTRADE
CHOOSE THE WORLD
YOU WANT

MEET YOUR TOWN COUNCILLORS



BARNABAS
Cllr Mark Freeman
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BARNABAS
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BARNABAS
Cllr Steve Owen
Liberal Democrat
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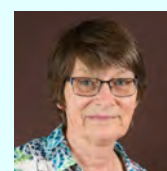
BROOKLANDS
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BROOKLANDS
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GROVEBURY
Cllr Farzana Kharawala
(Mayor) Conservative
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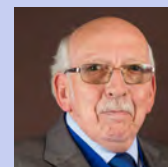
GROVEBURY
Cllr Jeremy Silverstone
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PLANETS
Cllr Sheona Hemmings
(Deputy Mayor) Conservative
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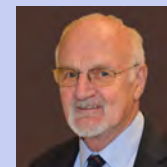
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We welcome your FEEDBACK

We welcome your feedback on the services we provide. Please email any comments you may have to: info@leightonlinlade-tc.gov.uk



You can pick up a copy of About Town from any of these main locations:

Aldi (Vimy Rd), Iceland, The Library Theatre, Multi Storey Car Park, Tesco and the Train Station. Please visit our website for a full list of locations.



Download the APP TODAY



Leighton-Linslade Town Council is responsible for:



- Allotments
- Cemeteries
- Christmas Illuminations
- Community Events & Promotions
- Grants to Voluntary Organisations
- Markets
- Parks and Open Spaces
- Pavilions-Astral Park, Pages Park, Linslade Memorial Pavilion
- TACTIC-Teenage Advice & Information Centre
- Multi-Storey Car Park Toilets

ADVERTISE YOUR BUSINESS WITH US!

PRICING GUIDELINES

1/4 page 8.7 x 12.7cm (portrait) £54.81 + VAT | **1/8 page** 8.7 x 6cm (landscape) £32.87 + VAT | **1/2 page** 18 x 12.7cm (landscape) £86.94 + VAT | **Full page** 21 x 29.7cm £175.23 + VAT

EDITORIAL DEADLINE for March / April 2023 - (Mon 23 January)

For more information contact: 01525 631915.

We reserve the right to review pricing.

2023



Central Bedfordshire Council is responsible for:



- Community Safety
- Health & Social Care Education
- Housing
- Homelessness
- Planning
- Leisure & Countryside
- Waste & Recycling
- Transport, Roads & Parking

Whilst every effort has been taken to provide accurate information, the Council does not accept any liability for error or omission for information on services it is not directly responsible for. The Town Council does not necessarily endorse any business using advertising space.

Leighton-Linslade Town Council, The White House, Hockliffe Street, Leighton Buzzard, Beds LU7 1HD

Main switchboard: 01525 631920 info@leightonlinlade-tc.gov.uk

W: www.leightonlinlade-tc.gov.uk