

# The Clifton Chronicles

Covid Month 12



April 2021  
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# April 2021

## Covid Month 12

Dear Fellow Residents

The news of the vaccine roll out continues to be brilliant, read about a Vaccine Volunteer from our own village on page 23.

Lots of hints, tips and encouragement to look after our health and well-being this month, pages 10-11, 19-21 and 33.

An interesting article on an accident in 1919 page 29-30, and tragic news about one of our most historic landmarks on page 30.



Some signs of spring in one of our Clifton gardens, page 24; inspired by Betty's article we found our own dark-edged bee-fly! Well done Betty.

Easter Cross for us all to add flowers to and services back in church—but we do have to book!

**We are not there yet BUT  
we are nearly there!**

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# Who's Who in Clifton p1

<b>All Saints' Church</b>	<b>Rector</b>	<b>Revd Caren Topley</b> , 8 Rectory Close, Clifton. <a href="mailto:rector4clifton@gmail.com">rector4clifton@gmail.com</a>	<b>01462 615499</b>
	<b>Churchwardens</b>	<b>Kevin Gray</b> , 21 Fairground Way <b>Pat Wisby</b> , 51 Pedley Lane	<b>812820 816451</b>
	<b>Readers</b>	<b>Robin Welsford</b> , 13 Pedley Lane <b>Ruth Gray</b> , 21 Fairground Way	<b>811303 812820</b>
	<b>Organist &amp; Choirmaster</b>	<b>Peter Maundrell</b> , 24 Heron Close, Biggleswade	<b>01767 314621</b>
	<b>PCC Treasurer</b>	<b>Frank Rivett</b> , 27 Purcell Way, Shefford	<b>851816</b>
	<b>PCC Secretary</b>	<b>Pat Wisby</b> , 51 Pedley Lane	<b>816451</b>
	<b>Church Hall Bookings</b>	<b>Ruth and Kevin Gray</b> , 21 Fairground Way	<b>812820</b>
	<b>Bell-ringing Cpt</b>	<b>Philippa Whittington</b> , 27 Purcell Way, Shefford	<b>851816</b>
	<b>Mothers' Union</b>	<b>Betsy Gray</b> , 18 Hitchin Lane, Clifton	<b>629690</b>
	<b>Messy Church</b>	<b>Suzanne Stapleton</b> , 811929; <b>Ruth Gray</b> 812820	

<b>All Saints' Academy</b>	<b>Head-teacher</b>	<b>Mrs Carol Ward</b>	<b>628444</b>
	<b>School Governors</b>	Chair: <b>Philippa Whittington</b> Vice-chair: <b>Peter Blackmore</b>	<b>851816 646371</b>
	<b>School Bookings</b>	<b>Justine McCarthy</b> ,	<b>628444</b>
	<b>PTA</b>	<b>Kerrie Cope, Kate Barker</b> , (Joint Chairs) Email: <a href="mailto:cliftonallsaintspta@gmail.com">cliftonallsaintspta@gmail.com</a>	

<b>Elected Representatives</b>	<b>Parish Council Chairman</b>	<b>Ray Dart</b> , 8 Alexander Close	<b>811590</b>
	<b>Clerk (Community Centre bookings)</b>	<b>Kerri Kilby</b> , <a href="mailto:parish.council@clifton-beds.co.uk">parish.council@clifton-beds.co.uk</a>	<b>07547 129038</b>
	<b>MP</b>	<b>Nadine Dorries</b> , <a href="mailto:nadine.dorries.mp@parliament.uk">nadine.dorries.mp@parliament.uk</a>	
	<b>Councillors</b> Henlow, Arlesey, Henlow Camp & Stondon	<b>Richard Wenham</b> , 2 Jordan Close, Henlow SG16 6PH, <b>Ian Dalgarno</b> , 172 High Street, Arlesey SG15 6TB,	<b>0300300 8563 735510</b>

# Who's Who in Clifton p2

<b>Chronicles</b>	<b>Editor</b>	<b>Kathy Blackmore</b> , Hawarden Cottage, 47 Church Street, Clifton	<b>646371</b>
	<b>Advertising</b>	Advertising year runs May to April chronicles@clifton-beds.co.uk	<b>646371</b>
	<b>Distribution</b>	<b>John Good</b> , Pedley Lane, Clifton	<b>812596</b>

<b>Other village organisations</b>	<b>Biggleswade Gardening Club</b>	<b>Mr A Gray</b> www.biggleswade.gardenclub.care4free.net	<b>01767 221428</b>
	<b>Brownies</b>	Email: firstcliftonbrownies@outlook.com www.girlguiding.org.uk	
	<b>Clifton Action Group</b>	<b>Mrs Diana Talbot, Secretary.</b> Infofromcag@gmail.com	<b>811989</b>
	<b>Care Scheme</b>	<b>07817 614654</b>	
	<b>Cricket Club</b>	Chairman: <b>Rob Davidson</b> Email: cliftonbedscc@gmail.com V-Chair: <b>Josh Scandrett</b> : 07805 427129	<b>07376 490434</b>
	<b>Friends All Saints Church</b>	<b>Keith Pledger</b> , 2 Chapel Close k.pledger@ntlworld.com	<b>629020</b>
	<b>Football Club</b>	<b>Jason Shacklock</b>	<b>816881</b>
	<b>Guides</b>	www.girlguiding.org.uk	
	<b>Langford Tennis Club</b>	www.langfordtennisclub.org.uk Contact: <b>Paul Metcalfe</b>	<b>700991</b>
	<b>Police Contact</b>	The snr community officer: PS Simon BUTLER, Based in Biggleswade	<b>01234 842531</b>
	<b>Providence Baptist Church</b>	cliftonpbchurch@gmail.com	
	<b>Rainbows</b>	<a href="http://girlguiding.org.uk">girlguiding.org.uk</a>	
	<b>Residents Association</b>	<b>Bob Smith</b> , Secretary 30 New Road	<b>812336</b>
	<b>Scouts (All ages)</b>	gsl@henlowcliftonscoutgroup.co.uk	
<b>Toddlers</b>	clifontoddlers@gmail.com		
<b>WI</b>	<b>Linda Patch</b>	<b>814517</b>	
<b>Woodlands</b>	Pre-School, Breakfast & After School Clubs www.thewoodlandspreschool.co.uk thewoodlands1@btconnect.com	<b>811486</b>	



Dear Friends,

This time last year, all the church buildings were closed by law. From Easter Day this year our church building will be open if we feel we are safe to do so and have the correct measures in place. We have!

After the first Easter, Christians were persecuted for their belief that Jesus had risen from the dead, and St Peter wrote these words of comfort to them and encouraged them, saying:

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead," (1 Peter 1:3).

He reminds them to keep loving and caring for each other in spite of tribulations and continue to place their hope in the endless life to come.



The Easter message to us is the same as it was to the early Christians in the first century BCE.

Just as we are still troubled by this virus and have to follow the guidelines, there is still HOPE. HOPE offered by the current updates around the vaccination program for the whole world. HOPE that we can see loved ones soon, HOPE that through our prayers and our faith we are not alone in our isolated situations and troubles.

Jesus was crucified and died on the cross, he rose from the dead on Easter day and gave us the HOPE that death was not the end. St Peter says, Rejoice in spite of suffering and remember the future salvation and future glory in eternity to come.

Every blessing for a Happy Easter, Revd Caren.

**For all details of church services see:**

<https://www.clifton-beds.co.uk/>

FB and YouTube link also available:

<https://www.facebook.com/CofECliftonBeds>

# Easter Cross 2021

Clifton All Saints Churchyard

Each year at Easter we have a cross in church on which people can place flowers to remember those we loved who have died.



This year the cross will be placed in the churchyard, to enable anyone to participate in this tradition.

Revd Caren will post on FB when it is placed in the churchyard and you would be welcome to come, safely distanced of course from others, to place a daffodil or other flower on or around the cross, where you can say a prayer for someone you want to remember.

# Toddler Church

Via Zoom

Fortnightly on Tuesdays

09.30-10.30



Next month:

**20<sup>th</sup> April, 2021**

# CLIFTON CARE SCHEME



## LOCAL "ROAD MAP"

Enthusied and encouraged by the Government's plans to ease the country out of the current lockdown it has given us the impetus to getting the CCS back up and running. We are really keen to re establish the Care Scheme as part of village life and return to supporting the needs of our community.

Volunteers were an integral part of the Scheme and we hope that many of those previously involved will wish to continue to do so. We have made contact with them to let us know how they feel about resuming activities. The number of our regular volunteers has reduced lately so we are looking to recruit some new ones. If you are interested in becoming a volunteer then please contact us on the number below.

Naturally any plans we may be putting forward are necessarily cautious and subject to what nationally but just to give as all something positive to be working towards we are considering the following key dates:

1. Restarting the CCS activities from 17th May onwards. If not may be delayed to after 21st June.
2. Tea and Chat get together to start from 23rd June and to change dates to 2nd and 4th Wednesday in the month.

The Care Scheme Committee will always approach any restarting of activities involving volunteers with extreme caution and care to ensure their well-being at all times. We have recently acquired a range of "Personal Protective Equipment" which will be as well prepared as possible to adapt and modify our approach as we move forward.

Remember we are still here to help if we can. Just call and ask.

**07817 614654**

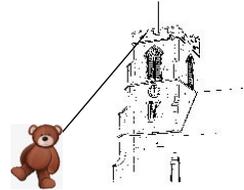
Stay safe and well

# Dates for your diary

The Social Committee are planning the following events this summer (hopefully!) so put them in your diary now:

## 3rd July – Summer Garden Party

To be held in the churchyard with teas, teddy abseiling and treasure hunt.



Also a big summer raffle, tickets available before that date and prizes drawn at the event.

In the autumn:

## 4th September - Concert by Toni Lee, Church

## 16th October – Farm Run

## 11th December - Orpheus Choir, Church

### Hitchin & Letchworth RSPB Group

We are now holding monthly talks on Zoom

**Friday 9th April @ 7.30pm**

### ‘Saving Curlews’



Mary Colwell, a distinguished author, producer and environmentalist talking on ‘Saving Curlews’. She is the recipient of many awards, including the WWT Marsh Award for wetland conservation. Mary is passionate about curlews and has written a book ‘Curlew Moon’ about a 500 mile walk she did to focus on the plight of this iconic bird. Mary will tell us about the curlew and what can be done to halt its decline.

All are welcome and free to join, but voluntary donation welcome, contact Martin on [martinrjspc@hotmail.com](mailto:martinrjspc@hotmail.com) for link and booking.

Due to government restrictions Healthwatch Central Bedfordshire (HWCB) were not able to continue our 'Just Ask' programme of outreach events in 2020, however, we did not want to miss the opportunity to engage with our residents this year, so at HWCB we have made the decision to organise our 'Just Ask' programme for 2021 as a series of *virtual events*.

Please see opposite the 'Just Ask' 2021 poster to share and publicise across your networks. We would very much like you to join us at any of the event dates listed and to promote the schedule of dates to all your colleagues.

Previously, as part of the Just Ask programme, you may recall we attended venues around busy locations in Central Bedfordshire. In 2021, although we will be starting the event(s) virtually, we are hopeful that we can engage face-to-face once the lockdown restrictions are lifted. We will update you on any changes as the programme progresses.

This programme of events will give residents the opportunity to find out about health and social care services available locally including support organisations. In addition, feedback received about services, from the people that join us, will be used to inform our work going forward and will also be fed back to relevant providers and commissioners, to help improve service provision, or to directly help individuals to achieve resolution.

Please feel free to share this email with your colleagues, friends and neighbours, everyone is welcome!

For more information about Healthwatch Central Bedfordshire please visit our website at:

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

If you have any questions, please call the office and speak to either Annette or Alison on 0300 303 8554. Alternatively, email:

[info@healthwatch-centralbedfordshire.org.uk](mailto:info@healthwatch-centralbedfordshire.org.uk)

**We look forward to you joining us**

# Healthwatch Central Bedfordshire JUST ASK...Virtual Tour

Talk to us, we are listening



Healthwatch Central Bedfordshire's Just Ask Virtual Tour will be delivered online to provide information, advice and guidance about **local social care, health, housing and additional services**. We will be joined by our partner organisations and local voluntary groups.

Share your experience of health and social care services, ask for advice, or request signposting assistance to local services that can support you. Send your questions to:

[info@healthwatch-centralbedfordshire.org.uk](mailto:info@healthwatch-centralbedfordshire.org.uk)



DATE	JUST ASK VIRTUALLY 2021	TIME
Wednesday 7th April	World Health Day - joined by Central Bedfordshire Council; BLMK CCG; Age UK	10am-12pm
Thursday 20th May	Mental Health Week - joined by ELFT Mental Health Services; ELFT Perinatal Mental Health Team; Kooth; Mind BLMK	10am-12pm
Wednesday 9th June	Carers Week, Diabetes Week, Volunteers Week - joined by Carers in Bedfordshire; CVS Bedfordshire; Bedfordshire Diabetes Education	10am-12pm
Thursday 15th July	Young Healthwatch take over - joined by SNAP and MoreLife	10am-12pm
Thursday 12th August	Physical Health - joined by Active Lifestyles Bedfordshire; MoreLife; Flitwick Leisure Centre	10am-12pm
Friday 24th Sept	MacMillan Coffee Morning for Cancer support - people share their experiences	10am-12pm

Drop in any time during the sessions

Contact Annette Brown or Alison Newnham for joining instructions

Email: [info@healthwatch-centralbedfordshire.org.uk](mailto:info@healthwatch-centralbedfordshire.org.uk)

Tel: 0300 303 8554



# Samuel Whitbread Academy



This week the Prime Minister announced that all students will be returning to school from 8th March. This is fantastic news and we are really looking forward to having all students back in school.

The PM also announced that secondary school students will be having a series of lateral flow tests (LFT) in school (three in total), prior to and during their return to school, to help prevent the spread of the virus. After that, the tests will be conducted at home, twice a week. We have been successfully running the LFT testing site in school since Christmas, for staff and students, as well as staff from the local nurseries. Upscaling the site to test over 600 students per day is obviously a considerable feat; we have reached out to our parents over various Facebook groups and I'm delighted to say that we have successfully recruited an army of 25 volunteers to help and support us.

The secretary of state for education also announced this week the plans for awarding this year's summer examination grades. He confirmed that the grades awarded to students this year will be decided by teachers, and not an algorithm, as we are best placed to make these judgements. The full details from Ofqual are expected to be released in the spring, however, we do know that schools will be expected to use a range of information including mock results, in class assessments and coursework.

This term we have been conducting a number of different votes online for students to choose which famous faces / celebrities they want to have on show around the school, in the form of giant posters, to celebrate our school values. So far our school buildings have welcomed Martin Luther King and the LGBTQ+ flag for our value of equality. Adding to this will be Stephen Hawking, Amanda Gorman, Alan Turing and Jessica Ennis-Hill who will embody the values of ingenuity, integrity, respect, empathy, team work and determination. Students have also chosen our two new Houses: Whishaw, after ex-student Ben Whishaw and Moore, after Captain Sir Tom Moore.

Finally, our newest member of the PE staff, Mr Arthur, who plays for Ampthill RFC, came up against former student Tom Litchfield, who is currently on loan to Bedford RFC from Northampton Saints, in a pre-season friendly last weekend. It was a fantastic game and went right to the wire, with a win for Bedford 31-33 in the final minutes.

Nick Martin, Principal



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# woodlands

pre-school

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[thewoodlands1@btconnect.com](mailto:thewoodlands1@btconnect.com)

or download a form from our website:  
[thewoodlandspreschool.co.uk](http://thewoodlandspreschool.co.uk)



We accept children from 2.5 years upwards.

The Woodlands Pre-school nestles in the grounds of All Saints Academy. We offer a secure, safe, happy and child friendly Pre School where everyone is welcome and included. We encourage children to take their first steps, maximising each individual child's abilities and talents within the Early Years Foundation Stage.

Ofsted Outstanding 2008 and 2016

## Clifton Boys' Breakfast Group

For the past few years this has been a successful endeavour for older men in the village, and surroundings of Clifton. We meet on the first and third Thursdays of each month at the Mount Pleasant Gold Club Bistro at Stondon. Many get there at 09.30 and enjoy a great breakfast, others turn up at 10am for coffee. Often we have attendees that have 800 years of experience, there is always much to chat about.



We haven't met for over a year now but hope that by September, this year, we will be able to resume meetings. As some members have gone onto pastures new we would welcome new members. Please contact Bob Smith - 01462812336 ([bob.smith@lineone.net](mailto:bob.smith@lineone.net)) in the first instance.

# **The Parish of All Saints, Clifton**

## **Annual Meetings via Zoom 18th April 2021**

### **ELECTION OF CHURCHWARDENS**

**18th day of April 2021 at 12 noon**

This meeting may be attended by:

- All persons whose names are entered on the church electoral roll of the parish and
- All persons resident in the parish whose names are entered on a register of local government electors by reason of such residence.

### **ANNUAL PAROCHIAL CHURCH MEETING (APCM)**

**18<sup>th</sup> day of April 2021 at 12.05pm**

For the election of Parochial representatives of the laity as follows:

- To the Parochial Church Council 3 representatives.
- For the appointment of the Independent Examiner or Auditor.

For the consideration of:

- A Report on changes in the Electoral Roll since the last annual parochial church meeting;
- An Annual Report of the proceedings of the parochial church council and the activities of the parish generally;
- The Financial Statements of the Council for the year ending on the 31st December immediately preceding the meeting, audited or independently examined;
- A Report on the fabric, goods and ornaments of the church or churches of the parish;
- A Report on the proceedings of the Deanery Synod
- and other matters of parochial or general Church interest.

Every lay person whose name is entered on the Church Electoral Roll of this parish (and no other person) is entitled to vote at the election of parochial representatives of the laity.



# How's your Lockdown?

- **A chance for self-improvement?**
- **A desert of nothingness?**
- **Regular work but more stressful and with all the extra curricular fun taken out?**

Have you baked banana bread? Did you sign up to Peloton? Learnt that second or third language yet? No .....me neither. Or are you just pleased when you get through the day without too many rows with your partner/kids/dog/zoom colleagues plus you've done the washing?



During February I picked the brains of the people joining me in my free classes on Facebook about what they were doing to **FEEL GOOD**. The results are below and I hope that this list of ideas may have one thing that you might find useful too. It is not a checklist. Think of it more as a brainstorm, a pick 'n mix, a buffet!

## **1. BBC radio**

The BBC have a good website and app for all the radio content that they broadcast. It means that you can access most radio recordings long after the event. You don't need to use the app if you don't feel confident as you can access the website on your smart phone or computer/ tablet/ ipad. Then you can play your station/programme/podcast of choice through your phone or computer/tablet/ipad.

The link is <https://www.bbc.co.uk/sounds>

Some programmes we found really interesting and distracting include:

- The Happiness Half Hour and the Daily Happiness Hack
- Fortunately with Fi and Jane
- You're Dead to me

## **2. Walking**

Yes, you knew I was going to say that didn't you?

It's a proven fact that exercising outside is both great for your physical health and your mental health. You can't have one without the other. Daylight and exercise is king when it comes to being motivated, but be sure to follow the current government guidelines.



**Getting out every day for a walk does you good. Full stop.**

### 3. Eating for health and happiness

Take time to plan your menus and eat varied food that not only nourishes your body but also your mood.

An easy way to reduce your alcohol intake is this simple mantra (which works for anything you should limit such as snack foods etc):

*"If I had it yesterday I don't have it today."*



### 4. Learn something

Have you tried Future Learn from the Open University? These are free online courses that include videos, quizzes and more. There are hundreds of topics including Forensic Psychology, Italian for beginners, Jane Austen: Myth & Reality, How to write your first song, Rome : A virtual tour and Demystifying Mindfulness. [www.futurelearn.com](http://www.futurelearn.com)



Or maybe you'd like to brush up or start learning a foreign language? The Duolingo App or website is excellent for this.

### 5. Relaxation and stillness

As a fidget this is my most challenging section!

Take 5-15 minutes every day to work on your mobility, flexibility and headspace. We hold a lot of stress and anxiety within our bodies and don't tend to address this. Try these...



- My 'Bitesize Pilates Extra' class (recorded or live on Fridays at 10.15am) is all about stretching and relaxing.
- Window Swap - a free website where you watch the world through someone else's window. Sounds weird? Try it. <https://window-swap.com>
- Mindfulness and meditation websites and apps such as Head Space. [www.headspace.com](http://www.headspace.com)
- BBC sounds –eg Deep Sleepscapes [BBC Sounds - Music. Radio. Podcasts](#)
- Craft hobbies like knitting, crochet and cross stitch.

### 6. Exercise

You don't need to look too far for this!

- [www.getfitwithtessa.com](http://www.getfitwithtessa.com) [www.facebook.com/GetFitWithTessa](https://www.facebook.com/GetFitWithTessa)
- Fabulous50s on YouTube
- Joe Wicks – He has lots and lots of workouts for the over 50s (it's pretty tough!)

## 7. Plan your day the night before

Write out an achievable to do list. Once you have done something on the list, tick it off. If you have done something that wasn't on the list, write it on the list then tick it off. These small wins highlight success and keep a positive mind-set.



## 8. Use the 15-minute rule

If you don't feel like exercising, pop on your trainers and give yourself 15 minutes on the run/circuit/walk. If after 15 minutes you decide you still don't want to exercise then fair enough...it rarely happens.

## 9. If you feel you'd like to lose some weight then reduce your calories and alcohol intake, create a routine

At the moment a lot of us are much less active than normal. That means we don't need as many calories. Of course, temptation is heightened and we all love our snacks, but try and stick to a similar eating pattern each day and stay in a routine. Just like you would in the office, or in your 'normal' working week.



## 10. Be kind to yourself and those around you.

I hope at least one of these ideas helps you. Have a good day and make time for yourself.

*Tessa*

*Get Fit With Tessa*

*On Facebook, Youtube and website.*

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# Neighbourhood Plan



**CLIFTON**  
NEIGHBOURHOOD  
PLAN

The following draft sections of the Clifton Neighbourhood Plan are now on our website. The views of Clifton residents are vital to the successful inspection and subsequent adoption of our Plan:

✓ Vision Statement	✓ Community and Leisure
✓ Housing	✓ Transport
✓ Business	✓ Green Infrastructure
✓ Heritage and Community	✓ Character Assessment
✓ Socio-Economic	

We are now reviewing all the previously completed sections and making improvements with the aim of starting our pre-submission consultation by May of this year.

This consultation will entail providing every home in Clifton with a small pack containing a summary of our Plan with a response form which can be returned to us hand written, emailed or completed on-line. We will be asking everyone to engage with this consultation and let us have their views and suggestions. We hope to be able to hold an open day, (dependant on restrictions in place at that time), when members of the Neighbourhood Plan steering Committee will be available to answer questions.

Finally, it is not possible to exaggerate how important it is for as many people as possible to look at our plan and make comments and suggestions. A Neighbourhood Plan has to be something the Neighbourhood, (In this case Clifton), gets behind. So, please, if you haven't yet looked at the draft Plan on our web-site yet, please do and let us know what you think.

Our web-site is [www.cliftonvillageplan.com](http://www.cliftonvillageplan.com)

or you can call us on 07711 687456.

Please email your thoughts to:

[talbot.mike@gmail.com](mailto:talbot.mike@gmail.com) or

[cliftonvillagenp@gmail.com](mailto:cliftonvillagenp@gmail.com)

**Thank you from your Neighbourhood Plan team!**

# Volunteering at Chicksands Vaccination Centre

It was a post on the Clifton Village Facebook page in early February that prompted me to apply to be a volunteer in the Covid 19 vaccination programme. A vaccination centre had been set up at Priory House; Central Beds Council Offices at Chicksands. Volunteers were needed as either Internal or External Marshals. Reading the job descriptions, it became pretty clear that an External Marshal was essentially a car park attendant – a job I thought that with a bit of training I could do. So I applied. The selection process can't have been that rigorous because my application was successful. After completing a number of online training sessions I was all set to start my first shift.

Shifts are 4 hours long and start by signing in and then taking a Lateral Flow Test unless you've already done one in the last couple of days. Whilst this is not the most pleasant of experiences, its also not that unpleasant and it's always a bit of a comfort to find out that I haven't got Covid – so far anyway. We then work in pairs directing incoming and outgoing traffic and allocating parking spaces to try and minimise the distance people have to walk as well as trying to avoid people queuing to get in to the centre and queuing inside. Working in pairs might seem a bit like over-staffing – but it means we always have support on hand and we can always go for a comfort break whenever we want.

The job has three prime aims – to help people be and feel safe at the centre, to make the whole vaccination process as efficient as possible and to make someone's visit a positive experience for them.



The volunteers are of various ages and backgrounds that range from pilots and cabin crew on furlough to the fully or partially retired like me. All seem to have the same motive for volunteering – a desire to contribute to what we all most sincerely hope might be a big part of the solution.

People coming for vaccination show the broadest range of emotions. Some are clearly really excited about it. Others are deeply anxious. But the really great thing about being a volunteer is that the vast majority of folk are so very appreciative of what you've done to help them that day, albeit that might only be that you've directed them to turn left here. Recently, in line with providing second vaccinations as well as firsts, the centre at Priory House moved from being open 8 hours a day to 12. That radically increases the number of shifts that need to be covered by the team of volunteers. So if you'd like to help please reach out to email [bedsccg.covid.workforce@nhs.net](mailto:bedsccg.covid.workforce@nhs.net).

Robin Welsford

# Spring is in the Air!

Now as days lengthen and sunrays strengthen, colourful blossoms unfurl and attract myriads of fascinating creatures. What will you discover in your garden this April? Here are a few to look out for:

**Orange-tip Butterflies** emerge to fuel up and lay their eggs on particular plants such as Garlic Mustard in the hedgerows, but also will use Honesty in the garden. Their caterpillars are cannibalistic so the females take care to lay only one tiny orange egg on each plant.



**Seven-spot Ladybirds** emerge from their winter quarters among Ivy leaves and other evergreens. These are well known as a gardener's friend as they and their larvae will help reduce the numbers of aphids that suck out the juices of our favourite plants. Not all Ladybirds are red with black spots; see if you can find any of the other 46 species that are found in the UK. Some are very tiny!! Others are very choosy about where they need to live!

**Bee-flies** dart among low-growing plants and hover while probing their very long tongues in search of nourishment deep inside Violets, Primroses and other flowers. The females drop their eggs into the entrance holes of Mining Bees; the hatching larvae will consume the food stores and the young of the Mining Bees. The Dark-edged Bee-fly is the one that you are most likely to see in your garden. But last year a second species, the Dotted Bee-fly, was seen in Bedfordshire in my Clifton garden!! This was a first record for the county. These records help to show how wildlife is moving across the country in response to changing weather patterns.



If you spot anything interesting or unusual in your garden, why not take some photos and send the records to the County Recorders, who may also help you with identification if needed? Details and further information can be found on the website of the Bedfordshire Natural History Society, a friendly group offering walks and talks on wildlife in the county and other places nearby : [www.bnhs.org.uk](http://www.bnhs.org.uk)

Betty Cooke

All photos by Betty from her Clifton garden.





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# Clifton Historical Newspaper Article 1919

## SAD FATALITY

On Monday shortly after noon an engine, threshing machine, elevator and chaff cutter left the farm premises of Mr Jesse Wilson and entered the village street close to the school and travelled towards the church. Several little boys got behind the elevator as they usually did on such occasions. They were warned off by one of the men in charge. In scampering out one little boy named Norman Earl fell and the wheels of the chaff cutter passed over him. He was taken to his home but death intervened before the home was reached.

An enquiry into the circumstances attending the death has been held. Constance Daniel said she was coming from the direction of Clifton Church and met a threshing machine. There were several boys running behind, and she heard a man on the engine say "Get away". Just then she saw deceased run to the footpath and fall. She went to him and picked him up thinking he had fainted but soon ascertained that he was hurt. She and a man carried him home. The engine driver was not aware that anything had happened and went on.

David Wale, one of the men in charge of the machinery, said he walked by the side of the machine for some distance to keep the children away. When he thought there was no further danger he got on the engine and went on to Henlow. He, however, looked back several times and shouted to boys to keep clear. He was not aware that anything had occurred until 2.30 on the same afternoon when a man came and asked if he knew they had run over a child at Clifton. He then came to Clifton to find out the true state of things.

Herbert Cooper a schoolboy aged 11 said that "he and other boys including the deceased ran behind the machines. There was a chaff cutter behind and when we were opposite Clifton House, the deceased ran and got between the elevator and the chaff cutter. The man was shouting from the engine for us to go away but the front wheel of the chaff cutter knocked him down and then went over him." The witness said he saw the deceased get up and run to the wall and fall face downwards.

Dr Parker said he examined the body and found ribs fractured as by a heavy vehicle having passed over the body. The lungs were punctured and the right collar bone was broken. The little boy was quite dead at the time.

The Coroner found that no blame was due to either driver or steersman and that it was a case of accidental death.

**Notes:**

- This is an accurate typed copy of a press article located by Ian Dilley.
- Jesse Wilson lived at Elms Farm, the farmhouse is still there but the farmyard was developed in 1985/86.
- Inquests were held very rapidly often on the same day as the death. They were usually held in a pub and in Clifton this was usually in The Admiral.



**Barry Livesey**

**Crime Statistics FEBRUARY 2021**

**ASSAULT WITHOUT INJURY – COMMON ASSAULT AND BATTERY**

07/02/2021 Broad Street



**Grade II Listed Building  
Clifton House**

Last month we had an article on this listed building which has been left to deteriorate; the owners should be served with an urgent repairs notice by Historic England or CBC. <https://historicengland.org.uk/advice/hpg/har/urgentworks/>



Last week a fire took out the roof, which had been repaired in relatively recent years; thanks to the Fire Service that damage was not worse. What a great tragedy that a lovely building with such a history linked to both the church and war time activities has been damaged in this way.



Lets hope Central Beds takes its responsibilities seriously and acts as above.

From the top: **Sad, Worse, Tragic**

## Clifton Planning Applications Update Central Beds Decisions to 14 March 2021



CB/21/00935/LDCP – 4 March 2021 – 204 Shefford Road SG17 5QS. Hip to gable loft conversion with rear dormer.

**Application Registered**

CB/21/00505/FULL – 1 March 2021 - Land off Broad Street SG17 5RR. Temporary construction vehicular access. **Consultation Period**

CB/21/00874/VOC – 1 March 2021 - Land adjacent to 34 Hitchin Lane SG17 5RS. Variation to Condition 1. **Consultation Period**

CB/21/00651/OUT – 17 February 2021 – Land to rear of 83/85 Broad Street SG17 5RJ. Demolition of rear outbuildings & erection of two single storey dwellings. **Consultation Period**

CB/21/00657/DOC – 17 February 2021 – Land adjacent to 34 Hitchin Lane. Discharge of Condition 7. **Application Registered**

CB/21/00600/LDCP – 12 February 2021 – 216 Shefford Road SG17 5QS. Front porch. **Granted**

CB/21/00535/DOC – 10 February 2021 – Land off Broad Street SG17 5RR. Discharge of Conditions 10 & 11. **Application Registered**

CB/21/00162/FULL – 27 January 2021 – 58 Broad Street SG17 5RL. Loft conversion to rear. **Consultation Period**

CB/21.00239/RM – 22 January 2021 – Land off Broad Street SG17. Reserved Matters; 80 dwellings including 35% affordable. **Awaiting Decision**

CB/21/00243/DOC – 22 January 2021 – Land off Broad Street SG17. Discharge of Condition 12. **Condition Released**

CB/20/04642/OUT – 5 January 2021- Land to rear of 210/228 Shefford Road SG17 5QS. Demolition of 210 Shefford Road and erection of 29 dwellings. **Awaiting Decision**

CB/20/04444/FULL – 8 December 2020 – 98 New Road SG217 5JJ. Conversion of existing stable to detached 3 bed dwelling. **Awaiting Decision**

CB/20/04362/FULL – 2 December 2020 – 204 Shefford Road SG17 5QS. Two storey side and rear extension, one storey rear extension, loft conversion, new double garage and new front wall with a new gate and new proposed access. **Granted**

CB/20/03726/DOC – 16 October 2020 – Clifton House SG17 5ET. Discharge of Conditions 6, 15, 17 from planning permission. **Consultation Period**

CB/20/03211/DOC – 10 September 2020 – Clifton House SG17 5ET. Discharge of Condition 4. **Application Withdrawn**

CB/20/01462&3/DOC – 6&5 May 2020 - ~The Grange SG17 5EW.  
Discharge of Condition 2 to Planning Permission CB/17/01630/FULL (Two storey and single storey extension to the house repair of barn store wall and conversion of space for inclusion in annex repair of collapsed roof to open barn/outbuilding). Discharge of Condition of Condition 3 from planning permission

CB/17/01631/LB (Listed Building, two storey and single storey extension to the house repair of barn store wall and conversion of space for inclusion of annex repair of collapsed roof to open barn/outbuilding). **Granted**

CB/20/00350/DOC – 4 Feb 2020 – Land adjacent to 34, Hitchin Lane.  
Discharge of conditions 2, 3, 4 and 5 against planning permission.

### **Application Registered**

CB/18/01518/OUT – 8 May 2018 – Land off New Road SG17 5JH. Proposed 25 dwellings **Awaiting Decision**

Bob Smith, Clifton Residents' Association

## **Biggleswade Sandy Lions Club (CIO)**



With the end of lockdown in sight we are planning for the future. As soon as details are available we will let you know. In the meantime we are continuing to provide our services to the community we serve.

Message in a Bottle is a very simple idea for anybody who is living at home and who may be vulnerable due to age or illness. It is a plastic canister approx 4" high and just over an inch in diameter which contains all the medical and next of kin details of the resident. It is suggested that this canister is kept in the fridge and there are labels to stick on the outside of the fridge door and the inside of the front door. The emergency services are aware of this scheme and will look for the canister if they have to call in an emergency which helps speed treatment.

Similarly Message in a Wallet covers much of the same information and is carried in a wallet or purse. This is a document the size of a credit card which contains your name, details of any medication, name of your doctor and of your next of kin. This is so important for anyone involved in an accident or who is unexpectedly taken ill in the street helping the emergency services to provide the right treatment quickly.



Our website at [bslions.org.uk](http://bslions.org.uk) gives details of where to obtain the bottles and wallets under Projects. This is currently being updated so do keep watch for any new outlets.

# Prevention is Better Than Cure

Many of us are looking forward to getting back to our physical activities, many of which have been on hold for months.

Months of inactivity, not doing your sport or hobby, all those online meetings, sitting in front of your devices, mean that you will be carrying tension in your muscles. They may have shortened and you may have lost flexibility, strength and stamina.

So with this in mind, here are a few top tips to help you prevent injury:

- You are not the same person you were when you last did this sport/activity - so take it easy and be kind to yourself.
- Don't expect to be able to do what you did, to the level you did, immediately when you start again.
- Now is the time to think about what you want to do... and what you are currently doing. What stretches and/or exercise can you start to do now in preparation?
- Start gently and build up slowly. Your fitness, stamina, strength and flexibility will return in time.
- If you are doing classes, online or in person, remember to listen to your body and not try and do exactly what the teacher is doing. Work to your own fitness level. Injuries occurs when we push our bodies more that they are able.
- Aches and pains are normal the first 24-48 hours after any physical activity. You will have been using muscles that have not been used!
- Make sure that your training/activities are balanced between strength, cardiovascular and stretching/rest. In fact you probably need to do more of the stretching, calming your breathing.
- Make sure that you have the right equipment for what you are doing, be this the correct footwear, clothing, equipment and tools.

If you already know that you have tightened muscles, restricted mobility or want a check-up to make sure that everything is working correctly, please do give us a call. We can advise on what stretches or exercise you should be considering.

As Key Healthcare Workers we are able to remain open. Looking after your health has never been more important than now so please be reassured that we will still be able to treat you. We have all the necessary safety precautions in place. More information is available on our website [www.SheffordOsteo.com](http://www.SheffordOsteo.com) or you are welcome to call us on 01462 811006.

# READING FRIENDS

## Bringing people together to read, chat and share stories

Reading Friends is a nationwide initiative that brings people together to read, share stories, meet new friends and have fun. It uses reading – whether books, magazines, newspapers, or anything else – to start everyone chatting.

At Shefford Library Reading Friends is offered over the phone to people who feel lonely or isolated or who miss coming into the library for a chat. Reading Friends receive a regular phone call to chat about books and reading. If you, or someone you know, are interested in joining our Reading Friends group please give us a call.

**Shefford Library**  
**Telephone: 0300 300 8067**





## **Resumption of services including Clifton**

**Monday 29<sup>th</sup> March** we will restart the following services in CLIFTON based on the current Government roadmap:

### **MONDAYS**

W3 – BIGGLESWADE - Campton-Gravenhurst-Shillington-Stondon-Meppershall – Clifton Park-Henlow

### **TUESDAYS**

W12S – HITCHIN – Campton-Gravenhurst-Barton Le Clay

### **FRIDAYS**

W7 – LETCHWORTH – Shefford-Clifton-Henlow-Arlesey

W5 - A1 RETAIL PARK (2<sup>nd</sup> & 4<sup>th</sup> Fridays of the Month)

Meppershall-Shefford-Clifton Park- Clifton-Henlow-Langford-Biggleswade

**Monday 12<sup>th</sup> April** we will restart the remaining services in CLIFTON:

### **WEDNESDAYS**

W2 – BEDFORD– Clifton Park–Meppershall-Stondon-Shillington–Gravenhurst

### **THURSDAYS**

WELWYN GARDEN CITY 1<sup>st</sup> Thursday of the Month :

W4 – Shefford- Clifton –Southill –Broom –Langford –Henlow -Stotfold.

ST NEOTS 2<sup>nd</sup> Thursday of the Month:

W9 - Shefford – Clifton – Henlow – Langford –Broom – Southill –Caldecote

W10 – Stondon – Clifton Park – Stotfold – Astwick

MILTON KEYNES 3<sup>rd</sup> Thursday of the Month:

W13 – Stanford – Southill – Broom – Langford – Henlow – Clifton – Shefford

### **EXCURSIONS**

The excursion programme will begin as of the 4<sup>th</sup> Thursday of July.

For any further clarification/information :

Call 0300-123-3023

e mail: [thewanderbus@gmail.com](mailto:thewanderbus@gmail.com)

# CLIFTON PARISH COUNCIL

## Clifton Community Centre

We are fortunate in Clifton to have a modern, spacious, well-equipped community centre with floodlit parking for 60 cars. For information on the facilities available, and to see just how easy and inexpensive it is to use this hall see:

[www.clifton-beds.co.uk/halls for hire/Community Centre](http://www.clifton-beds.co.uk/halls%20for%20hire/Community%20Centre)

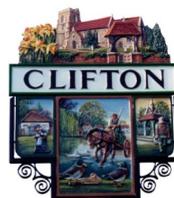
To check availability and make a booking, please contact:

[parish-council@clifton-beds.co.uk](mailto:parish-council@clifton-beds.co.uk)

**Kerri Kilby 07547 129038** or

**Bob Anderson on 07546 239784**

Booking forms and conditions of hire can be downloaded from the website.



## Providence Baptist Church – Clifton

### Sunday Services

\*10.30 a.m. and 6.00 p.m. A warm welcome is assured to all. Communion is held during the 6.00 p.m. service on the 3<sup>rd</sup> Sunday in the month.

\*The 10.30 a.m. Sunday morning service will continue to be held at the Community Centre, Whiston Crescent, Clifton.

### Mondays (term time)

Mums & Tots 10 a.m. – 11.30 a.m. at the Church

Explorers 5.30 p.m. to 6.30 p.m. (for Reception to Year 4) at Church

### Thursdays (term time)

Coffeepot 11.30am - 1pm at the Church

### Fridays (term time)

Mums & Tots 10 a.m. – 11.30 a.m. at the Church

Website: [www.cliftonpbchurch.org.uk](http://www.cliftonpbchurch.org.uk)

Contact: [cliftonpbchurch@gmail.com](mailto:cliftonpbchurch@gmail.com)

# ***ABOUT OUR FRIENDS***



## **St Francis of Assisi, Roman Catholic Church, Shefford**

<b>Father</b>	Canon Bennie Noonan	813436
Deacon	Rev Peter Hyde	711702
Parish Secretary	Rose Boulton	811547

### **Sunday Services**

St Francis                      9.00 am    5.15 pm

### **Saturday Service**

St Francis                      11.00 am

## **Shefford Methodist Church**

**Minister:**                      Revd Lorna Valentine    813284

**Bookings:**                      Chris & Peter                      815069

### **Sunday Service**

9.30 am Worship for all, plus Junior Church, crèche facilities & refreshments afterwards.

Other activities see the notice-board & [www.sheffordmethodist.org.uk](http://www.sheffordmethodist.org.uk)

## **Salvation Army, Stotfold**

Captain Nicola Brooksbank                      01462-731072

**Sunday Services:**    10.30 am,                      6.00 pm

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Letters indicate the pages on the yellow sheets

Local Businesses support the Chronicles, please support them

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K5, K6	Courtland Services Partnership
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D3	Home Comforts Pet Services
F4	I R Quince, Stoneworks
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C1	Nails at Home
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C6	Neville Funeral Service
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C3	Peter H Wright Plumbing & Heating
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A3	Shefford Dental Surgery
D4	SJ Tax Accountant
B2	Stefan Baltruschat
G5, G6	Stephen Hing
F5	Stephen Nott
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D2	The Carpet Cleaner
H3, H4	The Shefford Garage
B3	The White Rooms
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A1, A2	WH Peacock Café

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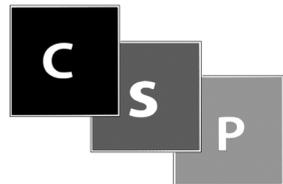
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