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The Clifton Chronicles

August 2022

The **Clifton Chronicles** is published 11 times a year and distributed to each of the 1650 houses in Clifton. We are the longest continuously running village magazine in Bedfordshire (possibly in the country). The Chronicles is produced and distributed entirely by a friendly team of over 40 volunteers. If you want to help with this amazing local enterprise please get in touch or if you have any suggestions we would also like to hear from you. Our revenue comes primarily from: local businesses who advertise, donations from local clubs and societies who regularly contribute and grants from Parish Council and All Saints Church.

All contributions and information from clubs, societies and general community interest items are welcome, the editor reserves the right to make decisions on content. Please e-mail contributions to: chronicles@clifton-beds.co.uk

As always the Chronicles is available on line: www.clifton-beds.co.uk

Kathy Blackmore, Editor

Next edition: **September 2022**

copy BEFORE: **15th August**

Email: chronicles@clifton-beds.co.uk

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Who's Who in Clifton p1

All Saints' Church	Rector	Revd Caren Topley , 8 Rectory Close, Clifton. rector4clifton@gmail.com	01462 615499
	Churchwardens	Pat Wisby , 51 Pedley Lane	816451
	Readers	Robin Welsford , 13 Pedley Lane Ruth Gray , 21 Fairground Way	811303 812820
	Organist & Choirmaster	Peter Maundrell , 24 Heron Close, Biggleswade	01767 314621
	PCC Treasurer	Philip Dawes , 58 Church Street	816074
	PCC Secretary	Pat Wisby , 51 Pedley Lane	816451
	Church Hall Bookings	Ruth and Kevin Gray 21 Fairground Way	812820
	Bell-ringing Cpt	Philippa Whittington 27 Purcell Way, Shefford	851816
	Mothers' Union	Betsy Gray , 18 Hitchin Lane, Clifton	629690
	Messy Church	Suzanne Stapleton , 811929; Ruth Gray 812820	

All Saints' Academy	Head-teacher	Miss Rebecca Byrne	628444
	School Governors	Chair: Philippa Whittington Vice-chairs: Jean Peacock Carol Weller	851816 812514 07557 949488
	School Bookings	School Office	628444
	PTA	Email: cliftonallsaintspta@gmail.com	

Elected Representatives	Parish Council Chairman	Steve Langton , 45 Church Street	07721 885672
	Clerk (Community Centre bookings)	Kerri Kilby parish.council@clifton-beds.co.uk	07547 129038
	MP	Nadine Dorries , nadine.dorries.mp@parliament.uk	
	Councillors Henlow, Arlesey, Henlow Camp & Stondon	Richard Wenham , 2 Jordan Close, Henlow SG16 6PH, Ian Dalgarno , 172 High Street, Arlesey SG15 6TB,	0300300 8563 735510

Who's Who in Clifton p2

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

Other village organisations	Biggleswade Gardening Club	Mr A Gray www.biggleswade.gardenclub.care4free.net	01767 221428
	Brownies	Email: firstcliftonbrownies@outlook.com www.girlguiding.org.uk	
	Clifton Good Neighbours		07817 614654
	Cricket Club	Chairman: Rob Davidson Email: cliftonbedscc@gmail.com V-Chair: Josh Scandrett : 07805 427129	07376 490434
	Friends All Saints Church	Keith Pledger , 2 Chapel Close k.pledger@ntlworld.com	629020
	Football Club	Jason Shacklock	816881
	Guides	www.girlguiding.org.uk	
	HATS Drama Group	Pete Winfield	07971 962411
	Langford Tennis Club	www.langfordtennisclub.org.uk Contact: Paul Metcalfe	700991
	Police Contact	The snr community officer: PS Adam Sugden, Based in Biggleswade	01234 842531
	Providence Baptist Church	cliftonpbchurch@gmail.com	
	Rainbows	girlguiding.org.uk	
	Residents Association	Bob Smith , Secretary 30 New Road	812336
	Scouts (All ages)	gsl@henlowcliftonscoutgroup.co.uk	
	Toddlers	clifontoddlers@gmail.com	
WI	Linda Patch	814517	
Woodlands	Pre-School, Breakfast & After School Clubs www.thewoodlandspreschool.co.uk thewoodlands1@btconnect.com	811486	

Dear Friends,

The holiday season, should be in full swing now. We all need a break.

Now, I wonder when you last had a Mars bar.

During my study leave, I reflected about work-life balance - work and rest - I had a sudden flashback to the old television adverts for Mars: 'A Mars a day helps you work, rest and play'.



We all need work, rest and play and getting the balance right is important for our physical and mental health.

And what about our spiritual wellbeing? How often do we wonder if we are achieving the right balance there, or ignoring our spiritual needs completely.

Jesus knew how to withdraw often and find space and time to 'just be', to connect with God and to pray. He knew the importance of getting the balance right and in doing so was better equipped and able to be there for others to help them to achieve inner peace and rest. He said:

"Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Matthew 11:28-30



This August, why not re-evaluate your 'work, rest and pray' balance and see if any adjustments need to be made. Jesus is waiting to hear from you.

Every blessing, Revd Caren

Churchyard Working Parties

This year we are trying a new approach! We are going to have regular Working Parties on the morning of the second Saturday of each month between March and October. Next one:



Saturday 10th September
9:30 am - 12:30 pm



All Saints' Church Clifton Services

Sundays:

11.00 am Parish Communion 1st, 3rd
Family Communion, 2nd
Morning Prayer, 4th



10.30 am Messy Church 4th Sunday (Church Hall)

6.30 pm Evensong, 3rd Sunday

10.00 am Benefice Service 5th Sunday at Clifton, Haynes or Southill
(see website for details)

Mondays:

Toddler Church, 2nd and 4th, 2.00 pm

Wednesdays:

10.00 am Holy Communion

For details of church services see: <https://www.clifton-beds.co.uk/>

CLIFTON GOOD NEIGHBOUR SCHEME

A Clarion Call Is:

"A strongly expressed demand or request" according to the Oxford dictionary. A bit OTT for this purpose but the Good Neighbour Scheme is still looking actively to recruit more volunteers especially drivers.

Although our last recruitment drive secured a couple of new drivers and 'phone holders we are in need of more local volunteers willing to take local folk to hospital and doctors appointments, visit loved ones in care homes and a mixed bag of other requests.

Volunteering can be extremely rewarding and satisfying particularly so when you are helping those from your own community. If you think you'd like to help or maybe just enquiring about what's involved then please ring the number below and leave your details and we will get back to you.

Whilst on the subject of "repeats" if you know of anyone that might benefit from some company and looking to brighten up their day do encourage to come along to the tea & chat afternoons. There is a lot of laughs. Details of the next dates are below.

If you are interested in volunteering or if you need our help just call.....

07817 614654

..... and one of our co-ordinators will do their best to help

Tea & Chat Wednesdays

Church Hall 2.00—4.00

- * 10th August
- * 24th August
- * 14th September



On 2nd and 4th Wednesdays each month

For help with transport ring: **07817 614654**

The Spirit of Community

A Golden Thread



Ltfnoic

What immediately comes to mind when you see this “word”? Well, nothing of course, it’s just a meaningless collection of letters. Let us re-arrange them into something more familiar. Ah, Clifton. Of course! With that one word your mind fills with memories, images of people, friends, places, things you have done and, quite possibly, plans you are making. Clifton is not simply a place to live, to bring up a family or to make and cherish friends. It isn’t just a collection of buildings, gardens and fields. It is a community.

The spirit of a community cannot be measured. You cannot hold it in your hand nor see it, but you know when it is there. Like the random placing of those letters, community spirit has no meaning without help, and enthusiasm. The spirit of Clifton is strong. The very fact you are reading this, in a community magazine produced and delivered each month by volunteers, is but one example.

Just a few short weeks ago Clifton enjoyed a fabulous Jubilee weekend, organised by villagers prepared to give up time, energy and expertise for no reward other than seeing neighbours, who they may have never met, have a truly memorable four days. Compare and contrast with other villages...

It was hardly the first such event held in our village. Street parties have been held in Clifton for hundreds of years. Always organised by the community – and always the more rewarding for being so. Since the dawn of this millennium the Golden Jubilee, the Diamond Jubilee and the “Big” birthday celebrations have all been planned and enjoyed by villagers, each one providing a legacy for the next. From time to time the baton has been handed to the next generation, who invariably bring with them the enthusiasm and energy of youth.

This is the golden thread which runs through our village. Unseen, oft unremarked upon, it links the past with the present and the present with the future. It connects the young with the old. It is respect for others and experiences shared. It is taking pride in the village and offering help where needed .

It is nurtured by residents who decide to create and run a scheme to care for the vulnerable and those in need. It is the village responding to the ideas of creating street WhatsApp groups or the Adopt a Clifton Pathway litter picking scheme. It is planting trees and summer flowers to

provide colour and joy, with benches to rest upon and watch as the world passes by.

It is coming together at the War Memorial, on the site of the old village well, to remember those who left Clifton to defend their country, never to return. They walked where we walk, they loved as we love and hoped as we hope. Their spirit is now our spirit. For today.

The Spirit of Clifton

(This photograph is from 1922 when the memorial was rededicated)



Poppy Appeal 2022

We will be selling poppies again this year outside Tesco express store on Shefford road. We will be there on the 2 weekends leading up to Remembrance Sunday, so please come along and purchase your poppy from us.



ROYAL BRITISH LEGION



If anyone could spare an hour to help with selling the poppies please can you contact me on 01462 632754.

Thank you, Denise Panton

DEFIBRILLATOR TRAINING

Dear Fellow Residents,

- ? Do you know how to use a defibrillator?
- ? Would you like to know more?

Clifton Residents' Association has arranged a training evening with Saint John's Ambulance Brigade where you will be able to learn more about how a defibrillator works. Training will take place:

Clifton Community Centre
Friday 16th September, 7.30 pm

If you are interested in attending please contact:
Margaret Ambridge: 01462 812754.



WORKING TOGETHER FOR THE COMMUNITY OF CLIFTON



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Clifton Walking Group



The Clifton Walking Group is a friendly bunch of local people who like to walk in the local area and chat along the way. We go out most days for about an hour, and once a month do a longer route of about 6 to 8 miles. We also arrange social events over the year which has been rather limited of late, but as restrictions are lifted we will organise more of these.

If anyone is interested in joining us please contact Suzanne on:
ionsuzanne@gmail.com or 07933 709006

Toddler Church

New Day from September

MONDAYS 2pm-3pm

12th and 26th September



Numbers are limited, please book with Revd Caren on 078851 76079

Messy Church,

No Messy Church in August next date:

25th September

Church Hall, 10:30 am



- ✓ Craft activities for all the family
- ✓ Stories and songs
- ✓ Hot lunch
- ✓ No fixed cost- donations welcome
- ✓ No need to book

Come and join the fun!

Always on 4th Sunday of the month



Samuel Whitbread Academy

OPPORTUNITY • ACHIEVEMENT • EXCELLENCE

At the end of the Summer term, there are a multitude of activities and events taking place. We have finished all GCSE, BTEC and A Level exams, which ran exceedingly well. I want to personally congratulate all of our students on their attitude, commitment and resilience.

We received the exciting news this term that we have been awarded the Eco-Schools Green Flag Award, which celebrates the ecological achievements of young people and the next generation of innovative, inspirational environmentalists who are actively engaged in protecting our planet.



Our fabulous Summer Arts Festival returned after a two year break. It is one of the highlights of the year and includes choirs, bands, drama, art, textiles, percussion, brass, wind and dance performances. This year we also had fantastic performing arts contributions from Shefford Lower School, Pix Brook Academy and Etonbury Academy. It was great to see the students on our stages doing what they love and performing live to family and friends. We had yet more DofE expeditions camping, cooking and walking in the sunshine and sometimes pouring rain. I'd like to thank all of Mrs Mason's team, who give up their free time to support our students in achieving this fantastic award.

Our annual Pride Week event took place organised by students with the support of Miss Yadav and Mr Unite. It included cake sales, sports events, information stands and a rainbow non-uniform day to help raise funds for the following three Pride charities: Sparkel, Mindout and Outside Project. It was a successful week and grows every year.



The Royal Navy were recently on site working with our food technology students and department. They discussed how they cater for hundreds, if not thousands, of sailors at sea on battleships, aircraft carriers and submarines. The students were totally enthralled by what they heard and how the chefs manage to cook for everyone, during a force 9 gale or whilst on manoeuvres.

At the end of term we held the Year 8 transition week where students and parents attended the academy to meet their new tutor, measure

themselves for uniform and listen to presentations about SWA from myself, their new head of year Miss Priano, Mr Butler and our two head students. Year 8 pupils have experienced a number of taster sessions, had an assembly, sampled our canteen food and met staff whilst touring the school site. It was great to have students and parents back on site, after two years of online events. Following this it was the turn of the Sixth Form, with students attending the Sixth Form Induction Day.

Nick Martin, Principal

Clifton Jubilee Celebration Video

In preparation for the Queen's Platinum Jubilee, the staff and students of Samuel Whitbread Academy and Henlow Church of England Academy, came together to produce a video commemorating Her Majesty, Queen Elizabeth II.



The video centred around what staff and students, most admired about the Queen; as a way of reflecting on some of her achievements, throughout her time as Monarch. Volunteers from each school were interviewed and asked to recall their admiration for Her Majesty; and whilst they spoke directly to camera, archival footage dating back to 1952, was interwoven. Some of the archival footage included Her Majesty's Accession to the Throne, global Royal Tours and moments with The Late Duke of Edinburgh and their children.

Many of the contributors discussed lesser-known facts about Her Majesty, including her role as a mechanic during the Second World War; and her fluency in French. We hope that this video may have illuminated more about Her Majesty and contributed to the prosperity, shared by the local community.

You can find the video on the Clifton website www.clifton-beds.co.uk or by using this QR code:



BNHS display in Clifton Churchyard



On Saturday 4th June Bedfordshire Natural History Society (BNHS) were pleased to have a stand for the village Platinum Jubilee celebrations. Thankfully the gazebo, kindly erected by Peter Topley, shielded us from the morning showers. Situated near the church entrance we had a steady stream of curious visitors enquiring about the Society and our exhibits. Peter, who is the county recorder for Molluscs, set up a fascinating display of snail shells with accompanying quiz, and even had some huge live land snails in a tank, which attracted much interest with varying degrees of appreciation! Other exhibits included antlers and skulls from commonly occurring UK mammals.

BNHS was formed in 1946 and its main function is to record the fauna and flora of the county. Please take a look at our website: www.bnhs.org.uk for further information on how you can help by sending in records of the wildlife that you see in your gardens or out and about in the countryside. The more information that we have on the current state of wildlife the better we can help to protect what we have left! Thank you.



Betty Cooke

Jubilee Messy Church



Out on the community field the All Saints Church Messy Church team created a lovely lot of Jubilee themed activities for families to do together.

Did you know that the word 'Jubilee' originates from the Book of Leviticus in the Old Testament? Well you do now! The idea of a Jubilee began in biblical times when God instructed Moses that every 50th year was to be a time of celebration, rejoicing and rest – rest for the land which was heavily farmed and rest for the people who were very tired. From this we can learn that God thinks rest is important and he doesn't want his people to work all the time.

Each child had an activity booklet so that they could get it stamped when they had completed each of the 6 activities: Jubilee plate making, grow a tree, make some edible crown jewels, make a ten gun salute, create some prayer bunting and colour the Union Jack flag! Lots of fun was had by all.

A big thank you to all the Messy Church activity leaders – Linda Dawes, Robin Welsford, Jane Cooper, Suzanne Stapleton, Sue Welsford and Ruth Gray who manned the Messy Church tent all day!

Clifton Village Events

A proud history of community coming together & celebrating

How do we keep doing it?

One or two people get the idea that Clifton should mark a significant national occasion, they gather an assortment of people from across different groups in the community and together they decide to go for it! Simple really. An overriding principle of all the events organised since the Millennium has been to have entertainment and rides for children free at point of delivery. This aspiration is not achieved without great effort and planning and the wish to achieve this could be a barrier to ever getting started, but, for Clifton, it has not been.

As the dawn of the new millennium approached Clifton stirred itself into thinking how we would mark this once in a lifetime event. We successfully applied for Lottery Funding and received a grant from the Parish Council as well as monetary gifts from the Clifton Hundred Festival, Clifton Fun Run and Clifton Preservation Society. The hugely successful and enjoyable Clifton Midsummer Millennium 3-day event was organised with Clifton children being presented with a (free) commemorative spoon. One of the most important things of note is that a Legacy Fund was created from surplus funds at the end, and this has enabled a series of organising committees over the years to start the ball rolling secure in the knowledge that there was money ready and waiting in the bank. It should also be stressed that the Parish Council has also given grants to each of the following events:



- ★ Golden Jubilee 2002
- ★ Diamond Jubilee 2012
- ★ Queen's Big Birthday 2016
- ★ Queens Platinum Jubilee 2022



In all these events Clifton has come together and shared the spirit of community. We are lucky to have so many talented people in our village who are willing to give their time and considerable energy to organising an event, building on past successes and looking to put their own mark on them.

The village also celebrated at the Boats and Bobbins Fund Raising

Continued overleaf

Event for victims of the Christmas tsunami in 2005 and The Year of the Child 2009 which were equally successful although not commemorating national events.

Although no big events were organised during the pandemic Clifton excelled at Clapping for Carers, the VE Day Celebrations. In addition The Light Up Clifton event and the massively successful Scarecrow Festival, have become regular features of our village calendar. There are lots of pictures of some of these events do have a look, you might even see yourself on there :

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

We have demonstrated over decades that we have a great spirit of community and talent within our village. Well done Clifton, we look forward to the next big event and the smaller regular ones too.

Kathy Blackmore



Clifton Cricket Club Charity Cream Teas



In aid of Sarcoma UK and
The Road Victims Trust



Saturday 13 August 2022, 2 pm - 5 pm

Claybridge Ground, Stanford Lane
Plain or fruit scone, Strawberry jam
Rodda's clotted cream

£5 ph

Farm Run

Clifton Bury Farm

Saturday 15 October

Entry forms on-line & from Baxters

5k & 3k routes

Off-road (tracks/grass)

Start Times: 5k—12.00 / 3k - 12.05

£10 adult / £5 junior / £25 family ticket

Refreshments available

Entry forms and rules see website:

www.clifton-beds.co.uk

Email: farmrun2022@clifton-beds.co.uk

Profits: Clifton All Saints' Church & All Saints' PTA





Clifton Neighbourhood Plan

Work is still continuing on your Neighbourhood Plan. Although it is mostly complete, there are still some things we need to review to ensure the Plan is as robust as possible.

One of these strands is the “Call For Sites”. In 2020 we issued our first call for sites. If you submitted a response please accept our thanks. All submissions were examined and formed part of our Regulation 14 consultation process. A “Call For Sites” is a way of finding out what plans people have for the land they own. It does not confer any advantage or disadvantage to their plans. It does however help us to ensure any housing or business developments planned are in accordance with what the village actually requires and they are built where we need them. If you are a landowner and have not received our recent “Call For Sites”, please get in touch with us, particularly if you have plans to apply for planning permission in the next ten to fifteen years. Similarly, it is equally important to let us know if you have a small plot of land on which you may apply to build one or two houses in the future.

In response to the Regulation 14 Consultation some landowners put forward sites that had not previously been considered. Comments from Central Bedfordshire Council and others has led us to the decision that the Neighbourhood Plan should not just indicate a preferred site for housing in Clifton, but formally allocate a housing site or sites.

Accordingly, if you previously made a submission, please either confirm by email that your previous submission remains unchanged or provide an updated submission. Should you wish to update your previous submission, or did not submit a response, but now wish to, please get in touch.

We very much regret the unanticipated delay, but there are always bumps along the road and hope you share our desire to make our Clifton Neighbourhood Plan as relevant and useful as possible.

Please get in touch with us if you require any additional information.

Clifton Neighbourhood Plan Steering Committee

Tel. 07711 687456 Email planforclifton@gmail.com



woodlands

pre-school

We hope the children are having a lovely time on their school holidays.

At the end of the term, we held our sports day, and whilst it was a warm one, all the children did so well and it was nice to finally hold a sports day after so many years of absence, due to covid.

Our leaver children had a lovely "Tea Party" which their parents were invited to. We had tea, cake and squash. We did some singing and signing before holding our Graduation Ceremony, the children enjoyed having their photos taken in a mortar board and gown and they all looked fabulous. We would like to wish them all well, in the next chapter of their education and we will miss them all dearly.

We return to school on 7th September for the new Autumn Term. We currently have spaces available if your child is over 2 years 6 months, please drop us an email at thewoodlands1@btconnect.com if you are interested in your child starting in September or anytime throughout this new academic year.

We hope you continue to enjoy the summer holidays, stay safe, but most of all have lots of fun.

GOLDEN LION GOLF SOCIETY

Our June competition was played at **Cainhoe Wood Golf Club** (formally Beadlow Manor) for the **Foxberry Trophy**. The weather was warm and sunny, very pleasant playing conditions. The course was in good condition. Our winners were:

1 st with 37 pts	Roger Manning
2 nd with 35 pts OCB	Colin Paine
3 rd with 35 pts OCB	Jas Parmar

Nearest the Pin – Les Small
Longest Drive – Paul Williams



Our next competition will be played at Bedford & County GC on Tuesday, July 19th 2022.

If you are interested in joining us, please contact, **Harvey Price** on **01462 812781** or **John Wall** on **01462 814097**

Clifton Planning Applications Update Central Beds Decisions to 12th July 2022



CB/22/02264/FULL – 5th July 2022 – Clifton Park Homes SG17 5JJ. Completion of 29 units and creation of new community hub and shop. **Consultation Period**

CB/22/02482/FULL – 17th June 2022 – Clifton House SG17 5ET. Removal of rear wall and part roof. **Application Registered**

CB/22/02411/FULL 14th June 2022 – 24, Whiston Crescent SG17 5HY. Two storey side extension with front dormer. **Consultation Period.**

CB/22/02161/FULL 9th June 2022 – 18, Alexander Close SG17 5RB. Rear single storey extension and new front bay window. **Consultation Period**

CB/22/02194/FULL - 31 May 2022 – 17 Broad Street SG17 5RJ. An infill extension at the rear at first floor level. **Consultation Period**

CB/22/01488/FULL – 18 May 2022 – land north of Stockbridge Road. Erection of 16 swellings with new access off Stockbridge Road. **Consultation Period**

CB/22/01825/FULL – 17 May 2022 – 21 Legate Place SG17 5GU. Conversion of existing double car port, to home office and store. **Granted**

CB/22/00922/FULL – 3 May 2022 – 43 Church Street SG17 5ET. Demolition of chimney stack and rebuild using original bricks. **Granted**

CB/22/01329/FULL - 20th April 2022 – 45, Stockbridge Road SG17 5HA. Remove conservatory, replace with 2 storey rear extension and extension to front hallway. **Granted**

CB/22/01322/FULL - 12th April – 27, New Road SG17 5JH. New single dwelling. **Awaiting Decision**

CB/22/01463/FULL - 7th April – Land rear of 109, Broad Street SG17 5RP. Erection of 1 no. 3 bed house and erection of 2 nos. 2 bed bungalows. **Refused**

CB/21/04590/FULL – 26 October 2021 – 84 Broad Street SG17 5RP. Part single and part two storey rear extension. **Awaiting Decision**

CB/21/03664/FULL – 9 August 2021 – 3a & 3b Earle Close. Retention of 2 nos attached dwellings previously as home offices. **Appeal**

CB/21/03048/FULL – 30 June 2021 – Land between Glenmore and The Dairy, New Road SG17 5JL. **Awaiting Decision**

Tony Hyde – Clifton Residents' Association

Clifton All Saints Academy ..

.. are looking for a Clerk to the Trustees



I am sure this heading will cause some confusion so to explain: the Governors at Clifton All Saints are now called Trustees. This has not changed our role but is to follow the guidelines of the latest Academy Handbook.

We have a vacancy for a part-time clerk to Trustees to work on a term-time only basis covering up to 10 meetings per year in the evening. Clerks are required to attend Trustee meetings and all other work can be completed from home.

Duties of the Clerk to Trustees are likely to include:

- attending Trustee meetings and producing accurate, succinct minutes and an action log for each meeting
- building relationships with the Chair of Governors and Headteacher and meeting with them prior to each meeting to agree an agenda
- collating and distributing meeting papers using an online portal within agreed timescales
- supporting the governing board to comply with relevant legislation and procedures
- keeping meticulous and accurate records

Training is available for this role. If you are interested or would like more information, please contact the Chair of Trustees, Philippa Whittington on chair@cliftonallsaintsacademy.co.uk

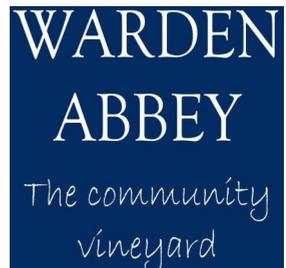
Open Day & Wine Sale Warden Abbey Vineyard

Sunday 11th September 11- 4pm

Wine tasting, local food and other stalls, Petting Farm, BBQ and refreshments. For more information and directions see:

www.wardenvineyard.org.uk

Entry: Adults £4 in advance online, £5 on day.
Children under 16 free. Tours £5.



Osteoarthritis: Helping Yourself Without Surgery



It is a common misconception that osteoarthritis (or just "arthritis") is something that you just have to live with. Sometimes surgery is necessary in the late stage, but some joints cannot be replaced, and if you don't have to suffer through to that point at all, why would you? Arthritis is common in the hip, knee, spine, and hands. Neck arthritis can be associated with headaches and is rarely treated with surgery.

Arthritis is a condition of the cartilage and bone of a joint. These are both living tissues, and like any other tissues, they can be supported to become healthier.

Treating Arthritic Pain

The good news is that osteopaths are qualified to help with arthritic pain, especially osteoarthritis of the hip and knee. We can start to regain the lost movement in your arthritic joints, providing you with exercises to keep it going between sessions. When a joint becomes arthritic, the body tries to protect itself from pain. It tightens the muscles around the joint to stop it from moving into a painful position. Although in the short term this might make things more comfortable, in the long term it plays into poor fluid and joint health.

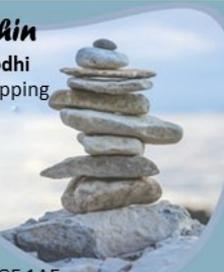
Your osteopath assesses your body as a whole, looking for related factors in your pain. They may work to release the tight muscles as well as improving joint movement. A combination of massage techniques and repetitive movement for the joint is a typical approach. Any exercises you are given will be tailored just for you, with scope to adapt them as your symptoms change.

Waiting lists for surgery are at an all time high. Whether your aim is to stay as comfortable as possible until your surgery, or to prevent new instances of arthritis elsewhere, we can help.

This article was written by Freya Gilmore M.Ost, an osteopath with a special interest in osteoarthritis and part of our clinic team.

If you suffer with arthritic pain, contact us at Sheffield Osteopathic Clinic to alleviate pain and increase mobility fast. Visit www.SheffieldOsteo.com or call us on 01462 811006.

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Clifton WI



On the 6th July we welcomed over 30 Members and three visitors to watch a Flower Arranging Demonstration. This was done by Janice Daniels and was in fact her "Swan Song". Janice made two different arrangements one with fresh flowers and herbs and one using beautiful silk flowers. These were kindly donated to the raffle along with the surplus flowers. Many thanks Janice and much appreciated by all our Friends and Members. We wish you well and look forward to seeing you soon.



Our August Meeting will be our annual barbecue, to be held in the Evening of 3rd August from 7 p.m. at Clifton Cricket Club. Drinks are by **Card only** and please bring along a plate, knife, fork and spoon. We will be holding a quiz and raffle with buffet and dessert. We look forward to seeing you there.

September, we have Canine Partners who train dogs to give Support to the Disabled. Put it in your Diary for the 7th September, 2-4 p.m. in the Community Centre, tea ladies are Mary Morgan, Pat Thorogood and Susie Welch. Visitors welcome.

Lesley Burton, 231657

BIGGLESWADE SANDY LIONS CLUB (CIO)



The Lions year runs from 1st July one year until 30th June the next year. The new officers take over on 1st July and, as is customary, we had a "hand over" event to mark the occasion. This year was slightly strange in that due to the events of the last two years the officers have agreed to stay in place for a further year but this did not stop us enjoying a garden party at our President's home. Heaven forbids that we should forget to enjoy ourselves whenever we can.

We have been involved in the furnishing of a house in Potton for refugees from Ukraine. This has taken up quite a large amount of time by two members of the committee. It is good that we are able to support this type of project. Also, this month we have been involved in the distribution of more books to schools and look forward to this continuing for some time to come. On the last day of the Lions Year, 30th June, we were able to entertain a group to a trip and a cream tea on the Great Ouse.

To be able to do this work we need funds, and our Fund Raising Committee has been busy during July. Hopefully you will have seen us

at Langford Community Fete and Gothic Mede School Fete in Arlesey. In September we will again be at the Gamlingay Show on 17th September. Christmas is not that far away despite the high temperatures we are currently experiencing, and we are planning events for later in the year.



Can you help us please? We need used mugs which are clean and not chipped or cracked for one of our stalls. Whilst we have a good supply we can use more. If you can help. Please contact us on 01462 814693 or 0345 833 9749 and we will arrange to collect them.

Crime Statistics for May & June 2022

BURGLARY – BUSINESS/COMMUNITY

06/05/2022 Broad Street
10/05/2022 Broad Street

THEFT FROM A MOTOR VEHICLE

09/05/2022 Kits Close
22/06/2022 Knolls Way
26/06/2022 Bilberry Road
30/06/2022 Haycock Gardens

PUBLIC FEAR ALARM OR DISTRESS

10/05/2022 The Joint
17/05/2022 Whiston Crescent

OTHER THEFT

13/05/2022 Broad Street
24/06/2022 Church Street

ASSAULT WITH INJURY

01/06/2022 Broad Street

ASSAULT WITHOUT INJURY

16/05/2022 Broad Street
29/05/2022 Broad Street
29/05/2022 Broad Street

CRIMINAL DAMAGE TO A VEHICLE

16/05/2022 Bilberry Road

HARASSMENT

17/05/2022 Undisclosed
18/06/2022 Undisclosed



Continued opposite

STALKING

20/05/2022 Undisclosed

MALICIOUS COMMUNICATIONS

24/05/2022 Undisclosed

07/06/2022 Undisclosed

OTHER CRIMINAL DAMAGE

08/06/2022 Pedley Lane

THEFT IN A DWELLING OTHER AUTO MACH

14/06/2022 Broad Street

STATE OR PUBLIC ORDER

24/06/2022 Broad Street

THREATS TO KILL

24/06/2022 Legate Place

THEFT OR UNAUTH TAKING OF A PEDAL CYCLE

25/06/2022 Shefford Road



HATS Drama Group

Following HATS latest show we very kindly received this review by a member of our audience. Thanks to Richard Ellis for taking the time to write it:



'The Allotment Plot (by local author, Emma Northcott) has just had a highly successful run at Meppershall Village Hall which was well attended. The performances, on a well-made set, were good, playing out an interesting story that the audience, in teams with herb names, had to unravel and find the murderer, method and motive. Alongside this was a quiz with questions about real life murder related events to answer. The evening was well constructed and there was an air of fun in the auditorium.

An excellent ploughman's lunch was served in the interval with delicious French sticks donated, very generously, by Roger's Bakery. This provided nourishment to activate the brains and come to the right conclusions.

This was a format that worked well with the first part being a play upon the stage, a break for thought, puzzling, food and drink followed by a further show of clues on stage. A few minutes followed to make the final decisions before the final reveal. A good, fun evening enjoyed by all.'

Pleasingly, the show had 4 new members in its cast. More members are needed and will be welcomed with open arms. HATS is a very friendly group who run social activities alongside rehearsals so why not come along and give it a try. The next production is 'Ladies Day' on 30 Sept, 1, 7, 8 October. **Call Linda on 07941 987757.**

Pete Winfield

BedsRCC reaches finals for SME National Business Awards



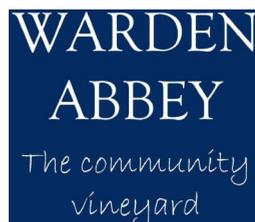
We're delighted to announce that for the second year running, we have reached the finals for the Community Business of the Year Award category for the SME National Business Awards. The Small-to-Medium (SME) National Business Awards are now entering their sixth year. They give businesses the opportunity to be celebrated for their achievements and hard work. The Community Business of the Year Award category celebrates both Community Businesses and Not for Profit Organisations who have positively benefitted society. We were thrilled to win the national award in 2021 after also winning the regional award for Luton and Bedfordshire. To reach the finals for the second year running is a true testament to the real difference staff and volunteers at BedsRCC are making. This year, the awards ceremony will be held at Wembley Stadium again in December for an evening of celebrating the best of small and medium businesses.

BedsRCC runs a variety of projects and services to benefit local communities in and around Bedfordshire. This includes digital skills groups, Good Neighbour schemes, not-for-profit businesses, and community transport. To find out more about the work BedsRCC does, visit www.bedsrcc.org.uk.

Warden Abbey Vineyard Open Day & Wine Sale Sunday 11th Sep 11- 4pm

Our big day of the year, and main fund-raiser! Come and find out the story of the medieval vineyard and abbey, why and how the monks made wine, and how volunteers now care for the vines all year round. Taste and buy our wines, take a tour and browse the local food and craft stalls. There will be a petting farm, BBQ, ice cream and other refreshments. The vineyard is run as a community and education project by Bedfordshire Rural Communities Charity.

See www.wardenvineyard.org.uk for tickets and directions, Advance booking for entry and tours is recommended. Entry: Adults £4 online, £5 on day. Children under 16 free. Guided tours £5, self-guided tours free.





Shefford Craft & Produce Show

Saturday 10th September

Opens for viewing 2.00 pm

Shefford Methodist Hall

The schedules are now available for the 40th annual Craft and Produce Show. They can be collected from the Post Office, Crafty Cafe, the Library, the Newsagents and other places around Shefford.

There is something to inspire everyone who enjoys gardening, cooking, handicrafts and photography. You can enter a truss of tomatoes, 5 runner beans, or a selection of salad vegetables. If you like cooking why not make some strawberry tarts or a Marmalade cake? You can make some poppies for the Yarn Bomb that is planned for the Shefford Remembrance Service in November or create a Remembrance flower arrangement. If you make cards you could enter one in the handicraft section. The Show has a celebratory theme as it is the 40th Show so there are several that feature red – a jar of red jam, a photograph of something red. As usual there are classes for children youth groups. There is lots to choose from.

Please give us your support as we would like the Show this year to be a special celebration. Our Fun Quiz Competition is now available for £1. To obtain a sheet please phone 01462 812575 or 815433.

The Show opens for viewing at 2pm when delicious refreshments will also be served and there will be a super raffle.

The Committee of Shefford Craft and Produce Show

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)

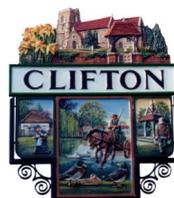
To check availability and make a booking, please contact:

parish-council@clifton-beds.co.uk

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 3rd 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

Wednesdays (term time)

Coffeepot 12.00 noon - 1.30 pm at the Church

Fridays (term time)

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

Website: www.cliftonpbchurch.org.uk

Contact: cliftonpbchurch@gmail.com

ABOUT OUR FRIENDS



St Francis of Assisi, Roman Catholic Church, Shefford

Father	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

Salvation Army, Stotfold

Captain Nicola Brooksbank 01462-731072

Sunday Services: 10.30 am, 6.00 pm

Alphabetic Index of Advertisers May 2020

Letters indicate the pages on the yellow sheets

Local Businesses support the Chronicles, please support them

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E	Angelina Wells Photography	H	Leeds Painting and Decorating
K	ASB Property Services (UK) Ltd	F	Local Locksmith
D	Carrie Molloy Beauty Therapist	B	Lucas, Huntley & Co
J	Chris Jones Property Services	C	Marc Dellar Gardening Services
I	Comer Construction Services	B	Martin Roe Painting & Decorating
K	Courtland Services Partnership	B	Music Lessons
J	D P Building & Plastering Services	C	Nails at Home by Janine
E	Dynamic Theatre Dance School	E	Neuve Audio
D	E. H. Crouch Funeral Directors	C	Neville Funerals
C	Foot Health Professional	F	NK Mortgage Services
G	G & S Services Property Maintenance	I	Oven Clean & Repair
H	George Alexander Living Spaces	C	Peter H Wright & Son (Plumbing & Heating Ltd)
G	Get Fit With Tessa	G	RDG Plumbing & Heating Services
I	Graeme Harley Chiroprapist	F	Revinder Basra Meditation
G	Hing Opticians	A	Shefford Dental Surgery
F	Home Comforts Pet Services	J	Soanes Electrical Limited
E	I R Quince Monumental Mason Ltd	B	Stefan Baltruschat
K	J Child Plumbing & Gas Engineer	F	Stephen J Nott Electrical Contractor
H	J W Baxter Family Butcher	D	The Carpet Cleaner
D	James Bonfield Carpentry & Construction	H	The Garage Shefford
D	James Cullip Decorating & Maintenance	A	The Peacock Café
C	JDS Property Maintenance Services	B	The White Rooms
J	Julian Biggs Chimney Sweeping & Stove Installation	A	W&H Peacock Auctioneers

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Computer systems, support and maintenance

Network and server installation specialists

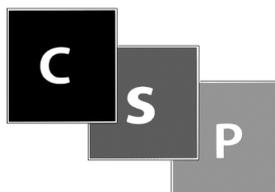
Computer hardware, software and peripherals supplied to businesses and home users

Repairs and upgrades

IT strategy

Broadband internet solutions

Part-time IT management and support contracts



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