

# News Central

The magazine from Central Bedfordshire  
Council for everyone living in our area

Enjoying  
the summer  
in Central  
Bedfordshire

Issue 13 - Summer 2010

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Central  
Bedfordshire

# Welcome!

**When the sun shines, I find it's easy to be energetic and upbeat about life. And we have lots to be positive about in Central Bedfordshire.**

We live in a beautiful part of the world, which offers a wide range of leisure and tourist attractions to suit all ages and budgets. But, whilst it may be summertime, we know the living isn't particularly easy for everyone.

As we weather the economic storm, our council is helping more people than ever who find themselves

needing support. We're also working closely with local businesses to offer them practical help to survive and thrive in the downturn. Value for money is an absolute priority. We have already set ourselves the challenge of delivering £12million savings this year and have recently been given a new set of savings targets by the Government, as our contribution to the national cuts.

Making these savings requires sacrifices from everyone and a new type of conversation between public services and local people about the choices in the years ahead. Despite the difficulties, I am hopeful about

our future; not least because we have a clear plan for Central Bedfordshire.

Most importantly, I'm optimistic because of the people who live here. At this time of year, our community spirit is particularly visible as schools, sports associations, churches, town and parishes organise a host of events to celebrate summer in Central Bedfordshire. Enjoy!

**Cllr Tricia Turner MBE**  
Leader, Central Bedfordshire Council



## Young musicians raise the roof

**More than a thousand children from schools across Bedfordshire have been singing and playing to sell out crowds to kick off the start of Bedfordshire Music's summer celebration concerts.**

All of the children have been participating in the music service's 'Sing Quest' and instrumental wider opportunities projects in their schools over the past year.

Cllr Anita Lewis, Portfolio Holder for Children's Services, said: "I am so pleased that our children have been experiencing such fabulous support. It is comforting to know that so many children and young people are committed to taking part in the

arts, and I know audiences will have been treated to an incredible display of musical talent."

Bedfordshire Youth Opera is celebrating its 30th anniversary this year and, as part of the celebrations, will be performing The Marriage of Figaro from 30 August to 4 September at the University of Bedfordshire Theatre. There will also be a gala night performance on Wednesday 1 September featuring a past members who have become successful performers within the opera world.

**Children across Bedfordshire have had a great time taking part in a range of singing and instrumental projects over the past year**

**For more details about Bedfordshire Music and tickets for the concerts, please visit [www.bedfordshiremusic.com](http://www.bedfordshiremusic.com) or call 0300 300 6546**



### Your magazine

News Central is produced by the communications team at Central Bedfordshire Council.

It is delivered to every household in the area and may be accompanied by leaflets or flyers.

### Tell us what you think

We hope you enjoy reading the magazine and we welcome your comments or suggestions for future editions. Email [newscentral@centralbedfordshire.gov.uk](mailto:newscentral@centralbedfordshire.gov.uk), or use the contact details on the back cover to get in touch.

### Council meetings

For details about Central Bedfordshire Council meetings, call **0300 300 8000** or visit our website at [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)



# Your feedback

**Central Bedfordshire Council is dedicated to helping its users by providing the best possible service at every opportunity, but we rely on your feedback. Here are just a few of your comments.**

## Home improvements

Mr Ken Lynch and his wife, who live in Sandy, were recently awarded a disability grant for improvements to their home. Mr Lynch said: "The service from Central Bedfordshire Council was brilliant. We are so pleased with the improvements to our home, as they

have made a better life for me and my disabled wife. The support from council officers has shown that Central Bedfordshire Council is committed to the care of older people."

## Care for customers

We have recently had a number of compliments about staff in our customer service teams across the area. Mr Holey contacted us to say: "You have two wonderful employees in your customer service department in Dunstable. They are the most helpful people in the whole of the Dunstable office, and you should be very proud of them. I wish you had more employees like this."

Mrs Brown told us: "Two of your customer service employees were so helpful when I attended in April. I have never met with either of them, but they were indirectly aware of my situation and their conduct towards me was extremely supportive. They are a credit to your service."

**Email [newscentral@centralbedfordshire.gov.uk](mailto:newscentral@centralbedfordshire.gov.uk) or use the contact details on the back cover to get in touch. If you have queries about Central Bedfordshire Council services, call our customer services team on 0300 300 8000 or visit your local customer service centre**

# Young readers launched into space

**We have lift off! Libraries across Central Bedfordshire are getting ready to launch children into orbit for an intergalactic adventure to keep them reading during the school summer holidays.**

Last year 5,194 children borrowed 46,653 books as they battled dragons and wizards in the Quest Seekers Challenge. Now they're being sent on an adventure that will see them 'Space Hop' from book to book.

The summer reading challenge is simple. Children are encouraged to read six or more books of their choice during the holidays. They receive a certificate for reading six books, a glow-in-the-dark wristband for 12 and a medal if they read 18. There's also an interactive 'Space Hop' website, [www.spacehop.org.uk](http://www.spacehop.org.uk), for children to talk about their favourite books and share reading ideas.

As an added bonus, Wates Family Enterprise Trust is sponsoring all the books read and the money raised will go to Keech Cottage Children's Hospice based in Bedfordshire.

Children can sign up at their local library between 17 July and 4 September. Details of events in all our libraries are in the Virtual Library – visit [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) and click on Libraries.



**The summer reading challenge runs from 17 July to 4 September**

## A challenge for adults too

**Adult readers across Central Bedfordshire can also take part in their own summer reading challenge entitled 'Reach for the Stars'.**

Adults are being asked to read a number of books that they think might inspire them. As encouragement there's a prize draw in each library (drawn at the end of summer). Four books read will entitle the participant to a voucher for a free chargeable library item, such as a DVD. For more details visit the Virtual Library at [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) and click on Libraries.

**Visit [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)**

# Experience something different

With some of the finest attractions and most beautiful areas in England, why not spend some time visiting places closer to home? There is certainly plenty for you and the family to do as you get out and about in Central Bedfordshire this summer.

## Where to go

Throughout the summer why not venture to some of Central Bedfordshire's top attractions?

- Enjoy afternoon tea at Luton Hoo, Flitwick Manor or the Duchess Tea Rooms at Woburn – the home of the afternoon tea.
- Ride on the narrow gauge railway at Leighton Buzzard.
- Shop at one of our fabulous farmers' markets.
- Visit one of the amazing transport museums and enjoy our transport heritage. Try

## Did you know?

Income from tourism makes up almost three billion pounds of Central Bedfordshire's economy and provides around 6,000 jobs for local people – that's about 4.7% of the local work force.

**Why not visit the Shuttleworth Collection in Old Warden?**

Stondon Car Museum or the Shuttleworth Collection for vintage vehicles.

- Explore rare habitats and look out for British wildlife at the RSPB nature reserve in Sandy.
- Enjoy a day out at one of the top animal attractions in the UK – Woburn Safari Park or Whipsnade Zoo.
- Experience life in the country at Mead Farm near Leighton Buzzard.
- Visit the Military Intelligence Museum, based on Chicksands Camp, Shefford, for a fascinating look at army history (booking is essential).

– especially farmers' markets, where local producers sell fresh goods to customers within 30 miles of their business premises. Whether you're a bargain-hunting shopper or a farmer or market trader wanting a stall, our website includes a wealth of information about markets in Central Bedfordshire, including locations, opening times, licensing and street trading regulations: visit [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk).

**Tastes of Bedfordshire** is a 'one stop shop' for discovering exactly which food, drink, craft producers and places to eat that source local food are available locally. Visit [www.tastesofbedfordshire.co.uk](http://www.tastesofbedfordshire.co.uk) for more information.

## The best on your doorstep

With more awareness of the need to eat healthily and a general trend towards economical living, markets are becoming increasingly popular

**To find out more about places to visit in Bedfordshire visit: [www.centralbedfordshire.gov.uk/whatson](http://www.centralbedfordshire.gov.uk/whatson), [www.experiencebedfordshire.co.uk](http://www.experiencebedfordshire.co.uk) or your local tourist information centre – you can find their details on Central Bedfordshire Council's website**



# Local landscape comes alive

## If you go down to the woods today, you're sure of a big surprise.

Central Bedfordshire Council and Groundwork Trust have joined forces to create a sculpture trail within Campton Plantation Wood, near Shefford.

Throughout June two experienced wood sculptors worked in the wood and created two themed totem poles, from the standing trunks of dead oak trees, and a number of carved benches. The totem poles, which were designed by the artists in consultation with the local community, celebrate the culture, history and heritage of the local area. One totem pole represents

the community of Shefford and the other, the community of Campton and Chicksands. The carved benches reflect the wildlife found in and around Campton Plantation; one features the wood's famous black squirrel and is proving popular with regular users of the woodland.

This project aims to enhance local residents' enjoyment of the wood and encourage more people to make use of this beautiful site.

Co-ordinated by local environmental charity Groundwork Luton and South Bedfordshire in partnership with Central Bedfordshire Council,

which owns the site, the new sculpture trail has been supported by funding from WREN, a not-for-profit business that awards grants to community projects. The Environment Agency has also provided funds.



## A place to stay

With 500,000 people visiting Central Bedfordshire every year for short breaks and holidays, local businesses regularly need to upgrade visitor accommodation.

The Greensand Ridge Local Action Group, which helps identify and fund rural development programmes, has just been awarded £600,000 to invest in new visitor accommodation. The new investment will support local businesses to expand or upgrade existing accommodation facilities including B&Bs, campsites, holiday lodge complexes and even yurts and tepees.

## Things to do for free

### Holiday time can be expensive for families. Why not try one of these suggestions?

- **Walk on the Greensand Ridge** – Bedfordshire's premier long distance walk. In five sections, each is covered by a leaflet with a route map, written description and points of local interest: [www.greensandridgewalk.co.uk](http://www.greensandridgewalk.co.uk).
- **Fly a kite** – head to the Chilterns Gateway Centre, near Dunstable. (It makes a great day out even if it's not that windy): [www.centralbedfordshire.gov.uk/leisure-and-culture/Countryside/centres/chilterns-gateway-centre](http://www.centralbedfordshire.gov.uk/leisure-and-culture/Countryside/centres/chilterns-gateway-centre).
- **Visit HULA Animal Rescue** – this animal shelter in Aspley Guise runs lots of events. Children can feed the animals. On 8 August they have a special open day from 1-4pm: [www.hularescue.org](http://www.hularescue.org).
- **Take a trip to Houghton House** – built around 1615, this ruin near Ampthill is a mixture of Jacobean and Classical styles: [www.english-heritage.org.uk/daysout/properties/houghton-house](http://www.english-heritage.org.uk/daysout/properties/houghton-house).



# Wheels to work

Times may be hard and the purse strings tight, but in an effort to assist residents across the area Central Bedfordshire Council is backing a new initiative to help people without their own vehicle get to-and-from work or college.

Wheels2Work provides individuals with transport advice for up to a nine-month period until they can find a longer-term solution. Users are offered a 50cc Yamaha scooter loan, which is provided complete with comprehensive vehicle insurance, road tax, safety equipment and service costs.

The scheme, which is led by Bedfordshire Rural Communities Charity, is open to people who meet the following criteria:

## Trouble getting to work? Wheels2Work could help

- of working age (16–64) with priority given to those aged 16–24
- living in the Central Bedfordshire area (excluding Luton)
- having limited or no access to transport to their place of employment, education or training.

Clients meeting the criteria must take the Compulsory Basic Training (CBT) course and rural ride training, both of which are free. Wheels2Work can also help businesses and employers who are struggling to recruit or keep employees because of their location or transport difficulties.



For further information please contact Bob Hughes, Wheels2Work coordinator at Bedfordshire Rural Communities Charity on 01234 832646, text 07903 272626, e-mail [bobh@bedsrcc.org.uk](mailto:bobh@bedsrcc.org.uk) or visit [www.bedsrcc.org.uk/Wheels2Work/wheels1.html](http://www.bedsrcc.org.uk/Wheels2Work/wheels1.html)

## Children's Centres out and about

Council staff are getting out and about this summer to show off the services offered at our Children's Centres.

With people across the area looking forward to village fêtes and town festivals, the Children's Centre team have booked stalls so they can showcase their services to the people that need them.

The mini-summer roadshow will be at events such as:

- Bedford River Festival (17 and 18 July)
- Linslade Canal Festival (31 July 2010)
- Barton Le Clay Fête (10 September 2010).

Central Bedfordshire Council now has 22 Children's Centres across its area, which provide a full range of services for families and children and are run by committed and highly qualified staff.

For more information about a Children's Centre near you, please call 0300 300 8000

Central Bedfordshire Council  
[www.centralbedfordshire.gov.uk/fyis](http://www.centralbedfordshire.gov.uk/fyis)

Central Bedfordshire

## Family and Youth Information Service

Professionals



Young People



Parents and Carers



### New 'one stop shop' for families

Family and Youth Information Service (FYIS) can provide information and advice on:

- Choices and support for young people aged 13 to 19 years
- Childcare and early education
- Out of school clubs and holiday care
- Leisure activities
- Family support services
- Positive activities from 5 -19 years

☎ on the telephone  
**0300 300 8119**

@ by email  
[fyis@centralbedfordshire.gov.uk](mailto:fyis@centralbedfordshire.gov.uk)

🌐 on the web  
[www.centralbedfordshire.gov.uk/fyis](http://www.centralbedfordshire.gov.uk/fyis)

FYIS can also be found on Twitter and Facebook

# Young enterprise

**Students from Harlington Upper School narrowly missed out on the top award at the Young Enterprise East of England regional final on 22 June.**

The students – under the guise of their company name Kiwi – were responsible for creating a product called Grow! Cook! Eat! that encouraged users to follow the food process from seed to plant to plate.

Founded in September 2009 by 24 year 12 students, Kiwi's aim was to create a product that a business could be built around. After thinking up the name and devising their mission statement, the business was streamlined to 14 students. Next Kiwi began producing growing kits, which included tomatoes, carrots, spinach and runner bean seeds as well as a resource CD with step-by-step instructions for each vegetable and a host of tasty recipes.

To fund the project, the team attended open evenings, trade fairs and even bag-packed at Sainsbury's before going on to sell shares in the company. Kiwi made a profit of almost £500 and picked up the county young enterprise award before going onto last month's regional finals.

Cllr Ken Matthews, Portfolio Holder for Economic Growth, Skills and Regeneration, said: "These students are the future business people and entrepreneurs and their efforts are an outstanding achievement. This programme provides students with practical experience of business and enterprise through setting up and running their own real company."

Casey Ashton-Smith, Kiwi's managing director, said: "We're incredibly proud of the business we have created and our success regionally, but in our hearts we are a little disappointed that we did not get through to the national stage. However, despite being the end of the road for us in terms of the Young Enterprise competition, the future for our business looks very hopeful indeed."



**Students show off the product that won them a place in the Young Enterprise competition regional final**



## The future's sweet

**A teenager from Central Bedfordshire recently impressed Lord Alan Sugar when she appeared on the BBC's Junior Apprentice.**

Hannah Cherry, 17 and from Clophill, did well in the series but fell short when her team Instinct



was given an art selling task. They managed to sell five pieces of art for £2,247, while their rivals Revolution sold 12 pieces and earned £6,000.

The former Harlington Upper School pupil was given her marching orders by Lord Sugar after the results were announced. During her final moments on the show Lord Sugar told the IT and business student: "You are a prime example of someone who is brilliant on paper, there is no question about that, but in the past four weeks I have felt you haven't shown me practical skills. On balance, academic qualifications are important but practical application of it is the next step so I'm sorry to say Hannah – you're fired!"

Hannah told BBC's The One Show: "My one goal was to try my best and not have any regrets and I left there really happy. I've had a taste of what it is like and I want to carry on."



# Community focus

a bright new vision

**Globally connected, delivering sustainable growth to ensure a green, prosperous and ambitious place for the benefit of all.**

This is the vision statement of Central Bedfordshire Council following its creation in April 2009. Since then we have been on a challenging and very exciting journey.

Last month the council's executive committee agreed its first sustainable communities strategy, which provides a prospectus for Central Bedfordshire and sets out what sort of place we want it to be. The strategy will see the council working with the police,

NHS, local businesses and other key partners to achieve the vision.

Councillor Tricia Turner MBE, Leader of Central Bedfordshire Council, said: "We have the opportunity to establish Central Bedfordshire as a vibrant, forward-thinking, innovative and desirable place to live, work, visit and invest in. This challenge is being met with drive, passion and commitment by all involved.

**"Our vision is one of greater economic prosperity based on sustainable growth. We need to ensure that Central Bedfordshire fulfils its economic potential, and that there are more local jobs for local people.**

"We will experience considerable population growth over the next 20 years. We need to make sure that we have the houses and facilities to support this growth, so that Central Bedfordshire remains a desirable place."

In the coming years one of the council's main priorities is to maximise employment opportunities and deliver housing growth to meet the needs of its communities.

Cllr Tom Nicols, Portfolio Holder for Sustainable Development, said: "Our

population is going to continue to grow and we need to ensure we match this by attracting more employment opportunities into the area. The hope would be that by 2031 Central Bedfordshire will become a highly attractive, well-connected prime location for businesses to thrive in a global economy while generating over 23,000 new, wide-ranging and sustainable jobs.

"Over 50,000 more houses are planned across Central Bedfordshire between 2001 and 2031 to meet the housing needs of our growing population. Our town and village centres are at the heart of our communities, and support to help them grow and thrive is critical to delivering economic success and great places to live."

**"We are proud to be working with our partners in central Bedfordshire to help local people lead healthier and happier lives." Andrew Morgan, Chief Executive, NHS Bedfordshire**



**Our goal is a vibrant, forward-thinking, desirable place to live**



Another key priority will be ensuring local people have the skills to prosper. People in Central Bedfordshire are generally well educated and more than a quarter have degree-level qualifications. However, around 11,000 people from the area have no qualifications at all.

Cllr Ken Matthews, Portfolio Holder for Economic Growth, Skills and Regeneration, said: "We need to ensure that local people have the right skills to access the increased number of job opportunities, and that they continue to develop their skills to keep pace with new technological developments. "Businesses need to recruit a stream of appropriately skilled workers to

enable them to adapt and grow. Not all of our school leavers are realising their potential, which is something that we need to address."

Community safety is high on the agenda too with the council aiming to reduce the levels of crime, disorder and anti social behaviour, while also reducing the harm caused by the misuse of drugs, alcohol and other substances.

Cllr David McVicar, Portfolio Holder for Safer Communities and Healthier Lifestyles said:

**"In general crime in Central Bedfordshire is similar to the national average. However, despite a decrease in crimes such as domestic burglary, robbery and vehicle crime over the past year, it is still higher than in other similar areas. As with many areas across the country, the fear of crime is disproportionate to actual crime levels, and increasing the public's confidence in how local agencies are working together to improve the area is a priority."**

Other important issues that the council's sustainable communities strategy addresses include:

- nurturing a sense of pride and belonging
- getting around and caring for a green and clean environment
- promoting health and reducing health inequalities
- educating, protecting and



**Our strategy aims to make Central Bedfordshire a place that provides opportunities for children and is attractive to businesses**

providing opportunities for children and young people

- supporting and caring for an ageing population and those who are most vulnerable.

We will review the strategy every year and refresh it every three years to ensure the council continues to reflect the priorities for Central Bedfordshire.

Cllr Turner added: "We know that the only way we can achieve our vision is by ensuring that we continue to listen and respond to what our residents, businesses and communities are telling us. It is only by all of us working together that we can shape Central Bedfordshire to be the place we want it to be, both now and in the future."



**"The Community Safety Partnership is committed to increase public confidence, combat anti-social behaviour and reduce crime, and all partners will be working closely together to make our local communities a safer place to live." Neill Waring, Chief Inspector, Bedfordshire Police**



# Let's Rent!

**In response to surveys highlighting the lack of affordable, good quality private houses to rent, the council launched its innovative new scheme – Let's Rent! – last April.**

Since then our housing options team has successfully housed five tenants through this new initiative. Central Bedfordshire is the first council to develop such a unique scheme, which is increasing the number of private, affordable homes to rent and offering far more options to people on the housing waiting list. Not only a pioneering partnership between the council and local private sector landlords, the scheme also offers support to tenants who need it, so enabling them to sustain their tenancy.

Aminata Sow is one of the first tenants to be housed through Let's Rent! "I had been on the housing register for a while and looking for new accommodation in Dunstable when the housing options team mentioned the new Let's Rent! scheme. The process was quick, easy and painless. I had an initial meeting with a one of the team to discuss my circumstances. It took just two days to complete the paperwork, and then I started house hunting.

"It was great to have real control over where I could live to meet my family's needs. It took only two weeks to find

a new place and move in. I used Lenwell's website to search local properties available and arranged viewings through their agents. I'd like to thank the council, who really took the time to help understand my circumstances, and Lenwells for their cooperation and time in helping me find my new home.

"What could have been a stressful time was actually an enjoyable experience, and I'd encourage anyone to use Let's Rent! to find a new home. One bit of advice though is not to rush. Take time to look for the right place."

Rob Wellstead, managing director of Lenwells, said: "It has been great working with Central Bedfordshire Council to develop and implement this successful scheme. We were involved at the early stages of Let's Rent! and it is great to see one of the first applicants housed and many more on the list.

"Despite the challenging housing market of buy to let properties the Let's Rent! scheme is showing significant benefits to landlords and tenants, as it gives landlords another route to find good tenants and helps to raise standards for tenants."

**The council is also working with other regulated agents, such as Roger Marsh and Lane and Brown's based in Ampthill, to ensure a broad range of properties are available across Central Bedfordshire**

## Finding the right home

**Since Bedfordshire Homefinder launched in 2009, it has helped hundreds of people find the best homes for them and their families.**

Bedfordshire Homefinder is a new way of letting social housing, which enables local people to bid on properties that interest them and allows landlords to offer the property to the bidder with the highest priority on the housing register. The scheme gives people more choice about where they want to live. One year on and over 2,000 new tenancies have started in Bedfordshire.

For more information about the Bedfordshire Homefinder scheme, visit [www.bedfordshirehomefinder.co.uk](http://www.bedfordshirehomefinder.co.uk) or call your local housing officer:

- Central Bedfordshire – call 0300 300 8000 or Aragon Housing Association 01525 840505 / 01767 685800
- Bedford – call BPHA 01234 791000 or Bedford Borough Council 01234 267422
- Luton – call Luton Borough Council 01582 546000.



### Tell us what you think!

Have you used the Bedfordshire Homefinder scheme? If so, we want to hear from you about how the scheme has worked for you and your family – just call your local housing officer or visit the Bedfordshire Homefinder website



# Your say on council charges

have  
**your**  
say...

## Central Bedfordshire Council needs your views on possible changes to its charges for non-residential care.

We have to charge fairly for any services we offer and we want your views on the changes we are proposing in our Fair Charging Policy. We are particularly keen to hear from individuals, carers, staff and

our partners as the changes will affect people in different ways.

Your views are important, so please have your say. Your comments are essential to help us finalise the policy, which will be considered by the council's executive committee later in the year.

You can read about the changes on our website, [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk), at local libraries or the main council offices. If you would like further information, clarification or a copy of the full proposed policy, please call the customer services team on 0300 300 8000.

This consultation runs until 5pm on Friday 10 September 2010



## HEART

### HEART Supply Agency

HEART is our in-house agency for schools in Bedfordshire. We provide Teachers across all phases for both ad-hoc supply teaching and longer term contracts as well as providing School Support Staff e.g. Nursery Nurses / Teaching Assistants -Levels 1,2,3 / Cover Supervisors / HLTA / Clerical / Admin / Secretaries / Office Managers.

**If you wish to register for casual work in schools during normal school hours, please visit: [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) or telephone 0300 300 6298 for teachers or 0300 300 6649 for School Support Staff.**

Central Bedfordshire Council is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all employees, volunteers and contractors to share this commitment. Some posts are subject to the disclosure of criminal records.



## Join us

Central Bedfordshire

At Central Bedfordshire, everyone plays a part in making our communities better places to live and work. It's a collective responsibility that inspires pride in our work and contributes to a culture that values the opinions of others. If you're someone with ideas and aspirations then Central Bedfordshire is a place where you can succeed.

**For the latest job opportunities, please visit: [www.centralbedfordshire.gov.uk/jobs](http://www.centralbedfordshire.gov.uk/jobs) and register for 'job alerts'.**

Central Bedfordshire Council is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all employees, volunteers and contractors to share this commitment. Some posts are subject to the disclosure of criminal records.



Visit [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

# A summer of fun for Central Bedfordshire

**Central Bedfordshire Council is keeping children and young people entertained during the long school holidays with a fantastic programme of summer activities.**

Not only will the activities be a fun way for children and young people to have fun, get active and get creative, it's also a great way for parents to have some much needed peace and quiet, getting the kids out of the house in a safe and responsible way.

CLlr David Mcvicar, Portfolio Holder of Safer Communities and Healthier Lifestyles at Central Bedfordshire Council, said:

**"Summer is a perfect time for children to have fun and Central Bedfordshire Council is committed to making sure that our children have access to creative and healthy activities during the summer break.**

**"The activities this year are already proving to be popular so make sure you book your place as soon as you can."**

Here are just some of the activities that are on offer for the following age ranges:

- Run Riot with Sport and Arts (8-13 year olds)
- Ants In Your Pants (5-8 year olds)
- Play Rangers (0-19 year olds)
- Multi-Sports Week (8+ year olds)

**A full list of what is available in your area can be found at: Alternatively, call our Summer Scheme Hotline on: 0300 300 8072.**



**Ben Pelham told his story at our Transforming People's Lives roadshows and was an inspiration to others**

## Helping to transform people's lives

**As we announced in the last edition of News Central, we have been out and about talking to residents about social care and support.**

Our Transforming People's Lives roadshows were a great success. People who came along heard first-hand from Ben Pelham, who described how having his own personal budget has helped him choose when and how he receives his care. He is delighted that he now has control over his daily activities for the first time in his life – in his own words, he's 'the boss'. Ben has also managed to find a job and has even started breakdancing lessons. Ben was a real inspiration to the many carers and representatives at the roadshows.

Our Transforming People's Lives initiative focuses on what customers want to achieve rather than simply finding out about their needs. The council wants to increase the involvement of the people and carers who use services to help improve the way these services are run.

**Don't worry if you couldn't attend one of the roadshows. If you're a carer or service user and want to have your say, get in touch by contacting Diana Blackmun, Central Bedfordshire Council's service user engagement officer, on 0300 300 6647 or email [diana.blackmun@centralbedfordshire.gov.uk](mailto:diana.blackmun@centralbedfordshire.gov.uk)**

# Stay safe this summer

Here are a few top tips to help you stay safe this summer.

## In the sun

A heatwave summer is forecast again this year. But even if this doesn't turn out to be true, you always need to take care in the sun. Sunburn is painful and can increase your risk of skin cancer.

- Seek shade during the middle of the day when the sun's rays are most intense.
- Drink plenty of fluids.
- Cover up with loose-fitting clothes or use high factor suncreams, at least 15 SPF, which should be re-applied regularly.
- Wear a wide-brimmed hat and good quality sunglasses with 100 percent UV protection.

## In the water

Messing around on the water or taking a dip is a great way to keep cool.

- Make sure you know how deep the water is before you jump or dive in.
- Don't run around near the edge – you could easily slip or trip and fall in.
- If you go on a boat or in a canoe, wear a life jacket.
- If you can't swim properly and aren't sure of the depth – don't go in.

## In the garden

What better way to enjoy the summer than cooking outside for friends. When you're barbecuing, remember a few simple rules.

- Make sure your barbecue is steady on a level surface and away from trees and bushes.
- Thaw frozen meat properly.

- Keep raw and cooked meat separate.
- Cook meat thoroughly – it is safe to eat only when it is piping hot in the centre.

## On your bike

Not only a good way to stay healthy, getting out and about on your bike is lots of fun.

- Wear a cycle helmet – always.
- Find and stick to the safest cycling route.
- Obey traffic lights and road signs.
- If you're out when it's getting dark, use your lights and wear some reflective clothing.
- Look after your bike by regularly checking the tyres and brakes.

## On the road

### Is your vehicle safe?

In hot weather cars may overheat, so keep a bottle or container of water to top up the radiator if necessary. Check oil levels and tyre pressures regularly. Make sure all your lights are working properly and keep lights and windows clean so you can see through them easily.

### Drivers, concentrate!

Plan your route if you will be driving to an unfamiliar place; don't forget to take a map. Pull over safely if you need to check the map en route. Remember – it is illegal and dangerous to use a hand-held mobile phone while driving. Keep water and snacks in the car in case you break down or are stuck in a traffic jam.



**Summer's the time to get out and have fun. But remember a few precautions to stay safe**

### Take a break

Take a proper break at least every two hours on long journeys. Around one in six road deaths is due to a driver falling asleep at the wheel.

### Think about others

Expect more children, cyclists, horses, motorcyclists and farm vehicles on the roads in holiday time. Be considerate to other road users and expect the unexpected. Driving at safe speeds and keeping your distance help you avoid unexpected hazards or other people's mistakes on the roads.

# what's on...

July &  
August

We can only highlight a few of the events coming up in the Central Bedfordshire area. You can find a more comprehensive listing on our website – just click on 'What's On' at [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

## Barton Music Group

Every Wednesday, 8.30pm

Function Room, The Bull, 77 Bedford Road, Barton-Le-Clay  
Folk, blues, jazz, contemporary and traditional music with open sessions, and guest nights. Contact Ross Scrivener 01582 883374.

**July 28** – John Stevens & Sally Mounter plus Sally Barnes (cost £3)

**August** – closed for holidays

## Band concerts

Some Sundays, 3 – 5pm

Parsons Close Recreation Ground, Leighton Buzzard. Cost: free.

**July 25** – Wolverton Band

**August 1** – Harmony

**August 15** – Bedford Town Band

**August 22** – Vine Street Six Jazz Band

## July

### Archaeology Study Day

Saturday 24, 11am – 4.30pm

Bedford Museum, Castle Lane  
For adults interested in finding out more about archaeology. Cost: £15. Booking essential: 01234 353323.

### Tick-tock, tick-tock – fun with clocks

Wednesday 28, 11.15am – 12.30pm and 2 – 3.15pm

Bedford Museum, Castle Lane  
Age 3 – 5 yrs. Cost £2.50. Booking essential: 01234 353323.

### Brilliant butterflies

Friday 30, 10am, 11am and 12noon

Forest Centre, Forest of Marston Vale  
Cost: £2 per child. All materials provided. For details and booking call 01234 767037 or email [alexis.pym@marstonvale.org](mailto:alexis.pym@marstonvale.org).

## August

### Disability Resource Centre Outreach

Tuesday 3, 10am – 2.00pm  
Priory House, Chicksands.

Thursday 5, 11am – 2.00pm  
Poplars Garden Centre.

Help for people of any age with disabilities or health difficulties. More information: 01582 470900.

### Art@Dean

Saturday 7, Sunday 8, 10.30am – 5.00pm

All Hallows Church, High Street, Upper Dean. Over 50 artists displaying paintings, ceramics jewellery and textiles. Cost: adults £2, children free.

### Classic Car & Bike Show with Craft Fayre

Sunday 8, 12 noon – 4pm

The Rufus Centre, Steppingley Road, Flitwick

Cost: £3 adults, children free. For information call 01525 631900/01525 631905 or visit [www.flitwick.gov.uk](http://www.flitwick.gov.uk).

### Car boot sale

Saturday 14, 10am (sellers can arrive from 9am)

St John's Hospice, Moggerhanger  
In aid of Sue Ryder Care. Admission: sellers £5, buyers £1, children under 14 free. More information on 01767 641044.

### Nature walk

Sunday 15, 11am – 1pm

Chilterns Gateway Centre, Dunstable Road, Whipsnade  
Soup and a roll in the visitor centre afterwards. Admission: £6. Booking essential on 01582 500925.

## We'll meet again

Friday 20, 11am – 1pm, and 2 – 4pm

Bedford Museum, Castle Lane  
WW2 family drop-in day. Cost: £2.

### Conservation task – wetland island working

Saturday 21 10.15am – 4.15pm (approx)

Forest of Marston Vale  
Join the volunteer team to cut back vegetation and make space for nesting birds. Wear old clothes and bring lunch. You must be able to swim to attend. Meet at the Forest Centre. More information: [stephen.gascoyne@marstonvale.org](mailto:stephen.gascoyne@marstonvale.org) or 01234 762614.

### G-G-G Gargoyles!

Thursday 26, 11.15am – 12.45pm for 5 – 7yr olds, 2 – 2.30pm for 8+

Bedford Museum, Castle Lane  
Make great gargoyles and grotesques  
Cost: £5. Booking essential on 01234 353323.

### Great Expectations

Saturday 28, 6pm

Chilterns Gateway Centre, Dunstable Road, Whipsnade  
A Quantum Theatre outdoor production. Admission: adults £10, children £7, concessions £8, family £28. Booking essential. Tickets from Chilterns Gateway Centre shop or call 0845 4505157.

If you have an event in Central Bedfordshire you would like to publicise, please email brief details at least six weeks in advance to [whatson@centralbedfordshire.gov.uk](mailto:whatson@centralbedfordshire.gov.uk)





# News Central

To advertise in News Central, call the Communications Team on **0300 300 8000**



## Useful numbers for Central Bedfordshire services For general enquiries, call 0300 300 8000

Service	Mid Beds	South Beds
Adoption and Fostering	0300 300 8090	
Adult Education	0808 100 3140	
Automated Payments	0300 300 8030	
Births, Deaths and Marriage registration	0300 300 8089	
Children With Disabilities	0300 300 8097	
Child Protection	0300 300 8149	
Concessionary Bus Passes	0300 300 8041	0300 300 8641
Council Housing	0300 300 8007	
Council Tax	0300 300 8011	0300 300 8611
Domestic Violence	08082 000 247	

Service	Mid Beds	South Beds
Elections and Electoral Register	0300 300 8008	
Environmental Services	0300 300 8642	0300 300 8643
Highways	0300 300 8049	
Nurseries and Playgroups	0300 300 8119	
Occupational Therapy	0300 300 8050	
Older Persons Team	0300 300 8033	
Planning	0300 300 8692	
Road Safety	0300 300 8074	
Waste and Bulky Waste Collection	0300 300 8631	0300 300 8632

Visit [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

# Central Bedfordshire in contact



on the telephone...

**0300 300 8000**



by email...

**customer.services@centralbedfordshire.gov.uk**



on the web...

**www.centralbedfordshire.gov.uk**



Alternatively, you can write to:

**Central Bedfordshire Council** Priory House Monks Walk,  
Chicksands, Shefford, Bedfordshire SG17 5TQ.

**Serving our communities**

## Find out more...

Get in touch if you would like more copies, a large-print edition or more information about News Central.

## More information

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**Central  
Bedfordshire**