

Aley Green Pepperstock
Slip End Woodside

PARISH NEWS

February 2015

75p where sold

**1ST ISSUE OF 2015...
HAPPY NEW YEAR TO
ALL OUR READERS!**



Editors' Notes

New Year Greetings to all our readers.

As you know, we have no issue in January, allowing the editing team time to relax at Christmas time with family and friends. This means we have set aside a few pages to show pictures from Christmas events. Other contributors may also be reporting on activities from both December and January.

Looking forward to 2015, we hope that Parish residents will continue to send us interesting items to publish in our pages.. Please remember to send us information about events to be held, giving us plenty of notice where you can. This is especially important if your event is near the start of the month as people may not read the whole magazine when it arrives.

Front cover photos include some from the "Charitree" Festival at Aley Green Methodist Church as well as the St Andrew's Christingle Service. Another of the photos on the front cover shows the new gates at the Playing Field, installed in December by Aaron Fencing of Dunstable. They certainly look a lot sturdier than the old ones and tidy up the entrance to the field. Brian Church took the lovely sunny photo of the new crossing by the Church, Please read Ken Crossett's update from the Parish Council including news on the road improvements.

The roadworks that took place around the village may have caused a few disgruntled comments at the time but hopefully the ramps and crossings will improve safety for those of us who walk around and cross the roads, especially those with children.

By the time this issue appears through your door, my co-editor, Sue will have been part of an Operation Christmas Child group travelling to Belarus. A first glance at some photos, posted on Facebook, shows some lovely happy faces despite their somewhat emotional circumstances. We look forward to reading about her trip in the next issue.

Parish Magazine Awards 2014

10th place!

We are pleased to announce that the results of the 2014 National Parish Magazine Awards were finalised and we received notification of this from the Awards Co-ordinator. He said that, with the standard this year being the highest ever, it was hard work for the judges to decide the order.

Out of over 600 entries from all around the country, our magazine achieved 10th place in the Awards..

The overall winner was the Beaconsfield Parish Magazine (Buckinghamshire) Our friends from Markyate did well too — they were 6th overall with the "Markyate Monthly". Well done to them!





SLIP END LOWER SCHOOL



Last half term was an extremely busy but exciting one at Slip End Lower School. We started off the term with our Year 4s heading off to Hazard Alley to learn what to do when faced with the hazards in the world around us. They faced 10 different hazard role play situations during the day and learnt some important skills as a result.

Our Year 2 and Year 4 Sports hall athletic teams then entered an inter-school competition against 9 other schools. Our Year 2 team finished in 5th place and our Year 4 team won the competition. Congratulations to both teams!

Slip End Lower School has some superb musical talent. At the beginning of December, our singers treated us to an evening of song. Everyone enjoyed listening to our amazing soloists and joining in with a range of old time favourites sung jointly by all our singers.

Christmas activities at school are always a highlight of the year. We enjoyed a school Christmas disco and hot chocolate shop run by FoSELS, Year 4 visited the Woodside Residential Home to sing Christmas carols to the residents and our Christmas nativity 'Are we nearly there yet?' was performed to 3 separate audiences. Our Carol Service at St. Andrew's church - led by Reverend Pullinger - and our Celebration Assembly, finished off the term with a time of reflection, a sense of achievement and big smiles all round.

We hope that you had a wonderful Christmas holiday and wish you all a Happy New Year.

Tyler Clark and Gracie Lamb

Slip End Village School Councillors



Slip End & District Community Projects Group (CPG)

The Projects Group is here to be the voice and support for all the groups and associations in the Parish. We meet the second Tuesday of the month and welcome any resident of the Parish. You don't have to come along every month, but your ideas and views are important to us. Pop in, we are a relaxed bunch and there is drink available!



Happy New Year Folks! I hope your Christmas and New Year Celebrations were enjoyable.

I know that Christmas is long gone but I would just like to take this opportunity to thank Andy Prothero for sourcing, choosing, transporting, watering, digging the hole and planting the Christmas Tree we had at the Village Hall. And thanks for dismantling, chopping and disposing of it too!



The Good Neighbour Scheme enters its third year this year. More volunteers have joined

the scheme and are eager to keep up the help within the Parish. If you're over 18 and need a hand with doctors appointments, prescriptions, lifts to hospital then give them a call. Please do not think that you're not entitled!

07513 372 415



Facebook Page— find us, 'like' us and be kept up to date with information about the Parish - *Slip*

End Parish Community page.



The Parish **website** is a great source of information on clubs, groups, local news etc - check it out at

www.slipend.co.uk

Christmas Gift - The CPG would like to thank the following businesses for their generous contributions towards last years 220 tins of biscuits that were delivered by our trusty volunteers:

McFarlands Park Homes
The Furniture Medic
Mignonette Bridal
J&P Scaffolding
Tony Glynos
Neville Funeral Services
Citroen Garage
Airparks
Andrea Gregory
Stoten Gillam Accountants
McDaid Screeding
S J Locks

Here is Veronica wiping the sweat from her brow after seeing the biscuit delivery in at The Frog & Rhubarb on 3rd December!



The next meeting of the CPG is Tuesday 10th February 2014 at the Social Club, 7.30pm, all welcome.

Sarah Minnighan - CPG Chairman

Parish News Information

The Parish News committee would like to say thank you to the Parish Council and the CPG whose grants, along with advertising revenue, permit us to circulate the magazine to all the residents of the Parish.

Thanks must also go to the volunteer distributors and to our printer—Print Smarter. (www.printsmarter.co.uk)

Many of our advertisers are local businesses (of varying sizes) who also support local community activities and fund raising. Some adverts remain fixed and for others we are sent updates each month.

Our advertising year commences in April so just prior to that the current advertisers decide whether to renew their space.

Availability of space, further details and the costs can be obtained by contacting Katrina Doubleday at:

pnadverts@slipend.co.uk or on 07753 168443.

The spaces that may be available are:

1/2 page (landscape format or single column)

1/4 page (portrait format)

1/8 page (landscape format)

1/10 page (landscape format but slightly less deep than 1/8 page)

Remember...

Ceramic Poppy

Many people will now be receiving their poppy from the display that



was at the Tower of London last year. I was lucky — mine arrived early before the Christmas rush.

Despite visiting the display to see the poppies, I was surprised to find how heavy and solid the flowers actually are. It is good to think that I now own a small piece of history (along with thousands of others).

Alison Wilson

Books

I was lucky enough to be given a selection of books as Christmas presents. I have not had a chance to read them all yet, having just collected a pile of equally interesting books from the library.

If anyone else enjoys reading a good book as a way to relax, why not let us know and suggest a few titles for us to try.



Dates for St Andrew's Church—February 2015

Sun 1st: 10.30am: Informal Communion – A Journey of Faith

Sun 8th: 10.30am: Cafe Church – A servant heart (band)

Thurs 12th: 9.30am: Morning Prayer

Sun 15th: 10.30am: Holy Communion – The Glory of Christ (organ & singers)

Tues 17th: 11am: Caddington Hall care home service

Weds 18th: 7.30pm: Ash Wednesday

Fri 20th: 2pm: Woodside care home service

Sun 22nd: 8.30am: Said Communion – Repent and believe

Little Stars for February

Weds 4th: Refreshments from 10am with a 10.30am start: Little Stars:
Parenting – God's Wisdom

Weds 11th: Refreshments from 10am with a 10.30 start: Little Stars:
Parenting – God's Love

Weds 18th: Refreshments from 10am with a 10.30 start: Little Stars:
Parenting – God's Stories

Weds 25th: Refreshments from 10am with a 10.30 start: Little Stars:
Parenting – God's Example

**Little Singing Stars meet Tuesday mornings
at 10am prompt**

St Andrew's News

The regular page from Cathy Pullinger will return next month.



The picture above was taken at the School Carol service which was held at St Andrew's Church in December.



A lovely cloth for the altar at Christmas.

Other pictures from St Andrew's can be found both on the front cover and the centre pages. These include photos taken at the Christingle service as well as a selection from around the church. In one, the large Christmas tree can be seen with full decoration and in another its size can be seen as it takes 2 people to remove it following Twelfth Night.

News from friends



Lily and Dave (formerly of the Rising Sun) visited the village in December one evening. It was a lovely evening and the Rising Sun was packed with old friends who all enjoyed catching up with Lily and Dave.

SEADA

On Christmas Eve, two Santas (Pete & Roger) made a surprise visit to the Rising Sun, the Frog and Rhubarb and the Social Club. The collection raised £121. A big thank you to all who gave a contribution. This will help the funds for the Senior Citizens Outing.

Why not join us for a Bingo evening in the Village Hall once a fortnight on a Thursday evening.

Barbara Ray



Parish Council Update



The photo above shows the new raised crossing installed adjacent to the Church and Playing fields as part of the road improvements..

Traffic Calming

Early indications are that there has been a substantial reduction in the speed of vehicles using Church Road since the traffic calming features were put in. There also seems to have been another benefit in that traffic noise has decreased as a result of the slower speeds. Before the end of this financial year, the remainder of the works in the first phase will be completed. These works include all the yellow lines, speed limit reductions and the chicane in Markyate Road.

Current thinking at the Highways Department is that the works are coming in considerably under budget. This is because there have been fewer problems than anticipated and much of

our work has been tied in with normal maintenance works. At the moment it is likely we will finish the programme earlier than expected and in turn be able to reduce the council tax by the extra £25000 being raised each year to cover the cost of the project. Once again Central Beds Council is offering a match funding scheme to help Parishes that wish to carry out their own improvements. This year the amount of the grant has been reduced to £25000 so if our application is successful that will save us a further year of the increased Parish Council Tax.

In December the Parish Council approved the budget for the coming financial year. When you receive the notification you will see the Parish element being increased by 1% for a band D property. This percentage relates to the total amount of tax being raised including the extra £25000 earmarked for Parish Road Safety improvements. The Parish Council does need, however, to increase the amount being raised for day to day running of the Parish. In order to meet this the Parish Council is seeking a further increase (known as a precept though Central Bedfordshire Council) of 1% on the tax raised for the Parish.

Since last October Keith Holme and I have been working with Central Beds Officers and our Ward Councillor Richard Stay to draw up a set of regulations for the management of Timberlands. The site opened on the 12th January under the management of Central Beds

Council. Sue Pethick is the site manager and she will ensure the regulations are enforced.

At the December Parish Council meeting, two high ranking police officers and several senior officers from Central Beds Council were in attendance to discuss the future of the site and the unauthorised occupation in November. It was a very valuable meeting for all the parties and it was agreed that a line should be drawn and we should start afresh when the site is reopened.

It was indeed unfortunate that the vehicle hired to remove the concrete blocks at the entrance to the site broke down en route and it was not until mid-afternoon that a replacement vehicle arrived. Meanwhile the new residents of Timberlands were arriving and because there was nowhere to go there was congestion around the gates. There was frustration all round. It was difficult for Pepperstock residents to negotiate the parked vehicles and the occupants of Timberlands were anxious to move in so that they could set up caravans in daylight. In retrospect, the management of the parked vehicles could have been handled better and I accept the criticism for that myself.

I visited the site late morning and, although I was aware of the congestion, it did not strike me as impossible for vehicles to get through. While that may have been the case for cars I understand the bus was not able to get through. I

apologise to those who had to get off the bus at Harpers and walk the rest of the way home. I know that at the time the site manager was busy with residents in the site.

I met the families occupying the first three pitches to be let and I have to say I found them to be very friendly and excited at the prospect of their new home. They are aware of previous issues and are keen to establish a good relationship with the surrounding community. Sue Pethick has said that any resident who wishes to visit the site or has concerns may visit her at her office on site. She is happy to receive visitors "off the cuff" or if someone would like to meet at a specific time/date please email her on:

sue.pethick@centralbedfordshire.gov.uk

If anyone has no access to email, they can phone me and I can make the arrangements for them. I would be pleased to accompany anyone on such a visit if they so wish. In the meantime I look forward to meeting the remaining families who will have moved in by the time you receive this issue.

Ken Crossett, Chairman



News from CVS



It seems so long ago that we celebrated New Year and half term is already in sight. As a school with Green Flag Eco status, we really challenged ourselves throughout January. The Eco team chose the wettest, darkest, coldest part of the year to challenge all pupils and staff to join “switch- off” fortnight. They asked us all to ensure that all lights, computers, monitors and any other electrical equipment was switched off when not in use as well as ensuring that we kept classrooms warm by closing doors and sometimes windows. As you can imagine in a school our size there are quite a few computers used throughout the day. The outcome of this challenge was to reduce our electricity and gas usage over this fortnight. Our water consumption has already been reduced by the eco team making bottles for the toilets to reduce water when flushing.

Of course, as usual there are many things taking place this term, including Comic relief, World book day, Road safety days, “Caddy’s American Diner” canteen event, pirate days to name but a few.

As you may be aware each week we have a “Community Theme” question which the children discuss and their peers vote on the best answer. This term we seem to have quite a few which you as members of our wider community

might like to ask yourselves. We are constantly amazed at how deeply some of our pupils think about these questions and what a caring pupil population we have. Please spare a minute and think about how you might answer some of these questions:

What am I looking forward to this year?

How can I be a good neighbour?

What’s special about Caddington?

Who is responsible for what happens in our local community?

Who do you look up to?

We are aware that Caddington Councillors have also been considering what is special about Caddington and as the local school we are looking forward to taking part in the community project in March and hope that many residents will too.

Note:- The community theme may be part of an activity taking place in Caddington Parish, however, children from other areas also attend the school. It would be interesting to ask yourselves the same questions listed in the article above, substituting Slip End, Woodside, Pepperstock or Aley Green in the sentences.

If anyone would like to provide us with any answers to these questions (anonymously if you wish) then please send us some comments to go in next month’s magazine. Please send them to parishnews@slipend.co.uk

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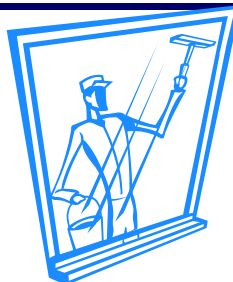
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Aley Green Methodist Church

Services and Diary dates for February

Sunday 1st

11.00am Morning Service - Rev Bob Forrest

11.00am Sunday School Communion

Tuesday 3rd

7.30pm Bible Study - Rev Bob Forrest

Sunday 8th

11.00am Morning Service - Richard Armiger

11.00am Sunday School & Youth Group

Tuesday 10th

10.00am/12.00pm 'Cakes & Company'

Sunday 15th

11.00am Morning Service - Rev Phil Horner

11.00am Sunday School & Youth Group

Tuesday 17th

10.00am/12.30pm 'Pancakes & Company'

In aid of LAMP

Sunday 22nd

No Service or Sunday School

at Churches in the Circuit.

Lent Celebration at The Square Dunstable

Led by Rev Phil Horner & Clive Salmon

Monday 23rd

7.30pm Ecumenical Lent Fellowship

Led by Mike Bull

Wednesday 25th

7.30pm Coffee Evening

In aid of Leaders of Worship & Preachers
Trust

reason for Christmas, the birth of our Saviour. (as well as a quiet chat with friends). The craft stall, lunches and refreshments raised £574.20 towards the improvement of the church building. Thank you to those who voted for their 'favourite tree' I am pleased to say my tree came first and my charity The Paul Strickland Scanner Appeal at Mount Vernon Hospital won the £50 prize.

The attendance at our Carol service, led by our minister Rev Phil Horner, was overwhelming, a full church with the choir having to move on to the platform to make room for everyone to sit! We raised the roof with the singing and enjoyed refreshments after. The Christmas Cake (made and decorated by Yvonne Tomlin) was won by Hilary Loudon and raised £100 for Methodist Homes for the Aged.

We look forward to welcoming you to this month's services and events as listed above. Why not join us for breakfast on Shrove Tuesday. Bacon Rolls, Sausage Rolls and of course our lovely pancakes. There will be stalls and a raffle and all money raised will go to LAMP, Luton Accommodation and Move on Project.

Our Lent course begins on Monday 23rd February and runs for five weeks. We look forward to seeing our friends from all the local churches, why not join us. You don't have to attend every week, come when you can. As usual Mike Bull will be leading us.

***The only thing that counts is faith
expressing itself through love.***

Galatians 5:v6

*Come and visit us, a warm welcome
guaranteed.*

God Bless from all at Aley Green.



**Ann Meader
Senior Steward**

A very big THANK YOU to everyone who supported our church throughout 2014. Special thanks for the tremendous turnout for our Christmas services and events.

The Charitree Festival was very well supported and raised £694.09 for our fourteen charities. (There is a detailed breakdown on the notice board at the church.) We do thank Pat Batchelor and friends who spent the day on the Saturday, playing Christmas Carols and music while people were able to sit in the church to listen, pray and contemplate on the

SLIP END GARDENING CLUB

At the November meeting an interesting and informative presentation was given by Bev Bond on "The Swiss Garden". Bev had previously worked at the "Garden" and gave details of its history as well as changes over time. The Swiss Garden was the brainchild of Lord Ongley, who was apparently motivated by the 1820s fashion for all things alpine, itself inspired by the craze for holidaying in the Swiss Alps. Ongley built the estate village of Old Warden on a similar alpine theme; apparently he expected his workers to sport rustic red neckerchiefs as he came by in his carriage.

The Swiss Garden has just reopened following an 18-month restoration process funded to the tune of £2.8 million by the Heritage Lottery Fund. The work done is first-class and as such represents good value for money in these straitened times. Especially given that there are 13 listed structures of delicate character on the site, and a substantial amount of tree clearing and replanting of shrubs has been achieved. The Gardening Club made a visit in April 2011 and following the improvement works undertaken will be visiting again soon. Due to the variety of different area layouts, you could visit several times a year.

The talk was followed by the annual social finger buffet provided by members along with drinks to finish off the year.

Planning has started for the 2015 Village Plant Sale, to be held on Saturday 16th May and the programme of National Garden Scheme visits for the year is being prepared. More details next month.

PN Gardening Correspondent

GARDENING CLUB

**Monday 16th March
8pm Village Hall**

Speaker: Geoff Hodges

**The 12 Month Garden -
Colour All Year Round**

NEW MEMBERS WELCOME

Guests/Visitors £2 each



1st Woodside Brownies

"Better late than never"... Wise Owl has finally received her certificate for 40 years service to Guiding. Unfortunately the clasp on the badge would not stay closed and had to be returned.

We all enjoyed a trip to the pantomime in January at the Grove Theatre in Dunstable.

We still have some places for girls from nearly 7 years old. If interested please contact Wise Owl on 01582 723109 or call in to the Village Hall on a Wednesday evening between 6:00 and 7:30pm.

HARPERS FINE food & wine SOCIETY

We are now back to normal here at Harpers after the busy Christmas & New Year.

We hope you will soon visit us and enjoy a morning coffee, a lunch or an afternoon tea with us.

Have you been to one of our popular Taste & Try Open Days yet? You will be very welcome to visit us at our February Tasting Days in our Oak Function Room, Harpers Food, Pepperstock, Beds LU1 4LL on: Friday 27th or Saturday 28th February Midday to 2.00pm

We would appreciate your comments on our:

Shepherds' Pie and "New" Gammon & Onion Suet Pudding.



Why not keep up to date via our email newsletter with all our Events, High Teas and Voucher Offers.

Just email debbie@harpersfood.co.uk with email update in the subject field and we will do the rest.

St Valentine

Who was St Valentine? Why do we celebrate his day as a day for those we love?



St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. Several martyrdom stories were invented for the various Valentines that belonged to February 14th. A popular account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer. An embellishment to this story states that before his execution he wrote her a letter signed "Your Valentine" as a farewell.

The day was first associated with romantic love in the Middle Ages. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, sweets and cards (known as "valentines"). In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart". Symbols used today include heart shapes, Doves and the winged Cupid. More recently this changed to mass produced greetings cards. **Happy Valentine's Day!**

Picture from the photography Group "studio" session last year.





Good Neighbours make safe neighbourhoods

Look out for your neighbours

Get to know your neighbours. They will know who shouldn't be around your home and garden when you're away. Perhaps you could start a Neighbourhood Watch or Street Watch scheme where you live? Any suspicions should be reported to the Police

Secure your gates, windows and doors

Stop burglars getting in without being seen by keeping back gates and sheds securely locked, hedges and trees trimmed and fencing fixed. Make sure all windows and doors are locked securely and fit intruder alarms. Don't let burglars have easy access to your home.

Switch On Lights

If you are out or returning home after dark, leave lights on to create the impression you're at home. If you can use light timers and outdoor sensory lights or leave a radio or TV on to deter burglars.

Immobilise

Register valuable and sentimental belongings on the national property database, Immobilise. This helps the Police to identify items and arrest and charge anyone responsible.

For further information contact your local policing team on 101. To report a burglary call 999.

Remember—Lock up, Light up

- Leave some lights on if it will be dark before you get home or use light timers.

- If you can, leave a radio on to create the impression that someone's home.

- Fit intruder alarms, door chains and door locks.

- Lock garages, sheds and all windows.

- Don't leave keys or valuables where they can be seen from doors or windows.

- Never hide spare keys outside, such as under a flowerpot. It's the first place burglars look.

- Register valuables or sentimental items with a serial number at www.immobilise.com

- Always check who is at the door. You don't need to open if you feel anxious.

- (Find out more about the 'Nominated Neighbour Scheme' contact trading.standards@centralbedfordshire.gov.uk

- Contact your local policing team to join your local Neighbourhood Watch or Street Watch group to look out for neighbours.

For more information see:-

www.centraltogether.org.uk

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First of all we wish you all a very happy and healthy 2015.

Last November Sue Martin laid a wreath on behalf of us on Remembrance Sunday. At our meeting our speaker Derek Hardy, talked about Shelter Boxes. An organisation started in Devon, which collects items in large boxes to send to countries where there has been a serious disaster. The boxes contain things like a tent, blankets, stove, pots and pans, water storage, items for children and so on. We found the talk very helpful and interesting. The competition of a Poppy Picture was won by Helen Turner.

What a busy month December was. Dunstable Ladies Choir entertained us with a selection of carols - we joined in some of them. Together with the usual supply of refreshments and a good raffle this was a brilliant start to the month.

Our Group Meeting was held here in Caddington at Heathfield and, although the tea making and kitchen facilities were out of action, we managed to get through the evening. Our speaker was Marion Haule talking to us on Christmas Past. Each of our W.I.s did a 'party piece' too.

We had a trip to Winchester, firstly visiting Romsey and the Market Square, High Street and on to the Abbey and Hidden Garden. This was followed by a good pub lunch, back to the coach to follow the River Test via Stockbridge. Then on to Winchester taking in the Christmas Market and Cathedral. A really enjoyable day out and

thanks to Sue Martin for arranging the day out.

Darts. Our ladies are doing very well and have won their past four games.

Mulled Wine was prepared by Carol Jones and a table full of goodies was laid out for our Christmas Meeting. Secret Santa brought each of us a present, and our Competition for the best wrapped one was won by Sue Taylor with Carol Jones second and Lee Ellicock third. As it was "Xmas night" we played charades, a quiz and some of us acted out a small playlet. A fun evening.

January we have Sylvia Kidby with Palmistry for Fun - maybe not what we think but will be interesting. If you would like to join us you will be made very welcome. We meet monthly at the Baptist Church Hall in Dunstable Road on the third Tuesday at 7.30 p.m. - look forward to seeing you.

Linda Edwards

Future Dates for your calendar:-

17th Feb All About Denman College and
17th Mar Easter Decorations with Joan Bean

USED STAMPS

Don't throw away all those used stamps on letters or cards received this Christmas or in the future. Keep them for Charities, which include Great Ormond Street Children's Hospital. Cut them off with an inch (20mm) border and save until you have a reasonable amount, then post "free" to:-

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Christingles and Craft
Fayre



How much joy can you give to someone with dementia . It is clear by the smiles on their faces , swaying to the music the eye contact, it has been achieved. The evening the youth club visited gave the residents a lovely time, some of the young people spoke with the residents and that made a huge difference to their day. Father Christmas and the Elf gave them biscuits and mince pies as a present . The crowning glory for the residents was the singing, the youth club members were excellent . Thank you each one it was appreciated.

The Vicarage tea party was splendid with much effort made to make it nice for our residents. The tea table was adorned with china cups and saucers matching plates and cake stands serviettes and delicious home made scones. The jam was from the damsons out the vicarage garden. It was a wonderful afternoon and one that the residents will treasure for a long while. Thank you to all involved especially to Cathy and all the helpers .



Photos here include May Green, 93, listening to the youth club, tea party at the vicarage, at the home listening to carols from the Youth Club,



residents dancing to the Rolling Stones "Brown sugar", Sylvia listening to a story about Ration books after the war and Betty sharing a sweet

Someone I know stopped me in the village and asked me how many Dementia residents we have and also what exactly was Dementia, what does it feel like if you get it .

Dementia in general terms is a decline in mental ability, severe enough to interfere with daily life. 1 in 14 people will have dementia in 2015 and the predicted growth will be steady. The predicted growth will be 40% by 2051. The number of people living with dementia is predicted to double every 20years....by 115 million people worldwide, 71% in developing countries. In 2012 a report by the world health organization recognised that dementia is a global world challenge and called on all countries to recognise dementia in public health planning.

From a person with dementia:-

"This disease has changed me .I don't act as the person you used to know. Sometimes what I do may embarrass you. Our relationship has changed. I used to take care of you . I used to truly contribute, now it's difficult . What I used to do for you, you now do for me. That probably feels awkward to you."

Gardening Tips

by Russell Sprout

With all the festivities over and done with for another year it's time to turn our thoughts to the gardening year. With what has been such a wet and windy winter some of the first jobs will be to mend fences and repair sheds, etc., but then you can move on to clearing away any dead plant material and keep on top of weeds as they start into growth. If you have a soil testing kit this is a good time to test to see if lime, nitrogen or potash is required to balance the soil. This is quite easy to do, just follow the instructions that come with the kit, you don't have to be a scientist.

Early potatoes can be arranged in boxes or seed trays with the eyes



uppermost in a light frost-free shed, greenhouse or cool bedroom to sprout into growth for an early crop. If you haven't got your seed potatoes yet don't delay or you will be left with the dregs. Early peas and broad beans can be planted in the soil towards the end of the month if it is dry. Shallots can also be planted this month and just cover them with soil to stop birds from pulling them out of the ground. If you plan to plant tomatoes in a cool greenhouse in April now is the time to sow seeds in a propagator or indoors on a windowsill and pot them on when they are about 2" high. Parsley can be sown outdoors if dry and not too cold for a first crop. Prune autumn fruiting raspberries close to the ground by the end of the month.

Check Dahlias in store, cut away any rotted sections of tubers and if they are shriveled plunge them into tepid water for 10-12 hours. Take cuttings of Chrysanthemums

that have been over-wintered in the greenhouse or cold frame as soon as the new shoots are big enough. Stools that have been left in the ground will benefit from pushing a fork into the ground around the plant to stop rotting and clear away any weeds or debris that have accumulated. Any alpines that have been loosened by frost should be firmed into place and weeded. Move dormant fuchsias, heliotropes and hydrangeas onto the greenhouse staging, if possible in a warm spot where a temperature of 10 degrees centigrade can be maintained. Spray the plants with water on sunny days, and give them increasing amounts of water as growth becomes active.

It's been another wet winter so if the lawn has become wet and boggy with all the rain we have had, aerate with a fork to help drainage and scarify towards the end of the month to remove dead grass and thatch *if conditions are dry enough*.

Garden not big enough to grow everything you would like to, then have you thought about taking an allotment? Just ring the number in the Parish News and look forward to enjoying plenty of fresh vegetables throughout the year as well as keeping yourself fit and making new friends!

Talking of new friends, how about joining the Gardening Club where you can swap gardening tips, listen to speakers on all different aspects of gardening five times a year in the village hall and visit some interesting gardens with like minded people between the spring and autumn? If you would like to know more before committing yourself give Rosemary Wickens a ring on 01582 423622, she will be happy to talk to you.

**“Hold a Fish and Chip Supper to help spinal cord injured people
rebuild lives after injury”**

Great British Fish and Chip Supper – Friday 15th May 2015



Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 15th May 2015 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2015 we want to make the batter matter and raise £40,000 from everyone holding suppers. Last year we raised £20,000 from the suppers.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, “The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email fundraising@siafishandchips.co.uk or visit www.siafishandchips.co.uk

Our Practice is Enhancing Services for our Patients

Significant changes are happening in the NHS which have the potential to affect the level and quality of care we are able to offer our patients.

In order to minimise any service disruption for our patients we will be working towards merging the Partnerships of Caddington and West Street Surgeries.

Both surgeries are here to stay and continue giving quality care to all our patients. We will keep patients informed throughout the process and you should experience only benefits as a result of this decision.

Many thanks,
Lizzy Smith
Practice Business Manager, Caddington & West Street Surgery

NB This notice concerning our local surgery was posted on the community Facebook pages and websites and we have been asked to print it here for anyone who will not have seen it there.

On a similar note... Caddington surgery is currently not taking blood samples. These tests can be carried out easily at the L&D hospital or also, according to information, at the Vestry Close Clinic off Dallow Road in Luton.

If you have any comments on recent hospital outpatient services and wish to complete a survey for Healthwatch Luton, please contact the local representative: Jean Forrest, on 01582 727880 or email Jeanmabel@aol.com or info@healthwatchluton.co.uk



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Yorkshire Pudding*

We Are Now Taking Bookings For

Mother's Day

Sunday 15th March!!

Book your table now!! Limited availability!

On the Trail of Paddington!

I have always been fond of Paddington Bear, having read my way through many of Michael Bond's books as a child, as well as watching the original animated TV series.

When we heard that, to promote the new film, there were 50 statues of Paddington to be found around London we decided to go and search for some. We were so busy that we didn't get to go until 30th December, the day they were being taken away for auction in aid

of the NSPCC. Each bear was the same shape but decorated in a design created by individuals and organisations including many celebrities.

We started with the trail around Paddington Station and the Regents Canal,

Little Venice and the Paddington Basin (very pretty). Some of the Bears we found are shown here including our favourite "Futuristic Robot Bear" designed by Jonathan Ross.


From there we went by tube to Covent Garden and walked from there through Leicester

Square, Piccadilly and on to Oxford Street. A couple had been removed early, possibly to aid in the planning for New Year's Eve. However we found several more including the window display at Selfridges.



During the day we joined queues while families waited to pose with the Paddingtons. It seemed many people were using it as a good way to get out and about in London and the fresh air—good news in the days when many young people spend their free time on computers and games! Hopefully it will also encourage people to read the books and discover the characters! It may even have increased the sale of marmalade too!





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Crimestoppers is a charity and not part of the police. When you call **0800 555 111**:

- your call will not be traced and you won't be asked for your name or address
- you will always remain completely anonymous, so there is no risk to you
- if your information leads to an arrest and charge you may qualify for a cash reward of up to £1,000 which will be paid out anonymously, so at no point will your identity be revealed.

Crimestoppers really does work. In the 26 years since the charity was launched more than 130,000 criminals have been arrested and charged. That means around 1 in 10 of the calls to Crimestoppers results in an arrest without one caller ever being identified, but we can't do anything if you don't call.

Being burgled can have lasting consequences and destroy a sense of well-being in your own home. So be vigilant and make a difference by telling us if you:

- know or have good reason to suspect who is breaking into local homes
- notice the type, colour and/or number plate of a vehicle you suspect was used in a burglary
- believe someone is selling stolen property
- can tell us where stolen property is located or being sold

Call Crimestoppers anonymously on **0800 555 111** or go to www.crimestoppers-uk.org.

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**VALENTINES
DAY**



**Saturday
14th February**



**MOTHERS
DAY**

**Sunday
15th March**



All the pubs usually have Valentine's Day activities. Look out for events and special offers on their websites.



The Rising Sun

Events:- January ends with Burns night celebrations (on 31st Jan) hopefully we will have a report on this next month.

7th Feb live music with 360

14th Feb MR & MRS QUIZ

18th Cook Off

28th karaoke with Jema

We hope that everyone had a good Christmas. We would like to thank everyone for their support last year. Over the last few months we have been having a "cook off". This entails 6 people cooking a meal out of 6 ingredients plus a list of store cupboard things you can use. Then cook what you want. We have 4 judges. The winner gets to choose the next lot of ingredients and their name goes on the wooden spoon. January's winner was Justin Scranage.

Adrian & Ann www.risingsunslipend.co.uk

The Plough

Our thoughts are with the family of Mr. Floyd from Woodside Park Homes, who sadly passed away. Family and friends

came to the Plough after the funeral service for a buffet and to remember the happy times and memories they shared with him.

The staff from the Plough enjoyed their yearly outing. They all went into London and had a nice meal and went to see the musical Memphis. Everyone had a good time and would highly recommended the show.

We would like to wish Grand-dad John a Very Happy Birthday!! Happy Birthday to Eddie George!!

We are now taking bookings for Mothering Sunday! March 15th. Book your table now, limited availability.

We cater for all occasions Birthdays, Weddings, Funeral, Baby Showers etc, VENUE FREE!! For more details please contact Doug or Melissa on 01582 720923

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The Frog & Rhubarb

See the advert or our website for details of events and special offers.

www.frogandrhubarb.co.uk

Bookings are being taken for St Valentine's Day meals and for Mothering Sunday on 15th March.

Slip End Social Club.

Future events are listed on the noticeboard. For more information about joining the Club—just ask! Several groups meet at the Club including the Photography group and the CPG. The Photography Group held its Christmas gathering at the Club in December and a good number of us, along with a few guests, enjoyed an excellent buffet and an evening chatting to friends. Thank you!

A number of members of the Social Club support the boxer, Jason Cunningham. He visited the club in December to meet some of those who support him. We include here the latest update on his progress, sent to us by Tony.

Jason Cunningham Update from Tony Strong

Jason's final fight of 2014 at the Doncasetr Dome Arena on 29th November found him facing the very experienced veteran, Jason Booth in an eliminator for the British Super Flyweight title.

Our man came out with all guns blazing and pursued his Nottingham opponent relentlessly in the early rounds. Then in about round four, Booth adopted closer combat. Once again, Jason started to find the going getting harder, being able to get his punches away or make the most of his height and reach.

... By the eighth there was not much in it but Booth was tiring and delivered a very

low blow which hurt Cunningham and caused the bout to be halted temporarily. Amazingly the referee declined to penalise Booth for the illegal punch, when a one point deduction appeared the obvious outcome.

The tenth round found Cunningham resuming his ascendancy... Booth managed to survive the onslaught however and was then given the nod by the referee on a score of 96 to 95. Had the deduction been applied the result would have ended in a draw. As it was, it became another disappointment for Cunningham who all of us felt was the winner by at least two rounds.

Jason is totally convinced that he will bounce back strongly in 2015 when he next enters the ring on Saturday 28th February.

Advance notice....
ST GEORGES FUN DAY
Sunday 26th April 2015
at Heathfield Hall, Caddington

We are planning to have lots of entertainment, stalls, food & drink, to celebrate England's Patron Saint's Day.

To help us make it a great success, would you like to be part of an enthusiastic team? We have lots of ideas already, but we would love to have some Input from you. If you would like to volunteer, please contact Carol at:

stgeorgefunday@gmail.com



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**DIARY - If you would like your events included
please contact the Editor**

February

Mon 2nd Parish Council Meeting Village Hall 7pm

Tue 10th CPG Meeting Slip End Social Club 7:30pm

*Tue 17th Caddington WI (All about Denman College) Baptist Church Hall 7:30pm
Shrove Tuesday*

March

Mon 2nd Parish Council Meeting Village Hall 7pm

Tue 10th CPG Meeting Slip End Social Club 7:30pm

Sun 15th Mothering Sunday Look out for special Church Services and for Meal offers

Mon 16th Garden Club Guest Speaker Village Hall 8pm

Tue 17th Caddington WI (Easter Decorations) Baptist Church Hall 7:30pm

April

Mon 6th Parish Council Meeting Village Hall 7pm

Tue 14th CPG Meeting Slip End Social Club 7:30pm

Sun 26th St George's Fun Day Heathfield Hall, Caddington

May

Sat 16th Village Plant Sale



Bin collections for February

Black bin and Glass Friday 13th and 27th Feb

Recycling bins Friday 6th and 20th Feb



Don't forget to advertise your events here!

Please contact us with details of events to add to our diary so that everyone in the community can read about what is on in the Parish and hopefully avoid any clash of dates for events!



YOUR PARISH & CENTRAL BEDS COUNCILLORS

Clerk to Parish Council — Peter Segal 526594 (9am to noon weekdays)

clerk@slipend.co.uk

Parish Councillors:-

Steve Baird	738205	Steven.Baird@cooperindustries.com
Paul Cooper	07703 599006	paul-cooper@indigo-tiger.com
Ken Crossett	414168	kencrossett@slipend.co.uk (<i>Chairman</i>)
Keith Holme	07969 154783	holme@keithjan.fsnet.co.uk
Simon Patterson	07767 615714	smp@amida.fsworld.co.uk
Carol Brennan	453049	carolbrennan74@aol.com
Sarah Minnighan	07868 742904	s.minnighan@outlook.com

WHO DO I CALL?

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Road issues (potholes etc) highways@centralbedfordshire.gov.uk

Police 473211 or 101

Aircraft noise 395382 **Airparks** 749495

Water leaks 0800 3765325

Cold Calling 0345 4040506

Out of hours noise 0300 300 8098

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Your Central Beds Councillors

contact details



Cllr Kevin Collins

01582 417933

Kevin.Collins@centralbeds.gov.uk



Customer Services
0300 300 8000



Cllr Richard Stay

01582 402602

Richard.stay@centralbeds.gov.uk

www.caddington-conservatives.com

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COMMUNITY AND SERVICES

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Slip End Garage Markyate Road, 456888

Doctor (Caddington Surgery) 725673

Doctor (Markyate Surgery) 841559

Schools: **Slip End Lower** 720152 **Caddington Village School** 726058

Streetfield Middle 613421 **Ashton Middle** 663511 **Manshead Upper** 679400

Good Neighbour Scheme: 07513 37 24 15

Churches:-

St Andrew's Church 01582 725061

Rev. Cathy Pullinger—vicarage 480391
or 07425 148046

Wardens: **Nick Sandle** 723029

Susan Wiltshire 727477

Aley Green Methodist Church

Minister: **Rev Philip Horner**

Senior Steward: **Ann Meader** 733668

Sport:-

Bowling Club 412506

Darts League 425323

Football 517042 or 07515687160

Pepperstock Archers 615216

Email LBP121@aol.com (Lee Prebble)

Tennis 733253

Gardening Club 423622

Slip End Stompers Line Dancing

redhotstompers@googlegmail.com

Dance Classes dance_liana@hotmail.com

Photography Club 452851

Community:-

Brownies 01582 723109

Beavers 07956 833488

Cubs & Scouts 01582 418014

Allotments 01582 736892

Friendship Club 01582 452978

Mother's Union 01582 738435

Playgroup/Pre-School 01582 728865

S.E.A.D.A 01582 414796

FoSELS (PTA) 0789 603 7853

Youth Club Lise Poultney 07772 198 275

Caroline Rizza 07852 192 747

Women's Institute 01582 737036

Chatty Club andypandy32@hotmail.co.uk
Jean Anderson

Slip End Veterans Football Wayne Leslie
wayne@dnsgsales.co.uk

Slip End Parish Community is now on



Items for the next issue to us by 15th February

(Editor—Sue) Adverts by 10th please

Any delivery problems? Contact Alan Buttery at 1 Claydown Way

(01582 724527), alanjan@buttery400.fsnet.co.uk.

Anything interesting to report about village activities, photos, holidays, etc?

Please contact us, letters and e-mails are encouraged.

Views expressed by our contributors are not the Editors' own.

Articles should be sent by the 15th of the preceding month to Sue Briggs, 4 The Oaks,
Slip End or Alison Wilson, 23 Claydown Way, Slip End or e-Mail parishnews@slipend.co.uk

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