

# THE DAILY GRUNCH

SERVING VILLAGE COMMUNITIES IN NORTH BEDFORDSHIRE

*Produced by Grassroots Publications  
Previously The Rural Grunch  
07725 812963*



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Email: [dailygrunch@outlook.com](mailto:dailygrunch@outlook.com)  
Web: [www.grassrootspublications.co.uk](http://www.grassrootspublications.co.uk)

**KEYSOE BIG  
BREAKFAST  
SEE PAGE 16**

**THEATRE  
COVERAGE  
SEE PAGES 26-27**

**SPORTS  
COVERAGE  
SEE PAGES 29-31**



# PAGE CHANGES TO THE ONLINE DAILY GRUNCH

To assist our readers we have expanded our Key Changes section.

This allows regular readers to see what has changed at a glance in the editions that they may have missed.

*SEE RATE CARD ON PAGE 3*

**Front Cover:** *John serves an English Traditional at the Keysoe Big Breakfast on Saturday 15th February.*

**Picture:** *Graham White*

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## KEY CHANGES TO THE DAILY GRUNCH FROM THE LAST ISSUE

**28th February:** *Page 13, Page 31*

**27th February:** *Page 29*

**26th February:** *Page 12*

**25th February:** *Page 1, Page 14, Page 16*

**14th February:** *Page 17, Page 21, Page 27, Page 28, Page 29*

**13th February:** *Page 13*

**12th February:** *Page 16, Page 17, Page 23*

**11th February:** *Page 29*

**10th February:** *Page 30*

**9th February:** *Page 17*

**AS ALWAYS WE ENCOURAGE YOU TO SEND US YOUR NEWS AND DETAILS OF ANY EVENTS YOU MAY BE HOLDING.**

*Email us at*

[dailygrunch@outlook.com](mailto:dailygrunch@outlook.com)

**Deadline: Approx two working days before publication - for example Friday = 10am Wednesday**

# WELCOME TO THE DAILY GRUNCH

**It was four years on 12th April since we launched the online Daily Grunch.**

This replaced the traditional Rural Grunch, which we had published and printed since March 2009.

We made the decision to go online following the Covid 19 Lockdown that came into effect on 23rd March 2020.

After Covid 19, the UK has suffered a cost-of-living crisis and it is safe to say we would not have been able to continue the magazine in its traditional form due to the increase in prices for paper and print.

As indicated in its title, we are able to update the online magazine on a daily basis and we do this 300 times a year.

This allows us to give coverage of local community events almost immediately after they have taken place rather than wait up to 31 days, which was the case with the printed monthly issue.

The same applies with advertising as we can insert material almost as soon as we

receive the copy. The online magazine is also in colour, which makes our coverage of community events more attractive.

Our goal remains the same - supporting community events and small businesses.

You will have noticed on our access page - [www.grassrootspublications.co.uk](http://www.grassrootspublications.co.uk) - that we have produced a number of supplements.

The Summer 2023 includes a record of community events during the first part of last year while the Autumn 2023 does likewise up to Christmas.

We are aiming to produce similar publications for 2024.

We have also set up a Business and Community Directory. Please contact us at [dailygrunch@outlook.com](mailto:dailygrunch@outlook.com) for further information including rates for the Directory.

See below for The Daily Grunch Rate Card.

**Graham White**

## RATE CARD ADVERTISING PRICES

FROM 8th APRIL 2024

**Full Page:** 30p per issue

**1/2 Page:** 18p per issue

**1/4 Page:** 12p per issue

Community Rates: 50% Discount

Invoicing every 100 issues. 300 issues per annum.

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

**Deadline: Approx two working days before publication - for example Friday = 10am Wednesday**

# TAKE A SHORT CUT BY SUE

Many people are now reading The Daily Grunch but for some it is a new experience.

For a few, it may be too many clicks or you cannot remember the name of the website.

There is a little trick:

Go to the [www.grassrootspublications.co.uk](http://www.grassrootspublications.co.uk) Home Page where the link to The Daily Grunch is located. In the top right hand corner of this page you will see 'three vertical dots'. Click on these and you will see a list of options.

Choose 'Add to Home Screen' and you should have an icon for Grassroots Publications in the favourites area or something similar on your device. Then any time you want to access The Daily Grunch you only have to click on this icon to take you to the link.

If you want to find a specific article in The Daily Grunch try this



Ctrl + F to find the subject/word you are looking for. This avoids trying to find the elusive article.

**For example:** Open The Daily Grunch – Press **Ctrl + F** which will open a small box, Type in the box the topic/number you are looking for. Say for example - 'Riseley'.

You will find 16 entries in the 27th October.2020 edition.

Sue  
[www.renholdvillage.co.uk](http://www.renholdvillage.co.uk)

## NEW YEAR'S RESOLUTION

### Why not try a walk with North Beds Ramblers?

We are a friendly group who walk on Saturdays:  
Every Saturday afternoon, approx. 6 miles

Saturday mornings, twice monthly, 10 -12 miles  
Just turn up wearing suitable footwear and clothing  
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We walk in all weathers,  
you may get wet and muddy!!

Bring refreshments  
(and plenty of water in the summer)

Interested?  
Find our programme on the Ramblers website <https://www.ramblers.org.uk/north-bedfordshire>  
Facebook <https://www.facebook.com/groups/northbedsramblers>  
Twitter [@nb\\_ramblers](https://twitter.com/nb_ramblers)

*Walks are free but if you decide to walk with us regularly we would like you to join the Ramblers*

The Ramblers' Association is a registered charity (1093577) and a company limited by guarantee. (No.4438932). Registered Office: 1 Clink Street, 3<sup>rd</sup> floor, London. SE1 3DQ



# Collection Calendar

Please ensure that your bins are out for collection by 6am on your collection day. Missed collections must be reported within 48 hours of your scheduled collection. Visit [www.bedford.gov.uk/misssedbin](http://www.bedford.gov.uk/misssedbin) to report a missed collection.

**Remember!** Garden waste collections are suspended from 1<sup>st</sup> December to 1<sup>st</sup> March.

## December 2024 and January 2025 Date Changes

### Recycling only

Mon 23 Dec	moves to	Sat 21 Dec
Tues 24 Dec	moves to	Mon 23 Dec
Weds 25 Dec	moves to	Tues 24 Dec
Thurs 26 Dec	moves to	Fri 27 Dec
Fri 27 Dec	moves to	Sat 28 Dec

### Rubbish only

Mon 30 Dec	No Change
Tues 31 Dec	No Change
Weds 1 Jan	moves to Thurs 2 Jan
Thurs 2 Jan	moves to Fri 3 Jan
Fri 3 Jan	moves to Sat 4 Jan

### Key

- Red Outline =** Date Change
- Orange =** Recycling Only
- Purple =** Recycling and Garden
- Grey =** General Rubbish

**December 2024**

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

**January 2025**

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

**February 2025**

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

**March 2025**

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

**April 2025**

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

**May 2025**

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**June 2025**

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

**July 2025**

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	28	30	31	

**August 2025**

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

**September 2025**

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

**October 2025**

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

**November 2025**

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

# GRUNCH OPINION

**Our Labour government have given the East-West Railway the final green light - it will go ahead.**

Bedford Borough Council have endorsed Route E that goes via Ravensden, Wilden and Colesden.

The non-statutory consultation, that ended on 24th January, was not about route preferences but how it would be built.

The decision to have the extra two tracks was made long ago and EWR Ltd are not going to change their mind.

Bedford & Kempston MP Mohammad Yasin has failed to explain why the extra tracks are not required.

Mr Yasin has not shown how East Midlands and East West Railways can work together along with freight trains.

There has been no timetabling evidence put forward by Mr Yasin to show how the increase in trains, including the Norwich to Bristol service and the Cambridge to Stewartby stopper, can use the existing four tracks.

North Bedfordshire MP Richard Fuller has been relatively quiet since the election back in July.

Although he has expressed concern about the route through Clapham Park, he has hardly mentioned the impact on Ravensden and Wilden, especially as the route goes close to the inhabited areas of these villages with noise pollution a particular concern.

The past has happened - the railway is going to go ahead whether we like it or not. It is time to end the statements that the railway should be scrapped.

It is now important for the campaigning groups to focus on what the East-West railway will bring.

In the long term, the concern centres on increased housing with the prospect of a new town at Tempsford plus a rumoured one to the north of Bedford. Then there is the threat of solar farms in the rural areas.

North Bedfordshire must continue to fight.

**Graham White**

## DAVID JAMES

WWW.DAVIDJAMESKITCHENS.CO.UK



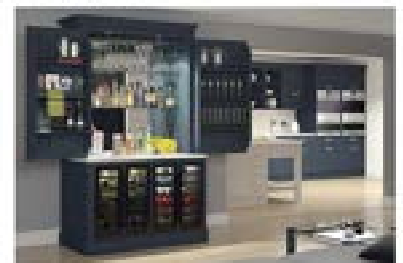
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# FOCUS ON THE VILLAGER BUS

**The Villager Bus is run by volunteers for the North Bedfordshire communities. There are scheduled routes each week and it can be hired for outings.**

The new bus can take up to 16 passengers including space for one wheelchair user. It has a low floor for easy access and a wheelchair ramp, as well as air conditioning, WiFi and phone charging points.

The Villager Bus provides regular bus services from the North Bedfordshire villages to various destinations, including Olney, Bedford, Milton Keynes, Rushden Lakes and St Ives. Concessionary Bus Passes can be used as well as payment by card or cash. Currently the cost of a single journey to any destination is only £2.

The purchase of the new bus was made possible with the generous support of various sponsors including Bedford Borough Council, the Harpur Trust, The Gale Family Charity Trust, Felmersham and Radwell Community Trust, Wixamtree Trust, The Connolly Foundation and the Christopher H R Reeves Trust.



## ● The brand new Villager Bus.

The Villager Bus is a service for all, helping everyone to get out to town centres and local supermarkets. It has been run entirely by volunteers since 1987 with the aim of improving the lives of those in the North Beds villages.

The service supports many older people and those with mobility problems who may find it difficult to travel on their own. It's a great opportunity to socialise too! We currently deliver between 250 and 300 passenger journeys a month as well as frequent community hires.

## ● The Villager Bus (Sharnbrook) committee member Andrew Gell welcomes a passenger for a local service.





# FOCUS ON THE VILLAGER BUS

## Riseley/Thurleigh – Sainsbury's (Bedford, Clapham Road)

Route VL12 - 1st & 3rd Wednesday of each month

	Out	Return
Riseley, High St. (Gold St)	0930	1135
Bletsoe, Church	0940	1140
Milton Ernest, Opp Queens Head	0945	1125
Sainsbury's	0955	1110
Thurleigh, The Close	1010	1225
Milton Ernest, Marsh Lane	1020	1215
Sainsbury's	1045	1200

## Sharnbrook – Riseley - Melkbourne – Rushden - Waitrose/ Rushden Lakes

Route VL13 - 2nd Monday of each month

	Out	Return
Sharnbrook, Lodge Rd/Loring Rd	0855	1308
Sharnbrook, Opp Nisa Store	0858	1305
Bletsoe, Opp Church	0903	RR 1300
Thurleigh, The Close	0918	RR 1255
Riseley, High St (Gold St)	0930	1243
Riseley, Primary School	0933	1240
Swineshead, Church	0936	1237
Upper Dean	0943	RR 1230
Melkbourne	0948	RR 1225
Yelden, High Street /Spring Lane	0953	1220
Newton Bromswold Village	0957	1216
Rushden, College Street	1003	RR 1210
Rushden, Waitrose/Rushden Lakes	1012	RR 1201

Passengers are strongly advised to book their journeys, apart from the Olney and Sainsbury's runs, using our website:  
[www.sharnbrookvillagerminibus.co.uk](http://www.sharnbrookvillagerminibus.co.uk)  
 Or phone: 01234 708191

Where you see **RR** in the timetable, this means **Rider Request**. The bus calls for passengers on request only, ie where booked.

## Sharnbrook - Felmersham - Odell - Harrold - Lavendon - Olney Market

Route VL5A - Every Thursday

	Out	Return
Sharnbrook, The Swan	0910	1148
Sharnbrook, Lodge Rd/Loring Rd	0912	1146
Felmersham, The Sun	0915	RR 1143
Odell, Bell	0920	1138
Harrold, Green	0924	1134
Lavendon, Cross	0932	1126
Olney, Market Place	0938	1120

## Carlton - Stevington - Bromham - Turvey - Cold Brayfield - Olney Market

Route VL5B - Every Thursday

	Out	Return
Carlton, Fox	1003	1243
Stevington, West End	1008	1238
Stevington, Cross	1010	1236
Stevington, Aims Houses	1012	1234
Bromham, Grange Lane	1017	1229
Turvey, Station Road	1023	1223
Turvey, Jacks Lane	1025	1221
Turvey, Green	1026	1220
Cold Brayfield	1028	1218
Olney, Market Place	1036	1210

## Felmersham - Sharnbrook - Riseley - Kimbolton - Huntingdon - St Ives

Route VL14 - 2nd Monday of each month

	Out	Return
Felmersham, The Sun	0840	RR 1557
Sharnbrook, Lodge Rd/Loring Rd	0850	1550
Sharnbrook, Opp Nisa Store	0900	1547
Bletsoe, A6 Bus Stop	0905	RR 1542
Milton Ernest	0907	RR 1540
Thurleigh, The Close	0905	RR 1535
Riseley, High St (Gold St)	0917	1523
Riseley, Primary School	0920	1520
Swineshead, Church	0923	1517
Melkbourne Village	0929	RR 1511
Upper Dean, High Street	0933	1507
Shelton, Bus Stop	0937	RR 1503
Lower Dean, High Street	0942	1458
Tilbrook, White Horse	0945	1455
Kimbolton, Post Office	0948	1452
Stoney, Main Road	0950	1450
Gr. Staughton, Snooty Tavern	0953	1447
Dillington, Crossroads	0954	1446
Perry, Opp Wheatsheaf	0956	1444
Brampton, Thrapston Road	1007	1433
Huntingdon, Bus Station	1010	1430
St Ives, Bus Station	1025	1415

## Sharnbrook - Harrold - Turvey - Milton Keynes

Route VL15 - 1st Tuesday of each month

	Out	Return
Sharnbrook, Swan	0930	1331
Sharnbrook, Lodge & Loring Rd	0932	1329
Odell, The Bell	0936	1325
Harrold, Centre	0943	1318
Carlton, The Fox, via The Moor	0950	1311
Turvey, The Green	0958	1303
Newton Blossomville, Old Mill	1004	1257
Clifton Keynes, Robin Hood	1011	RR 1250
Milton Keynes, Shop Centre	1030	1230

## Clapham - Oakley - Stevington - Turvey - Milton Keynes

Route VL6 - 4th Tuesday of each month

	Out	Return
Clapham, Community Centre	0900	1330
Oakley, High Street	0905	1325
Oakley, Memorial	0907	1323
Pavenham, Close Road	0910	1320
Pavenham, Weavers Lane	0913	1317
Stevington, West End	0918	1312
Stevington, Cross	0920	1310
Bromham, Grange Lane	0925	1305
Turvey, Station Road	0930	1303
Turvey, The Green	0932	1300
Newton Blossomville, Old Mill	0938	1253
Clifton Keynes, Robin Hood	0945	RR 1243
Milton Keynes, Marks & Spencer	0958	1230
Milton Keynes, The Point	1000	1230

## Melkbourne - Riseley - Sharnbrook - Olney - Milton Keynes

Route VL7 - 3rd Tuesday of each month

	Out	Return
Melkbourne, Village	0850	RR 1335
Swineshead, Church	0855	RR 1330
Riseley, Primary School	0900	RR 1326
Riseley, High St (Gold St)	0903	RR 1323
Bletsoe, Church	0909	RR 1317
Sharnbrook, Swan	0916	1310
Sharnbrook, Lodge Rd/Loring Rd	0918	1308
Odell, The Bell	0921	1305
Harrold, Centre	0926	1300
Lavendon, Cross	0931	1255
Olney, Market Place	0936	1250
Milton Keynes, Marks & Spencer	0954	1230
Milton Keynes, The Point	0956	1230

## The Villager Minibus



The Villager is a friendly bus service that runs through many North Bedfordshire villages going to Milton Keynes, Olney, Rushden Lakes, St Ives and Sainsbury's in Bedford. All Concession Pass holders travel free and children travel half price.

Do support your local community bus service run and driven by volunteers.

## Thurleigh - Harrold - Lavendon - Olney - Milton Keynes

Route VL4 - 2nd Tuesday of each month

	Out	Return
Thurleigh, The Close	0900	RR 1312
Milton Ernest, Queens Head	0905	RR 1317
Radwell Village	0907	RR 1315
Felmersham, Sun	0910	1313
Carlton, Crossroads	0918	1307
Carlton, The Fox	0920	1305
Harrold, Centre	0925	1300
Lavendon, Cross	0935	1250
Olney, Market Place	0940	1245
Milton Keynes, Marks & Spencer	0958	1230
Milton Keynes, The Point	1000	1230

24 April 2023

## Sharnbrook/Odell - Harrold - Sainsbury's (Bedford, Clapham Road)

Route VL11 - 2nd & 4th Wednesdays of each month

	Out	Return
Sharnbrook, Opp Fordham Arms	0930	1150
Sharnbrook Court	0935	1125
Sharnbrook, The Swan	0937	1123
Sharnbrook, Lodge Rd/Loring Rd	0940	1120
Odell, The Bell	0943	1117
Harrold, Centre	0948	1112
Carlton, The Fox	0954	1106
Pavenham	1003	1157
Clapham	1015	1145
Sainsbury's	1020	1140

Our bus is available for community/private hire. Our website has more information:

[www.sharnbrookvillagerminibus.co.uk](http://www.sharnbrookvillagerminibus.co.uk)

or e-mail:  
[villagerbus.sharnbrook@gmail.com](mailto:villagerbus.sharnbrook@gmail.com)

If you are interested in becoming one of our volunteer drivers do phone us for an informal chat without any obligation on 01234 708191.





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# BOLNHURST COFFEE MORNING AND BOOK BROWSE



● The first Bolnhurst Coffee Morning and Book Browse of the year was held on Saturday 11th January at the Old School. The highlight was a controlled fire in the grate, which was a welcome respite to the freezing conditions outside.



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website

<https://andrewblairprofessionalcarpetandupholsterycleaning.com>

## PLEASE SUPPORT OUR ADVERTISERS

# GRUNCH NEWS



● The Tibbs Dementia Foundation hold their Tibbs 'Memory' Cafe on the third Friday every month at Renhold Chapel in Woodfield Lane between 11am and 12.30pm. The session is a relaxed opportunity - over a cuppa, cake and chat - to enjoy a range of fun and interesting activities including 'Music 4 Memory' and fun exercises for the brain. There will be information available on how Tibbs can support you. No need to book. Just come along, all welcome. See [www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk)

*Pictures: Renhold Village Facebook*

*FREE  
ENTRY*

## GREAT STAUGHTON FOOD AND CRAFT MARKET 11.30am-2.30pm GREAT STAUGHTON VILLAGE HALL

*FREE  
ENTRY*

### 2025 DATES

17th JANUARY - 15th FEBRUARY - 15th MARCH

19th APRIL - 17th MAY - 21st JUNE

19th JULY - 16th AUGUST - 20th SEPTEMBER

18th OCTOBER - 15th NOVEMBER - 20th DECEMBER



# FASHION SHOW

Pure Heart Boutique  
Italian clothing  
(from sizes 6-26)

FRIDAY 25TH  
APRIL

Contact Cristina

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824684

Doors open 6.30pm

Show starts at  
7.30pm

The Village Hall

Milton Ernest

Tickets £10 inc a glass of  
fizz & nibbles  
(entry with ticket)

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# GRUNCH NEWS

□ The Bedford Junior Aquathlon will take place on Sunday 30th March at Robinson Pool in Bedford Park for children and young people in school years three to 11 (as at September 2024).

It is a continuous swim and run event and children swim and run different distances depending on their school year.

There will be competitions for each year group and the event has a staggered start.

Each child will start 30 seconds after the child before, so each participant is swimming and running their own race.

It promises to be a fun day both in Robinson Pool and Bedford Park.

Bookings are now open and the closing date for entries will be Tuesday 18 March at 5pm

## TAI CHI SESSIONS BEDFORD



### TAI CHI

*Tai Chi is a Chinese mind and body exercise health system designed to teach relaxation, natural body movement and a high level of body awareness.*

*Come and join a class at Fitness First, Aspects Leisure Park, Bedford, on Mondays 12pm or at Shortstown Village Hall on Fridays at 11am. Only £5 per session.*

*For further information and to book, contact Christopher Butcher by phone 07886 894922.*



This year's Proms show at Bedford Park on Sunday 6th July will feature the renowned London Gala Orchestra and the Bedford Choral Society, promising an enchanting music programme filled with popular classical pieces, alongside the rousing traditional Proms favourites to close the show.

Guest tenor and soprano performers will be announced soon. The compère of the show will be Sam Roberts, who has for many years built up a firm rapport with the audience.

Promenaders can look forward to a stunning laser and special effects finale that will elevate the concert experience. The concert will embrace a picnic-style atmosphere, allowing guests to bring their own food, drink, furniture, and of course, their finest Proms attire!

The concert will feature a range of stage pyrotechnics and special effects, ensuring an exhilarating finale complemented by a superb laser show instead of fireworks.

From Friday, 7th February, ticket prices will be £35\* and after that may increase to £45\*, with any remaining tickets available at the gate for £55. Child tickets will remain at £5\* at all times. \*Plus fees.

To book: <https://www.smmrsections.com/locations/bedford/promsinthepark>

Other events include Simple Minds and Alison Moyet on Thursday 3rd July and Rag 'n' Bone Man on Saturday 5th July.

During the second week, Human League will perform on Thursday 10th July, Cafe Mambo Ibiza on Friday 11th July, Supergrass on Saturday 12th July and McFly on Sunday 13th July.

For further details:

<https://www.smmrsections.com/locations/bedford>

# GRUNCH NEWS

☐ **CANOE TRAIL** - Learn kayaking , canoeing and stand up paddleboarding skills. Book qualification courses and/or coaching sessions with Canoe Trail at Kempston outdoor centre. Dates for this years programmes are now live on the website. **Go to: [www.canoetrail.co.uk/activities/lessons-courses](http://www.canoetrail.co.uk/activities/lessons-courses)**

☐ **PARKINSON'S UK:** A water-based exercise group for anyone with Parkinson's looking to keep fit and live well. Held every Wednesday 1.15pm at the Kempston Pool and Fitness, Hillgrounds, Kempston. **For further information please call Rachel on 07514 365858.**

☐ **NETBALL YOUTH CAMP** takes place on Thursday 20th February between 10am-3pm at Trinity Arts and Leisure Centre, Bromham Road, Bedford for girls aged 11-14. **For further information and to book a place please email [joanne.brewster@englandnetball.co.uk](mailto:joanne.brewster@englandnetball.co.uk)**

☐ **BLUES AND BEYOND:** A partnership between Bedford Blues and Beyond Limits. These are specialised physical activity sessions for young individual people aged 10-18 years from across the SEND community.

Sessions will take place during term time at John Bunyan Sports and Fitness, Mile Road, Bedford on: Tuesdays: 6.30-7.30pm  
Saturdays: 10-11am. Commencing on Tuesday 28th January, these sessions are designed to foster inclusivity and promote physical well-being. **To register your interest, please email [Olivia.flemons@bedford.gov.uk](mailto:Olivia.flemons@bedford.gov.uk)**



**Nick Cooke will be the speaker at the next Colmworth & Neighbours History Society meeting at Colmworth Village Hall on Friday 21st February at 7.30pm.**

**His talk will focus on the role Bletchley Park played in the Second World War.**

**During World War Two, the estate housed the Government Code and Cypher School (GC&CS), which regularly penetrated the secret communications of the Axis Powers – most importantly the German Enigma and Lorenz ciphers.**

**According to the official historian of British Intelligence, the 'Ultra' intelligence produced at Bletchley shortened the war by two to four years, and without it the outcome of the war would have been uncertain.**

**The team at Bletchley Park devised automatic machinery to help with decryption, culminating in the development of Colossus, the world's first programmable digital electronic computer.**



● **North Bedfordshire MP Richard Fuller held a Town Meeting at Ravensden on 30th January where he warned residents of the Labour government's housing policy following Bedford Borough Council's continuing support of East-West Rail."**

*Picture: Parish of Renhold Facebook*

# KEYSOE BIG BREAKFAST



The Keysoe Big Breakfast has become a popular monthly event at the Village Hall.

A traditional English breakfast is served along with a smaller version.

The next Breakfast is on Saturday 15th March between 9am and 11am.

**SATURDAY 15th FEBRUARY**



# FOR YOUR DIARY

**Friday 21st February:** Colmworth Village Hall at 7.30pm. Colmworth and Neighbours History Society. Speaker Nick Cooke on 'Bletchley Park'. Visitors £4. Membership £12.50p

**Saturday 22nd February:** North Beds Ramblers Walk - Flitwick at 10am. Meet at MK45 5JR. 5.5miles. This walk takes in the countryside south of Flitwick and circles back via Pulloxhill and Flitwick Moor. For further details go to [www.ramblers.org.uk/north-bedfordshire](http://www.ramblers.org.uk/north-bedfordshire).

**Saturday 22nd February:** North Beds Ramblers Walk - Flitwick at 1pm. Meet at MK45 5JR. 5.5miles. Gentle walk to Flitton and returning through Fliwick Moor via River Flit For further details go to [www.ramblers.org.uk/north-bedfordshire](http://www.ramblers.org.uk/north-bedfordshire).

**Friday 28th February:** Bolnhurst Old School, School Lane, Bolnhurst at 12noon. Bolnhurst Souper Lunch. Home made soup and home made cakes. Donation for charity.

**Saturday 1st March:** North Beds Ramblers Walk - Sharnbrook Academy (MK44 1JR) at 10am. Meet at Sharnbrook Academy. 5 miles. A circular walk around the village via the outskirts of the Colworth Estate. For further details go to [www.ramblers.org.uk/north-bedfordshire](http://www.ramblers.org.uk/north-bedfordshire).

**Saturday 1st March:** North Beds Ramblers Walk - Sharnbrook Surgery (MK44 1PT) at 1.30pm. Meet at Sharnbrook Surgery. 6 miles. A walk towards Riseley and returning via Bourne End. For further details go to [www.ramblers.org.uk/north-bedfordshire](http://www.ramblers.org.uk/north-bedfordshire).

**Tuesday 11th March:** Addison Centre, Kempston at 2.15pm. Bedford National Trust Meeting. Speaker David Longman - 'A collection of weird and wonderful and sometimes moving legends and stories associated with various churches in Bedfordshire.' Tea available before the meeting. There will be a small entrance fee. Plenty of parking. If you want further information ring Betty Thomas on 01480 860421

**Saturday 15th March:** Great Staughton Village Hall at 11.30am-2.30pm. Great Staughton Monthly Food and Craft Fayre.

**Tuesday 18th March:** All Saints Church, Ravensden at 7.30pm. Bedford Cantamus Chamber Choir presents an evening 'For All The Saints'. Conductor Gary Mudd, Organist Paul Edwards Tickets £10 at the door. Wine and nibbles. Further details: 07808 865716

**Saturday 22nd March:** Harrold Centre, High Street, Harrold. 7pm-10pm. Barn Dance with Kelly's Eye. £15 including chilli. Tickets available on [www.ticketsource.co.uk/harroldcentre](http://www.ticketsource.co.uk/harroldcentre) or at Harrold Post Office.

**Saturday 26th April:** Harrold High Street. From about midday. Harrold Pit Run and Fayre. Various races including the senior race around Harrold Country Park' Also family entertainment on Harrold Green throughout the afternoon including several craft and food stalls. Also a post-race party.

**Tuesday 13th-Saturday 17th May:** Sharnbrook Mill Theatre. Godspell. Further details to be confirmed.

**Every Sunday:** Great Barford Village Hall at 10am. Great Barford Run Together. Running for fun for all standards including novices.

**Every Thursday:** Riseley Village Hall 3.30-5pm. Riseley Bus Stop Cafe for School Years 7-13 During school term.

**First Friday of the Month:** Keysoe Village Hall at 7.30pm. Bar Night

**Every Saturday:** There may be football matches at Riseley, Oakley and Thurleigh

## FOR YOUR DIARY

£1 per insertion per 30 days for a max 30 word insertion, cheque payable to Grassroots Publications, may be sent to Grassroots Publications, 2, Strawberry Hill Cottages, Knotting Green, Bedford, MK44 1AB Use this section to advertise any community or social event that may be coming up in the forthcoming months. It can include sports events. We reserve the right to omit any dates if payment is not made. If in doubt feel free to contact us on 07725 812963 or email: [dailygrunch@outlook.com](mailto:dailygrunch@outlook.com). Price includes VAT



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# GRUNCH NEWS



● Every Voice Choir Thurleigh meet every Thursday at St Peter's Church, Thurleigh at 7.30pm. The Choir performs music of all types from classical to pop and musicals to rock. All are welcome to join.

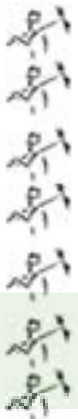


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# RECOVERY RODS TALK AT RENHOLD CHAPEL



● The February coffee morning at Renhold Chapel. The highlight was a talk by Bedford based Recovery Rods, specialists in mental health and addictions.



## RECOVERY RODS FACE TO FACE FRIDAYS

Struggling with mental health and/or addiction?  
Not sure where to turn or feel that no one understands?

At recovery rods we can help!

We offer a non judgment environment with lived experience.  
Our face to face friday groups are to gain advice and a support system to  
enable a brighter future surrounded by those that do understand in a  
confidential setting.

Come along for a chat and a cuppa or just sit in silence. We believe that  
together we can see a light at the end of the tunnel.

Every friday 10am-12pm

121 advice available after group for those needing support

Smart prebend centre, bedford, mk40 1qw

For more information on recovery rods contact

Ben: 07387162622

Nikki: 07387162682

Email: [ben.recoveryrods@gmail.com](mailto:ben.recoveryrods@gmail.com)

Or check out the recovery rods facebook page



● Recovery Rods founder Ben.

Pictures: Parish of Renhold Facebook

## TUESDAY 11th FEBRUARY



# SARTORI WELLNESS

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### Contact Mary To Book

**Tel: 07464 100195**

**Email: [sartoriwellness@gmail.com](mailto:sartoriwellness@gmail.com)**

**[www.facebook.com/sartoriwellness](http://www.facebook.com/sartoriwellness)**



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# GRUNCH NEWS



**A special evening of choral singing will take place at All Saints Church on Tuesday 18th March at 7.30pm.**

**Bedford Cantamus Chamber Choir - will be performing a range of music based on the theme 'For all the Saints'.**

**This will feature anthems from five centuries for the Saints' Days through the Church's**

**Year. Anthems for All Saints Days include hymn settings of 'Holy, Holy, Holy. and 'Shall We Gather at the River'.**

**There are also contemporary that may also be sung and these include 'Worthy Of It All' Glory to God Forever and 'Jesus Only Jesus'.**

**Cantamus - Bedford is a well established local chamber**

**choir, now in its 39th year, singing in and around the Bedford area.**

**The evening will feature Bedford - Cantamus' leading singers guided by conductor Gary Mudd and organist Paul Edwards.**

**Tickets are £10 and there will be wine and nibbles. Further details: 07808 865716.**



# GRUNCH RECIPES OUR FAVOURITES

## Crispy Shredded Beef Poppy Cooks - The Actually Delicious Air Fryer

### Ingredients

**500g** beef rump or sirloin cut into thin strips  
**2tbsp** dark soy sauce  
**2tbsp** sesame oil  
**¼tsp** white pepper  
**2tbsp** cornflour

### For the sauce

**2tbsp** sesame oil  
**2** onions finely sliced  
**3** spring onions finely sliced  
**2** garlic cloves finely sliced  
**2** red peppers deseeded and finely sliced  
**30g** fresh ginger, peeled and cut into matchsticks  
**2tbsp** dark soy sauce  
**4tbsp** rice wine vinegar  
**4tbsp** sriracha  
**2tbsp** light brown soft sugar

### Method

- Get your beef in a bowl with the soy sauce, sesame oil and white pepper. Turn the meat to coat in the marinade and set it aside for 10 minutes.
- Heat the air fryer to 200°-220°C. Toss the beef in the cornflour and place it in the air fryer basket, making sure there is space between each piece. Cook for 3-4 minutes, until crisp, then remove from the fryer.
- For the sauce, warm the sesame oil in a wok over a high heat. Add the onions and cook for 2-3 minutes. Then add the spring onions, garlic, peppers and ginger and cook for a further 3-4 minutes until everything is tender. Add the soy sauce, rice wine vinegar, sriracha, sugar and ½ cup of water and bubble briskly until it is a sticky glaze. Toss the crispy beef through the vegetable sauce and serve.

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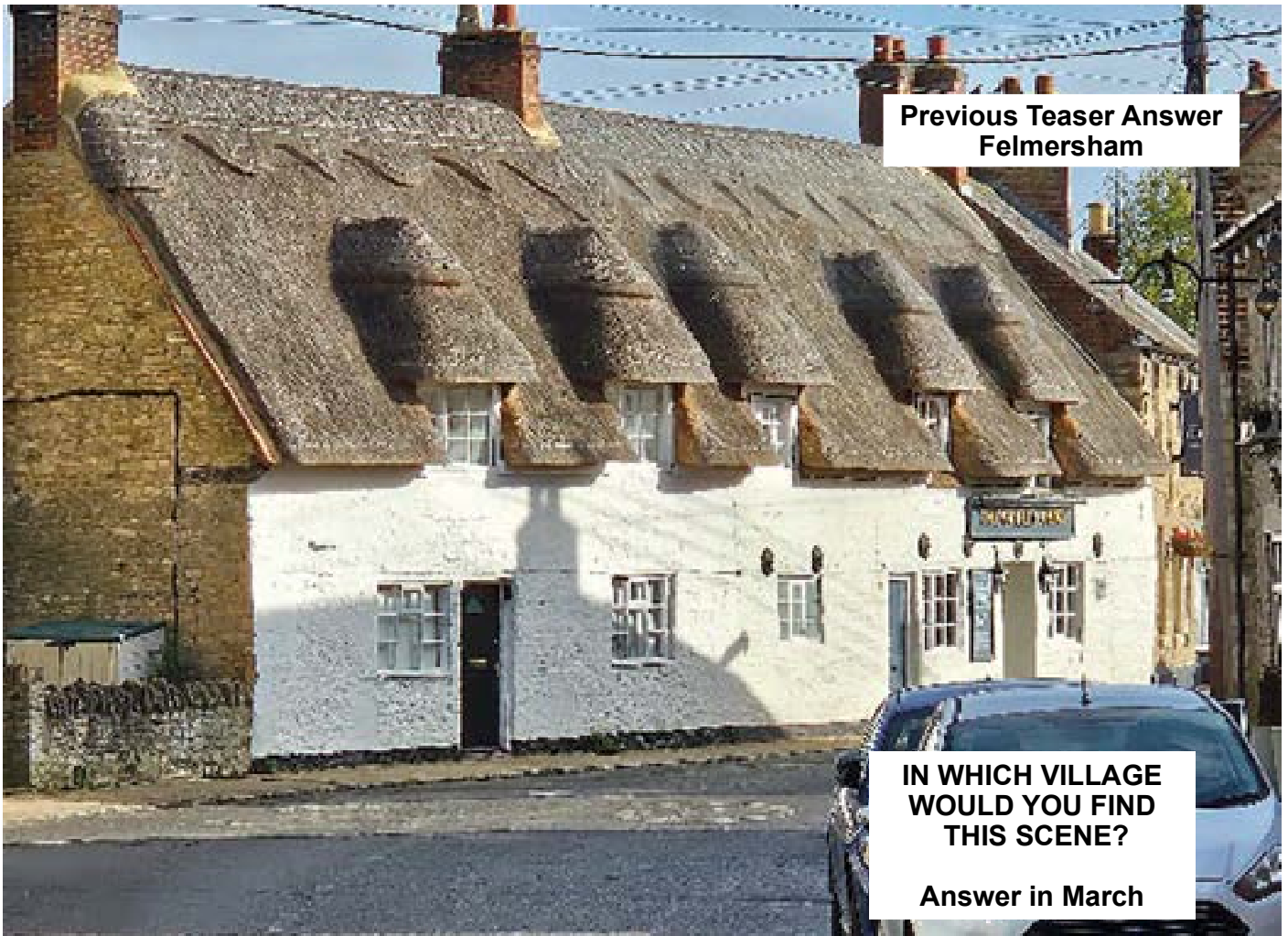
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# GRUNCH TEASER



Previous Teaser Answer  
Felmersham

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THIS SCENE?

Answer in March



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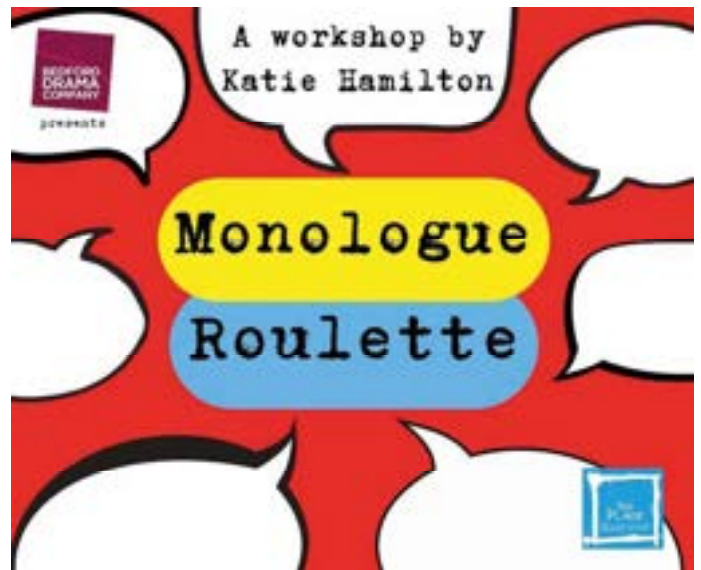
sally@sjtax.co.uk  
01234 831997  
07899 808592

# GRUNCH THEATRE

*Monologue Roulette*  
Produced by Bedford Drama Company  
The Place, Bedford  
14th March  
7.30pm  
Tickets: £10 Concessions: £8

Join us for Monologue Roulette, a fun and relaxed workshop designed to boost your confidence and bring out your best performance under the expert guidance of professional actor Katy Hamilton.

Whether you're new to monologues or a seasoned performer, this session is all about exploring different styles, stepping out of your comfort zone, and having fun in a supportive space. At the end of the workshop, you'll have the chance, if you would like, to perform your monologue – no pressure, just good fun and great theatre.



**FOR FURTHER DETAILS CONTACT THE PLACE BEDFORD**  
[www.theplacebedford.org.uk](http://www.theplacebedford.org.uk) or phone 01234 354321

# GRUNCH THEATRE

*Exploring With Kaye Leidoskope -*  
*Exploring Spring Time*  
Produced by Kaye Mahoney  
The Place, Bedford  
28th February at 10am  
Tickets: Pay What You Can  
£9, £7.50 or £6. Adults £2

Join Kaye Leidoskope for these lively and lovely interactive storytelling sessions for under-fives and their grown-ups. Expect songs, games, crafts and dancing ...perfect for little ones to creatively learn through play!

Kaye Leidoskope (aka Kaye Mahoney) is an experienced performer and workshop leader who loves to help little ones (and big ones!) to create and learn. She also runs Puggle Club, the pre-schooler's creative arts programme at The Higgins, and you can follow her on social media to find out more at:

<https://www.instagram.com/k.leidoskope/>  
and <https://www.facebook.com/k.leidoskope/>



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# GRUNCH THEATRE

*The Ballad of the Underwater Daughter*  
Produced by theOBJECTproject  
The Place, Bedford  
27th March  
7.30pm  
Tickets: £18 Concessions: £16

Somewhere out there, in the murky no-man's-land between reality and "are you pulling my leg?" there's a mechanical island inhabited entirely by dads.

Bodged together out of mangled metal and broken dreams, Dad Island is a flawed coping mechanism that barely manages to hold itself together. Then one stormy night, a tiny barnacle encrusted bottle floats into the harbour with a crumpled note inside which reads, "remember me?"

The Ballad of the Underwater Daughter is a strange sort of odyssey. A woozy universe of messy minds and monstrously fishy metaphors.



**FOR FURTHER DETAILS CONTACT THE PLACE BEDFORD**  
[www.theplacebedford.org.uk](http://www.theplacebedford.org.uk) or phone 01234 354321

# GRUNCH THEATRE

*Jokes & Laffs - March 2025*  
Produced by: GMG Promotions  
The Place, Bedford  
8th March  
7.30pm  
Tickets: £15

Jokes and Laffs is back for 2025! With another stellar line-up this is an evening you won't want to miss. President Obonjo will be leading proceedings with the following acts also taking to the stage:

*Lateef Lovejoy* is an extremely gifted entertainer

*Susan Murray* – Susan has emerged as one of the best female stand-ups in the UK Tweeters.

*David Tsonos* – If you want serious comedy, David Tsonos is not your man.



**FOR FURTHER DETAILS CONTACT THE PLACE BEDFORD**  
[www.theplacebedford.org.uk](http://www.theplacebedford.org.uk) or phone 01234 354321

# ST NEOTS FOLK CLUB EVENTS

**Tuesday 25th February**

## **ROUND THE ROOM AND AGM**

We will start this evening with the AGM and then move on to our usual Round The Room. This is a friendly sing-around atmosphere, performers and audience all welcome. Admission: £5

**Tuesday 4th March**

## **ERIC SEDGE**

Eric found early success as songwriter and multi-instrumentalist in folk duo 'The Broadside Boys'. Touring as a solo performer since 2017, Eric now resides in North Yorkshire writing and performing songs inspired by the landscapes and people of the local dales and his native East Anglia.

**Tuesday 11th March**

## **DAMIEN BARBER**

A stylish and distinctive singer, be it unaccompanied or alongside his guitar or English concertina. Heavily influenced by such earlier singers as Peter Bellamy and Walter Pardon from his native Norfolk.

**Tuesday 18th March**

## **ROSIE CALVERT & WILL FINN**

An award-winning husband-and-wife duo who came together through their love of music. The pair perform traditional and contemporary folk music with variety and flair – intricate harmonies;



## **ERIC SEDGE**

the rousing instrumentation of piano, steel pan, and ukulele; and joyful, warm stage presence.

**Tuesday 25th March**

## **ROUND THE ROOM AND AGM**

This is a friendly sing-around atmosphere, performers and audience all welcome. Admission: £5.

**Tuesday 1st April**

## **BARRON BRADY**

Barron Brady is a duo comprising of Simon Barron and Rosalind Brady and are based in the West Country of England. They perform a mix of traditional British folk songs and original compositions.



## **BARRON BRADY**

### **ST NEOTS FOLK CLUB**

St Neots Folk Club meets on Tuesday evening at 7:30pm to 9:45pm at The Eatons, The Eatons, 18 The Maltings, Eaton Socon, PE19 8ES. Next to Co-op.

Non-Members £10 / Members £8 unless otherwise stated. Membership: £20/year.

To contact St Neots Folk Club:

email: [stneotsfolkclub@aol.com](mailto:stneotsfolkclub@aol.com)

Tel: 01234 376033

# GRUNCH FOOTBALL

**BEDFORDSHIRE COUNTY LEAGUE - AFC Oakley's** mixed fortunes continued when they were knocked out of the **Bedfordshire County FA Senior Trophy** on **February 22nd**.

Struggling to find consistency, AFC Oakley went down 2-0 at Caldecote, whose goals came from Daniel Webb and Joshua Roberts.

Riseley Sports are another side with inconsistent form but managed an encouraging 4-1 home win in the **Premier Division** against bottom side Flitwick Town.

Alex Taylor netted twice with the other efforts coming from Matthew Smith and Mitchell Crook. Phil Matthews replied for the visitors.

AFC Oakley Development continued their recent disappointing form when they crashed to a 3-0 defeat at home to Kempston United in a **Division One** clash.

Substitute Elijah Joseph bagged two late goals while Ashton Joyce was also on target.

Forward Charlie Hurley fired home a hat-trick as **Division Two** leaders Thurleigh eased to a 5-1 victory at Green End Rovers.

In an impressive performance, the other scorers were Cormac McCann and Thomas Burnage.

☐ There will be a mixture of league and cup matches on **1st March**.

Riseley Sports are in **Britannia Cup** action when they travel in-form Caldecote. AFC Oakley Development host LU Donz in the **Bedfordshire FA County Intermediate Cup**.

## FIXTURES - 1st March

**Bedfordshire County League - Britannia Cup:** Caldecote v Riseley Sports **County Intermediate Cup:** AFC Oakley Development v LU Donz. **Division Two North:** M&DH Clapham Sports v Green End Rovers; Thurleigh v AFC Bedford United. **Division Four:** Henlow Hurricanes v M&DH Clapham Sports Reserves. **Watson Shield:** Turvey v Everton Athletic Reserves.

[www.ousevalleyphysio.co.uk](http://www.ousevalleyphysio.co.uk)

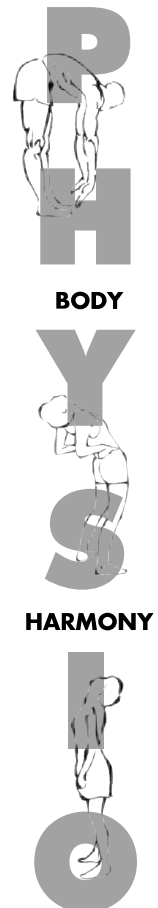
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# DAILY GRUNCH BIG MATCH

*RISELEY SPORTS*

4

*ELSTOW ABBEY*

2



Riseley Sports showed plenty of character to clinch a 4-2 victory against Elstow Abbey in the Bedfordshire County League Premier Division on 8th February.

Jay Willett opened the scoring in the 6th minute while James Cooke added a second before Abbey reduced the deficit. Freddie Spavins made it 3-1 and it was 3-2 at the break. Willett added his second after half-time to clinch the win.



# Thurleigh CC Junior Cricket Training

**Ages 4-6** Thursday 24th April - 10th July 5.30-6.30

**Ages 7-9** - Thursday 24th April - 10th July 5.30-6.30

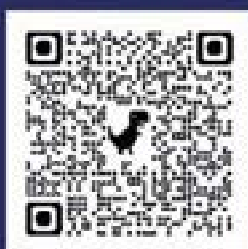
**Ages 10-15**- Thursday 24th April - 10th July 6.30-7.30

£60 for 12 weeks including a free training T-shirt or cap

All training at Thurleigh Cricket Club, Mk442DZ

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