

NO LITTER
PLEASE
Leaving litter is an
offence for which you
can be fined up to
FIVE POUNDS



Open Garden

**IN AID OF ST. MARY'S CHURCH, MEPPERSHALL
& SUE RYDER, ST. JOHN'S HOSPICE, MOGGERHANGER**

SUNDAY 17TH MAY 2026

11AM TILL 5PM

ENTRY: DONATIONS ON THE DAY

OUTDOOR GARDEN EXPERIENCE

PRIZE PHOTO COMPETITION

ADDRESS: 17 LYSPITT COMMON, MEPPERSHALL

FOR MORE INFO, SEE INSIDE THIS MONTH'S MESSENGER ISSUE



Contents

Editorial by James Read	2
Letters	3
Messenger AGM: Saturday 9th May 2026	3
Going Solar At Meppershall Village Hall.....	5
Meppershall Social Club	6
Shefford Bowls Club	6
Planning and Development Updates	8
Meppershall FC In The Final	9
Meppershall Good Neighbours	10
Updates from our MP, Alistair Strathern	11
DAFS (Drug and Alcohol Family Support).....	12
Is That ACTUALLY Your Friend on Facebook? By Lucy Standbridge ...	14
Personal Finance by Paul Savuto.....	15
May Update from Meppershall Munchkins	17
The Bullet By Patrick O'Connor	19
Cake Café At The Village Hall	20
Parish Church Of St Mary The Virgin (Church Of England).....	21
Church Events In May.....	22
Meppershall Second Sunday Strollers.....	23
Alliums by Donna Cameron.....	24
Trugs And Trowels (Campton Gardening Club) – May	25
Royal Mail Missing Meppershall - Updates.....	25
Toddington Poetry Society.....	26
May Crossword	27
Including Your Dog in Your Wedding Day	28
Crossword Solution For April	29
NHS Cervical Screening	30
Bedfordshire Cancer Support Group.....	31
Meppershall Wanderbus Timetable	32
Her Fete Was Sealed – Henlow Amateur Theatrical Society	33
Useful Contact Details In Meppershall.....	34
The Team And Collation Dates	36

Editorial by James Read



I always feel it's a privilege to put the monthly issue of the village magazine together. I manage what gets included, and it is encouraging to have so much input from so many different people in Meppershall. If you want something added (or if there's something you don't like!) get in touch, get involved. The magazine is here for YOU and there's no better time to come and chat than our Annual General Meeting, Saturday 9th May. Consider coming along, over a tea or coffee (page 3)?

While it is enjoyable working on the magazine each month, it is also a task that weighs on my mind. We all have so many little things on our minds these days – and some bigger things..Our heads can get very full: busy day-to-day, and thinking longer term (especially in recent months) about finances, jobs and just where everything is headed in the world right now!

So, when I came home from a Saturday morning hike ready to sit down and work on this issue of *The Meppershall Messenger*, I took a moment to pause. Drink in hand (milk, since you ask...) and with a bit of homemade flapjack (with pecans, thank you to the baker, you know who you are) I sat briefly in the garden to take a breath. Milk and flapjack scoffed down, the warm spring sunshine was too much to pass up. I was there about an hour, lying, feeling that welcome return of truly warming sunshine, enjoying the changing sky above me as cotton wool clouds repeatedly hid the heat and then bathed me again in these early hints of an English summer.

I wasn't the only one enjoying the moment. Crows were bickering with each other in the hedge beside the fields beyond the garden. I listened to a frenzy of goldfinches marauding around every bush nearby, a pair of robins deep in conversation from one tree to another and a lone blackbird's wise, melodic song, seducing me to rest a little longer. As always, wood pigeons cooed curiously over the scene from the roof.

That's spring in Meppershall – and it just comes. No planning on my part helps or hinders the beauty of the wildlife and serenity that arrives on our doorsteps. Sometimes just stopping, breathing and listening is the best use of our time. Enjoy it.

Please take time to enjoy a special garden on Sunday 17th May when Tony Edwards will host an Open Gardens event, fundraising for Sue Ryder Hospice (Moggerhanger) and St Mary's church. See more info on the special page in this issue of the magazine. Our June issue will feature YOUR photos from that garden, and a winning picture be rewarded with a voucher for Mount Pleasant Bistro. Send your photos to mepp.messenger@gmail.com asap after the event. See you there!

It was heartening to see so many people helping at the spring litter pick event (page 5). That's the village community, right there. Thank you to everyone involved.

In this issue we also celebrate a first great season for Meppershall FC. The team and its supporters have done the village proud and added a new dimension to life here.

Finally, the sunshine will soon be working for the village hall team, who succeeded in funding and approving a project to install solar panels on the hall. More info on page 6. What a great community initiative! They are serving cake on 16th May (page 20).

Budgens

OPEN: Mon– Sat: 7AM—8PM
Sun: 8AM—8PM

Big range, big brands, *great* prices
Costa Coffee now serving.
Check out our monthly specials for
even *better* value!
See you soon....

**FULL
WORKSHOP
FACILITY**



HITCHIN MOTORCARE LTD

JAPANESE VEHICLE SPECIALISTS

Sales of Nissan cars

Repairs and services on all makes and models

1-3 WALLACE WAY, HITCHIN **01462 441122**

OPENING HOURS: Monday-Friday 8am-6pm,
Saturday 8am-1pm

www.hmccars.co.uk



MoT
Testing
Station



Wayside KENNELS & CATTERY

GIVE YOUR PETS A HOLIDAY TOO

waysidekennels.cattery@yahoo.co.uk

CHAPEL ROAD, MEPPERSHALL, BEDS, SG17 5NQ

01462 813261

ESTABLISHED OVER 45 YEARS

FULLY LICENCED AND INSURED

MODERN LUXURY HEATED KENNELS AND CAT CABINS WITH INDIVIDUAL COVERED RUNS

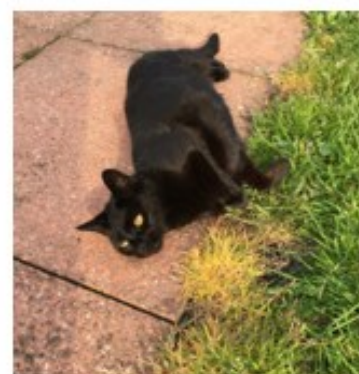
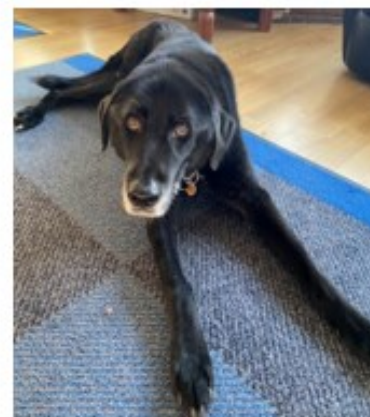
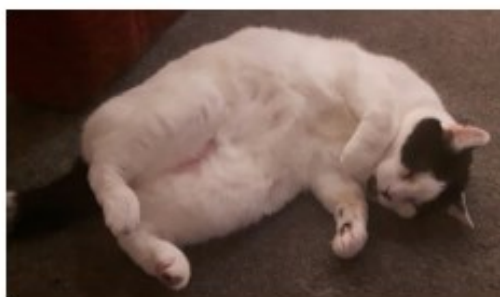
DOGS GET REGULAR INDIVIDUAL USE OF OUR EXERCISE FIELDS

FULLY VACCINATED DOGS AND CATS
ONLY, INCLUDING THE KENNEL COUGH
VACCINE FOR DOGS

BATH AND BRUSH AVAILABLE FOR
BOARDERS

VIEWINGS WELCOME BY APPOINTMENT
PLEASE

DAY BOARDING AVAILABLE



Please mention the Meppershall Messenger when responding to advertisements

Eyecare plans
from just £5.35 per
month – including
10% disc off
spectacles



Clifton Road, Shefford - Established 1979

NHS & Private Opticians

Family-owned Opticians for the whole Family

Spectacles – Contact Lenses – Comprehensive Eye Care

01462 811852

www.HingOpticians.co.uk



Eyes and Ears plans
Available from £10.40
per month – including
10% disc off hearing
aids & spectacles

NOW OPEN!

Clifton Road, Shefford

Hearing Assessments

Microsuction Wax Removal by our Experienced Audiologist

Hearing Aids – Ear Plugs

01462 811852



JAI KITCHEN FITTERS
DESIGN-SUPPLY-INSTALL

Design First. Built to Last

Luxury Kitchens & Bespoke Interiors



At **JAI Kitchen Fitters**, we design, supply & install premium kitchens and bespoke interiors across **Bedfordshire & Hertfordshire**.

✓ Kitchens ✓ Offices ✓ Bathrooms ✓ Media Walls ✓ Bedrooms

Book Your Free Design Consultation



☎ 01462 226 550 🌐 jaikitchenfitters.co.uk

📍 Based in Meppershall - Serving surrounding areas



Letters

Dear Editor,

Well done, The Messenger. The mug balance has been restored. The two of us will continue to travel with them. Thank you.

Denis Neilson

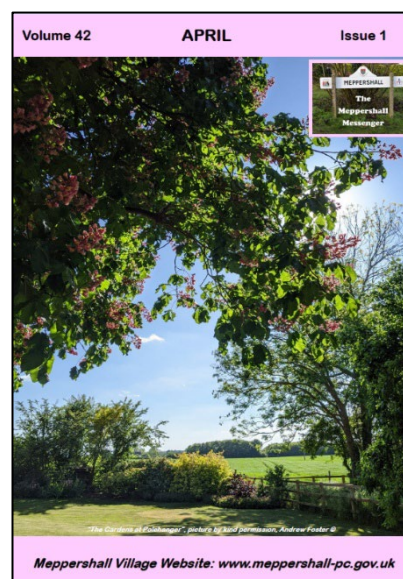


Keen readers will recall that one of the souvenir mugs issued to Denis (and wife Ruth) in honour of their volunteering service to this magazine, had its handle damaged in the rough seas of the Bay of Biscay (Vol 41, March, page 3). Knowing that the two mugs can now each use a handle will be a relief to everyone.

Messenger AGM: Saturday 9th May 2026

The Committee of The Meppershall Messenger recently decided to transition the running of the magazine into a registered charity. Our upcoming AGM, to be held at **10.30AM on Saturday 9 May 2026** at Meppershall Village Hall, will be an important milestone in the history of the magazine, including the appointment of Trustees. There's lots more to talk about at the AGM, so bring your ideas, feedback and comments on the magazine as a whole. If there is something you would like to see on the agenda, drop us a line (again, use the contact info on the final page). The magazine serves the community in Meppershall, and we need you – the community – to come and chat with us, to keep us on track and aligned to your needs and priorities for the magazine. That means you! ***We would love to see you at the meeting on 9 May.***

James Read, Editor, The Meppershall Messenger, with the Committee



Well Done To The Village Litter Pick Volunteers!



You brilliant people! Well done to Alex (Parish Clerk) and the Parish Council team along with all these fantastic volunteers, for a successful spring litter pick, Saturday 18th April.



<h3 style="margin: 0;">Hair By Clare</h3> <p style="margin: 5px 0;">A local friendly & professional mobile hairdresser with 17 years experience in hairdressing. I bring beautiful hair to the comfort of your own home at reasonable prices.</p> <p style="margin: 5px 0;">A patch test may be required 48 hours prior to some colour services, and some colour services will need to be quoted on consultation.</p> <p style="margin: 5px 0;">Please contact me to book and I hope to see you soon.</p> <p style="margin: 10px 0;"><u>hairbyclare11@outlook.com</u> 07428225857</p>	<h3 style="margin: 0;">Colour</h3> <table style="margin: 5px auto; border: none;"> <tr><td>Full Head HL</td><td style="text-align: right;">£105</td></tr> <tr><td>Half Head HL</td><td style="text-align: right;">£75</td></tr> <tr><td>HCP</td><td style="text-align: right;">£50</td></tr> <tr><td>Flying Colours</td><td style="text-align: right;">£30</td></tr> <tr><td>Root tint</td><td style="text-align: right;">£40</td></tr> <tr><td>Full Head tint</td><td style="text-align: right;">£60</td></tr> <tr><td>Balayage</td><td style="text-align: right;">£105 POC</td></tr> <tr><td>Foilyage</td><td style="text-align: right;">£125 POC</td></tr> <tr><td>Toning</td><td style="text-align: right;">£20</td></tr> </table> <h3 style="margin: 10px 0;">Cutting and Styling</h3> <table style="margin: 5px auto; border: none;"> <tr><td>Cut & Blow Dry</td><td style="text-align: right;">£35</td></tr> <tr><td>Gents Cut</td><td style="text-align: right;">£20</td></tr> <tr><td>Kids Cut: 2-10, 10-16</td><td style="text-align: right;">£15/£20</td></tr> <tr><td>Restyle</td><td style="text-align: right;">£45</td></tr> <tr><td>Dry Cut</td><td style="text-align: right;">£25</td></tr> <tr><td>Curles/waves</td><td style="text-align: right;">£25</td></tr> <tr><td>Blow Dry</td><td style="text-align: right;">£25</td></tr> </table>	Full Head HL	£105	Half Head HL	£75	HCP	£50	Flying Colours	£30	Root tint	£40	Full Head tint	£60	Balayage	£105 POC	Foilyage	£125 POC	Toning	£20	Cut & Blow Dry	£35	Gents Cut	£20	Kids Cut: 2-10, 10-16	£15/£20	Restyle	£45	Dry Cut	£25	Curles/waves	£25	Blow Dry	£25
Full Head HL	£105																																
Half Head HL	£75																																
HCP	£50																																
Flying Colours	£30																																
Root tint	£40																																
Full Head tint	£60																																
Balayage	£105 POC																																
Foilyage	£125 POC																																
Toning	£20																																
Cut & Blow Dry	£35																																
Gents Cut	£20																																
Kids Cut: 2-10, 10-16	£15/£20																																
Restyle	£45																																
Dry Cut	£25																																
Curles/waves	£25																																
Blow Dry	£25																																



Going Solar At Meppershall Village Hall [Charity Number 300052](#)

Good news!

Thanks to the support of the neighbourhood and local stakeholders, including St Mary's Church, our bid for a community lottery fund grant for £19,750 has been successful. Meppershall Parish Council have also approved the use of Escrow funds¹ to ensure there are sufficient monies to complete the solar panels and batteries installation at the village hall.

This energy efficient scheme will help reduce greenhouse gas emissions, generating electricity without producing carbon dioxide and other gases associated with fossil fuels. The batteries will store clean energy for use at night and on cloudy days.

By replacing fossil fuels, the system will reduce harmful pollutants which can impact on respiratory health in our community. The system will require promote energy independence (decreasing reliance on the national grid).

The Committee hopes that installation can be completed in the summer months to maximise the benefit of the sunshine this year.

Our village hall is an asset for the benefit of the community - helping people connect (events and classes at the hall include bingo, café, football, children's clubs, yoga, craft club, parties, meetings, drama, clinics and church teas).

If you are interested in volunteering to help support the village hall - please get in touch at trustees@meppershallvillagehall.co.uk



¹ Unused / unspent funds from the sale of the land, net of the construction costs for the hall and facilities.

Meppershall Social Club

Meppershall Social Club

Spring has brought plenty of activity to the club, and it's been wonderful to see so many familiar faces – and some new ones too. Our recent Easter event was a great success, with families coming together to enjoy the day. Thank you to everyone who joined us and helped create such a lovely atmosphere.

Featured Events

Bingo – every Friday. Eyes down 7pm. Over 18's.

Monthly Quiz Night

Our quiz takes place on the second Sunday of each month (excluding August). It's a brilliant evening of laughs and friendly competition: No need to book, just turn up.

Everyone welcome.

- Teams of up to 6
- £1 per person
- 50% of proceeds go to the winners, 50% to our chosen charities

Upcoming dates are in May, June and July, so gather your team and come along!

Live Music – Markus & Adam

Join us on **Saturday 9th May** for a fantastic evening of live music from Markus & Adam. With a BBQ running from 4–7pm and music from 8pm, it promises to be a great night for all.

Looking ahead, we'll be showing the World Cup matches at the club, so you can enjoy all the action with friends. And with Wimbledon just around the corner, keep an eye out for our special drinks offers. We also have a great selection of nonalcoholic options.

For more details, visit meppershallsocialclub.co.uk or check out our Facebook page for the latest updates.

We look forward to welcoming you soon!

Shefford Bowls Club

The Green is Open!

Ever thought of playing bowls? Irrespective of age, gender, experience, or ability, come and join us on a Friday evening from 5.45pm for a fun and informal session and monthly fish and chip leagues. Relaxed uniform policy. Free no obligation coaching is available for novices.



For further information contact the Club Secretary on 07708 640396 or email: secretarysheffordbowlsclub@gmail.com



MARKUS & ADAM



SINGING LIVE AT
MEPPERSHALL SOCIAL CLUB
8PM
BBQ FROM 4-7PM
SATURDAY 9TH MAY



22 Bedford Road, Lower Stondon
Beds SG16 6EA

☎ 01462 416 416

✉ henlowvets@henlowvets.co.uk

Practice Opening Hours:

Monday - Friday: 8am - 7pm

Saturday: 9am - 12noon

Emergency Service at all other times



RCVS
ACCREDITED
PRACTICE
SMALL ANIMAL HOSPITAL



CARING FOR YOUR PETS AS IF THEY WERE OUR OWN, 24 HOURS A DAY

* Emergency Service is for registered clients only.



16 Hitchin Road, Meppershall, Shefford, SG17 5JF



Opening Hours

Mon-Sun: 2pm-9pm

Open 7 Days

01462 814495

www.theairmankitchen.co.uk



THE AIRMAN KITCHEN
Authentic Turkish Cuisine

Please mention the Meppershall Messenger when responding to advertisements

Garden Rooms

Garden Makeover Specialists

TURNING YOUR

GARDEN DREAMS

INTO REALITY



**HERTFORDSHIRE
BASED**

• Patios • Paving • Cabins • Turfing • Fencing • Decking •
Lighting • Artificial Lawns • Driveways

THE COMPLETE GARDEN DESIGN SERVICE

07954 106837

**FREE
QUOTATIONS**

www.greatgardenideas.com



Please mention the Meppershall Messenger when responding to advertisements

Planning and Development Updates

Meppershall is still waiting for Central Bedfordshire Council's (CBC) decision on the attempt to build houses on the hilltop fields behind Fildyke Road and Coneygate. It appears a further detailed traffic survey is underway as the developer seeks to overcome massive local protest at the proposal and well-founded fears about increased traffic in the already congested High Street, insufficient infrastructure (including concerns raised by Anglian Water) and encroachment on the green fields outside the village envelope that are the signature feature of the rural Mid Bedfordshire landscape. Two recent planning decisions in or near Meppershall shed light on the wider planning and development climate.

Donkey Field – St Mary's Church, Meppershall (Application CB/25/02814/PIP)

After much local opposition and highly important planning objections, this application to put bungalows between Shillington Road and the church was rejected by CBC and – following an appeal by the builder – rejected again by the National Planning Inspectorate. The rejection of the appeal points to its “permanent, harmful intrusion into the open countryside,” seriously damaging the setting of some of the village's most important historic landmarks (the church and manor house). The planning inspector went on to confirm that the site plays a crucial role in the character of Meppershall's conservation area and in the way residents and visitors experience the village's medieval heritage. They explained that the church, manor and earthworks (The Hills) are heritage assets “of the highest significance” and that the field (where houses would have been built) “makes a positive contribution to the character and appearance of the area.” The inspector found that new housing would “obscure and block key views of the church and other heritage assets”, eroding the sense of rural isolation that defines this part of the village and noting that this landscape is not just scenic, but integral to the village's heritage value. Overall, they said any benefits of building on the field were “modest in scale” and insufficient to outweigh the “extremely harmful effect” on heritage assets and landscape character.

Land West Of Hurricane Avenue, Lower Stondon (Application CB/25/01015/OUT)

This controversial site joins the sprawl that now surrounds – and includes – the dog track on the A600 at Stondon. It is important to us because it projects out from Stondon towards Meppershall in the direction of Cow Lane and Chapel Farm, on the edge of Manor Farm, Upper Stondon. In essence, it poses the question, where will the development around Stondon stop? Will existing village envelopes be completely ignored, potentially allowing building to link rural villages together across what used to be farm fields? The threat to the essential character of our region is obvious and it is why brown field sites are of course the priority, with green field sites being highly protected from development. The CBC Development Management Committee (DMC – including elected councillors) rejected the proposal in their meeting on 7th April and issued a notice of refusal on 17th April. There were two main reasons for rejection. Firstly, there is no further capacity for wastewater at the Shillington Water Recycling Centre and no plans to upgrade the facility – so this new build would cause

environmental harm. Second, it would cause “harmful urbanisation of a rural location, and the encroachment of the built-up settlement into the open countryside” resulting in “an unacceptable impact upon the character and appearance of the area, amounting to unsustainable development.” For both of these reasons, the development was deemed to be unsustainable. But this was just the CBC decision – we can expect an appeal to the National Planning Inspectorate. Watch this space.

Meppershall FC In The Final

It is a huge credit to everyone involved that Meppershall FC has reached the Hitchin Sunday League Division 3 final in only its first full season. Restarted last summer after many years when Meppershall no longer had a regular side, the team have turned in a string of outstanding wins to now appear in the final at the County Ground in Letchworth on 22nd April. They will play St Ippolyts Reserves for the trophy.



When playing at home, Meppershall FC’s home turf is Centenary Field beside Meppershall Village Hall. Meppershall Social Club has become a key part of the support for the side, along with sponsorship from A.S.M. Windows and Waks Personalised Gifts.

Division 3 includes teams from local parts of Hertfordshire and Bedfordshire, such as Ashwell, VFC Rovers (Letchworth), St Ippolyts Reserves, Lea Sports PSG (Pirton, Shillington, Gravenhurst), Whitwell, AFC Symonds Green (Stevenage), Kimpton Rovers, All Saints United (Stevenage) and Des United (Hitchin). Meppershall started strongly with an 8-1 win at home over All Saints United in September. After mixed results in the autumn, the team put in more victories over VFC Rovers and Kimpton Rovers before Christmas. The new year began with a 9-0 away win over Des United and a 6-2 win at home over Lea Sports PSG. Right now they sit mid-table in the Division 3 league.

In the cup, Meppershall beat Whitwell 6-0 at home on the hallowed ground of Centenary Field in January and won their semi-final against AFC Symonds Green 6-1 in an away fixture at Shephalbury Park, Stevenage.

Cup final opponents St Ippolyts beat league leaders Ashwell to reach the final, and were recently the winners here in Meppershall in a league game. But this is the cup, and anything could happen, with the skill and determination that Meppershall FC has shown in this first season of its return to the Sunday league.

The team will be looking for plenty of support in the final, with a kick-off at 7.30PM on 22nd April at the County Ground in Letchworth. We’ll be including more end-of-season news in our June issue.

Good luck to the cup final squad: Max Drew, Lewis Baker, Adam Larsen, Sam Larsen, Cameron Ballantyne, Rhys Smith, James Metcalfe, Tobin Marshall, Stuart Gibbs, Regan Marshall (Captain), James Turbridy, Isaac Fooley, Lee Shambrook, Bill Lambley, Tony Greveson and Taylor Bradbury.



**Good
Neighbours
Offering
Meppershall
Excellent
Services**

Meppershall Gnomes

Good Neighbours Offering Meppershall Excellent Services.

Your local team of insured and DBS checked volunteers.

Give us a call on 07760 793921

email us gnomes.secretary@meppershall.org

Annual General Meeting

**Saturday 30th May
10.30am.**

**To be held in the
Walnut Social Area
Meppershall Village Hall.**

Everyone welcome.



Updates from our MP, Alistair Strathern



With the clocks changing and warm weather on the way, it feels like we are well and truly into spring now. While events around the world continue to cause understandable concerns for all of us, over the last month we've been able to secure some real progress on the issues we have been working on for Meppershall and all our villages and towns locally.

A big win was securing a change in policy from the Government on

housing targets. I had been pushing the Government to change approach and commit to including any homes delivered as part of new town proposals like Tempsford towards local housing targets. After much engagement, Ministers have agreed to the change, which will significantly ease development pressures across Central Bedfordshire villages like Meppershall as Tempsford comes forward.

Alongside this I have been supporting the Parish Council in opposing several unsuitable developments in the village. While I am not opposed to all housing, villages shouldn't be subject to repeated speculative applications outside of local plan sites, and I'll be continuing to press CBC to do the right thing and knock these back.

As well as campaigning for investment in our GPs like the two extra rooms secured for Shefford Health Centre, we've been pushing for long overdue hospital upgrades too. I'm delighted that after much campaigning after it was left off previous programmes, we have secured £27m in investment for Lister Hospital. This will include a new £11 million children's centre, upgrades to renal services, improvements to the urgent treatment centre and new diagnostic scanners. These improvements will help ensure that families in Meppershall can continue to access high-quality care close to home, in facilities that match the dedication of the staff who work there.

I know for families in Meppershall navigating the special educational needs system, a lack of specialist provision has been a big concern. I've been speaking up for the need for more investment in Central Bedfordshire and am glad to report we secured a 25% increase in SEND capital funding from Government for the council. We'll now be pushing CBC to ensure this is put to good use in providing high quality provision locally.

As always, thank you to everyone in Meppershall who has taken the time to get in touch to raise issues with me. From the state of Shefford road to improved police presence, there is lots we are continuing to work on your behalf. You can always get in touch at alistair.strathern@parliament.uk.

Sheridan's
*estate agents and
surveyors*

Estate Agents
Surveyors
Property
Management
Sales & Lettings

Sheridan's Estate Agents, 22 High Street, Shefford
t: 01462 814087
e: enquiries@sheridans-estates.com
www.sheridans-estates.com

the 
café

The Cafe at W&H Peacock is

OPEN

View the salerooms for our upcoming
auctions and then relax with a coffee
and a slice of cake.

Our unique cafe in Bedford Auction Centre with free
wi-fi comfortably seats over 100 customers.
We serve cooked breakfasts, paninis and
sandwiches, light lunches and snacks plus
a range of hot and cold drinks.

Eastcotts Park,

Wallis Way,

Bedford, MK42 0PE

01234 266 366

Visit www.peacockscfe.co.uk

for more details on our opening
hours and to view our full menu.



THE CONIFERS
CANINE HOTEL



LUXURY
ACCOMMODATION
& Holistic
Dog Food Shop
Shop open 9am-5pm Mon-Sat
Sunday 10 am - 12 noon



www.the-conifers.co.uk

01525 860339

The Causeway, Clophill



Please mention the Meppershall Messenger when responding to advertisements



Yoga Passion

NOW OPEN yoga classes

FOR ALL LEVELS
AT MEPPERSHALL
VILLAGE HALL
EVERY WEDNESDAY
& SOUNDBATH
EVERY MONTH

YOGA-PASSION.CO.UK
07733488440

Independent Financial Advice provided by



Who are we?

We are Chartered Financial Planners providing independent financial advice to both the public and business community. As a Chartered firm we have to demonstrate our professional commitment to raising standards of knowledge, capability and ethical practice. We use this knowledge and skill to deliver the highest quality of advice, placing our client's interests at the heart of what we do. Our clients always come first.

At DGS our decisions are based on what is best for our clients. We do not sell products, we build solutions. By getting to know you, understanding your needs and goals we are able to implement a plan to help you achieve them. We view the relationship with our clients as long term, maintaining regular contact, reviewing and adapting our advice as our clients circumstances change.

Our aim for the future is to continue to grow our business by offering our clients a first class financial advice service that is tailored to their individual needs. Whatever your requirements; whether you are looking to obtain capital growth on your investments and pension funds, or a regular income to sustain you in retirement, the advisers at DGS are here to help you in every way they can.

- ✓ Savings & Investments
- ✓ Employee Benefits
- ✓ Retirement Planning

For a FREE financial health check contact
Paul Savuto - Meppershall based
Chartered Financial Planner
07834 499595
or e-mail ps@dgsifa.com
DGS Independent Financial Advisers Limited,
6 Parkway, Porters Wood, St Albans, Hertfordshire, AL3 6PA

- ✓ Inheritance Tax Planning
- ✓ Mortgages
- ✓ Protection

Please mention the Meppershall Messenger when responding to advertisements



Abram & Roberts

Quality Builders



**IS YOUR HOME IN NEED
OF A MAKEOVER?**

**LOCAL EXPERT QUALITY
BUILDERS YOU CAN TRUST**



Our Services

- Extensions
- Loft Conversions
- Garden Refurbishments
- Hard Landscaping
- New Builds

GET IN TOUCH FOR A FREE QUOTE



Mobile: 07946 274558



Email: abramandroberts@gmail.com

www.abramandrobertsbuilders.com

Visit our website for customer reviews
and examples of our work.

Please mention the Meppershall Messenger when responding to advertisements

DAFS (Drug and Alcohol Family Support)

Having struggled ourselves with loved ones suffering from addiction with nowhere to go for support and the isolation we felt due to the stigma that still exists, we decided in



2018 to set up a small group where we could support each other. We were very fortunate that a local surgery liked our idea and offered us a small room free of charge once a week to hold our meetings and so DAFS was born. Very quickly as word spread about what we were doing and people started to get in touch, we realised just how many families from all backgrounds, cultures, and ethnicities are affected. From an initial group of 5 parents, we have been contacted by over 2,000 people from all walks of life and the service has grown considerably.

We are a small grass roots organisation with a board of trustees, with charity status for over a year. We are all volunteers with our own lived experience. We have been supporting families for almost 8 years, offering our service in Milton Keynes, Bedford and Leighton Buzzard. We're part of Milton Keynes and Bedfordshire Mental Health Alliances, networking extensively to signpost families to other appropriate services in their area. We are developing a 5-year strategic plan to be robust and fully sustainable for the future, as we grow and expand the service. We raise funds through grants and donations, along with some fundraising events.

We support everyone (parents, partners, grandparents, siblings) in free in-person groups, fortnightly in the evenings, plus an informal online community for those further afield. One group supports those bereaved through addiction. The challenges our beneficiaries face are social isolation, shame, guilt, finances, trauma - all with a huge detrimental effect mental health. Stuck in a cycle of behaviours, often for years, they struggle to cope with the chaos and the breakdown of family life and lose who they are. They are often exhausted and broken when they reach out for help.

We are all very passionate about what we do. We've seen the lives of people who attend our groups transformed. They gain strength and confidence in their own abilities to cope in new ways, knowing we are here to support. They start to regain a sense of their own identity, who they were before addiction entered their homes and lives. They form friendships based on mutual trust and learn to laugh again, regardless of their loved one's life choices, realising they need to save themselves.

We have no magic bullet or answers to addiction, as we all know that only the person themselves can find the solution for their own recovery. But we recognise that we also need to recover. Our vision is a world where families no longer feel judged and stigmatised by a loved one's addiction and that they feel accepted as being part of the solution to recover from this devastating disease.

Although we have established groups in Bedford (at the Quaker Centre) and Leighton Buzzard (at The Lighthouse), we feel that there are many more families who would benefit but who probably do not know we exist. The latest figures suggest that 1 in every 5 families is affected by addiction, so we are currently trying to raise awareness of DAFS across Bedfordshire.

Support for Families



Are you struggling to cope as a result of a loved one's misuse of drugs or alcohol?

(1 in 5 families are affected by this)

WE CAN HELP!

DAFS is a volunteer-led service, with lived experience

Dedicated to providing support to families dealing with a loved one's addiction

Fully confidential & non-judgemental service

To find out more please contact us on

Email: info@dafsmk.co.uk

Website: www.dafsmk.co.uk

Facebook: [DAFS-Drug & Alcohol Family Support](https://www.facebook.com/DAFS-Drug-&Alcohol-Family-Support)

Iris.

WEB MEDIA



Strategic Web Design & Online Marketing

Websites, hosting, SEO, and social media support to strengthen your online presence.

Ideal for growing businesses, professional services, trades, and local brands who need a reliable digital partner.

"I would happily vouch for Iris Web Media & especially our Lucy Standbridge! We're very happy with the work you've done on our two websites, & on a monthly basis."

Laura Hing

Hing Opticians & Hearing Care

07367 856 169

iriswebmedia.co.uk

lucy@iriswebmedia.co.uk

Is That ACTUALLY Your Friend on Facebook? By Lucy Standbridge

It's a notification we've all received: a friend request from someone you thought you were already friends with. Your heart might sink - has your friend been hacked? Are you about to be scammed? Before you hit "Accept" or start worrying, let's break down the difference between a "**Cloned Profile**" and a "**Hacked Account**," and why one is much easier to fix than the other.

The Clone: The Identity Thief

A cloned profile is the most common trick on Facebook. This isn't high-level hacking; it's actually quite lazy! A scammer simply saves your profile picture and copies your "About" info to a brand-new account. They then start adding all your friends, hoping a few people will think, "*Oh, I must have unfriended Lucy by accident,*" and accept the request.

Once you accept, they usually send a message: "*Hey! I'm in a bit of a rush, can you help me with a quick favour?*" or "*Look at this video of you!*" followed by a link.

- **The good news:** Your friend hasn't actually "lost" their account. Their real profile is perfectly safe.
- **The fix:** Do not accept the request. Instead, go to the fake profile, click the three dots (...), and select "**Report Profile**" for pretending to be someone else.

The Hack: The Locked Door

A hacked account is different. This is when a scammer actually gets hold of a person's password and locks them out of their own profile. They can then post on their timeline or message friends directly from the real account. This is rarer but more serious because the scammer has control of the person's photos and private messages.

Why You Should Never "Just Click"

Whether it's a clone or a hack, the goal is always the same: to get you to click a link. These links often lead to fake login pages that look exactly like Facebook or Amazon. If you enter your details, they've got you.

The Golden Rule: If a friend sends you a link out of the blue - especially if it's accompanied by a message like "*Is this you in this video?*" - **stop**. Does this sound like them? If your Auntie June suddenly starts talking about "Crypto Currency" at 2AM, it's probably not Auntie June.

How to Stay Safe

Before you click anything or panic, try these three steps:

- **The Reality Check:** If you get a duplicate request, search for that friend in your current list. If they are already there, the new one is a clone. Delete it and move on.
- **The "Side-Step" Message:** If a friend sends a weird link, don't reply to it. Instead, text their mobile or give them a ring. Ask: "*Did you just message me on Facebook?*" Usually, the answer is a very confused "No!"
- **Check the Link Preview:** As we discussed with QR codes, look at the link before you click. Does it say [facebook.com/...](https://facebook.com/) or does it look like bit.ly/xyz123? If it looks messy, stay away.

Your Best Defence: Two-Factor Authentication (2FA)

2FA is the single best way to prevent your account from being hacked. It means that even if a scammer guesses your password, they can't get in without a special code sent to your phone.

To set this up, go to **Settings & Privacy > Settings > Accounts Centre > Password and Security**. Tap **Two-factor authentication** and follow the prompts to link your mobile number. It's a tiny bit more effort when you log in on a new computer, but it makes your account much more secure.

A Note on Your Own Privacy

Scammers love public information. One reason clones are so successful is that many of us leave our "Friends List" open for anyone to see.

Go into your Facebook **Settings > How People Find and Contact You**, and change "**Who can see your friends list?**" to "**Friends**" only. If a scammer can't see who you know, they can't target them.

I hope this helps take the stress out of your notifications. If you're worried your account or business page isn't secure, I'm always happy to help.

Lucy Standbridge | Iris Web Media | iriswebmedia.co.uk

Personal Finance by Paul Savuto

The power of participation – markets move – participation matters

Investors are constantly navigating changing narratives. Last year markets rebounded to reach new highs following President Trump's spring trade announcements, despite ongoing geopolitical and economic uncertainty. More recently, the conflict in the Middle East has prompted more market moves. Periods of volatility can be uncomfortable and emotions can run high, but history consistently shows that markets rise and fall over time. The key is not avoiding these movements but participating through them.

Time in the market beats timing the market - When markets are hitting highs, it's natural to feel conflicted – you don't want to miss out, but you also fear investing just before a downturn. These concerns often prevent people from taking the most important step – getting invested. Trying to time the perfect entry point is extremely difficult, even for professionals. Instead, time in the market has proven to be far more important than timing the market.

Stay invested – as mentioned above, although volatility can be uncomfortable, history shows that markets rise and fall and the key is not to avoid these movements but to participate in them.

Investing strategically, not emotionally - Holding cash can feel reassuring and plays an important role in meeting short-term needs or emergencies. For long-term goals, holding too much cash may mean missing opportunities for growth. One way to invest during uncertain or high markets is pound-cost averaging, where regular investments are made over time to smooth out market fluctuations. Market pullbacks can also present opportunities, rather than reasons to sell or step away entirely.

Balance, diversification and advice - Successful investing isn't about chasing headlines or reacting to fear of missing out. A well-diversified strategy helps manage risk and keeps emotions in check, while targeted exposure to growth areas can help enhance returns. It's all about asset allocation, picking the right investments. We can help you stay disciplined, avoid impulsive decisions and ensure your investments align with your long-term objectives like retirement or building family wealth. With the right strategy and guidance, market participation can help your money work harder over time.

Participating responsibly - Market movements reinforce the importance of staying invested, even when instincts suggest otherwise. Investing isn't about ignoring volatility or hoping for the best, it's built on a well-diversified portfolio that provides stability while allowing flexibility to manage risk and take advantage of opportunities as they arise.

Build momentum from day one – new tax year planning

A new tax year feels a bit like spring cleaning for your finances – a fresh start, new allowances and a chance to put good habits in place early. Acting now, rather than later in the year, can help you make the most of available tax reliefs and shape a plan that supports your longer-term goals. A few simple steps can make a meaningful difference.

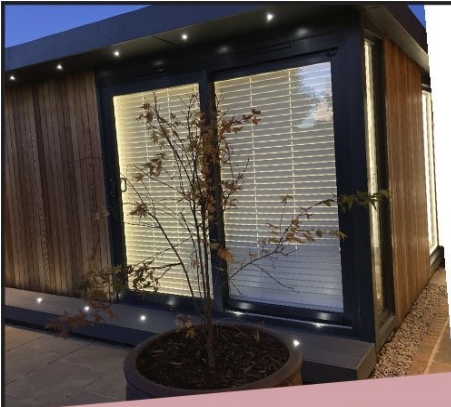
Make the most of this year's allowances

- Use your ISA allowance – you can invest up to £20,000 into ISAs this tax year. The sooner you contribute, the longer your money has the potential to grow tax-free. You can also contribute to a Junior ISA (JISA) for your children (or grandchildren), helping to build tax-efficient savings for their future
- Review your capital gains position – using your annual exemption thoughtfully can help reduce tax on investment gains
- Strengthen your pension savings – pension contributions benefit from tax relief and may reduce your taxable income. Starting early can smooth contributions across the year
- Consider IHT planning – making use of gifting allowances during your lifetime can gradually reduce the value of your estate and support the next generation.

Start the 2026/27 tax year with confidence - The start of the tax year is the ideal time to step back and review your wider financial plan. Are your investments aligned with your goals? Are you saving in the most efficient way? Small, proactive decisions now can create flexibility and confidence later. If you'd like to explore how to make the most of the 2026/27 tax year that starts on 6 April, we're here to help you put a clear plan in place – so you can move forward with clarity and peace of mind.

GET IN TOUCH

DGS IFA Ltd are Independent and Chartered Financial Advisers. I am a Chartered Financial Planner with over 30 years financial services experience, so you are in safe hands. To discuss your financial situation, your plans and goals, please contact me, Paul Savuto, AFPS, Chartered Financial Planner. DGS Independent Financial Advisers Ltd. 07834 499 595 or email ps@dgsifa.com, I'll be happy to talk to you and answer any questions you have. FCA 225814. Please note: This blog is for general information only and does not constitute advice. The information is aimed at retail clients only.



Browzers



TREATMENT STUDIO

- Laser Hair Removal • LVL • Microblading • Tattoo Removal
- Eyebrow Wax & Tint • Vitamin B12 boosters • Red Thread Vein Removal
- Microdermabrasion Facials • Treatment for Onychomycosis (toe fungal)

Call, email or text to book -
We have availability 7 days a week, including evenings

Browzers Studio, 42 Coneygate, Meppershall SG17 5GB

07960 780860

info@browzers.org

www.browzers.org



@browzersstudio



Multi-Disciplinary Therapy Clinic

- Osteopathy • Sports Massage • Cranial Osteopathy • Acupuncture

Shefford Osteopathic Clinic

In pain, lacking mobility?

We can help you reach your full potential.

01462 811006

www.SheffordOsteo.com

14a Clifton Road, Shefford, SG17 5AE

Please mention the Meppershall Messenger when responding to advertisements

Meppershall-Based, Fully Qualified



 07931 848 347

 HaydnProsser@hotmail.com

**GCSE English and Maths 1:1 Tuition
and Functional Skills**



Experienced qualified local Teacher - Enhanced DBS

Syllabus covered and Exam preparation

Contact Anita on 07917 412742

anita.harris7@btinternet.com

Please mention the Meppershall Messenger when responding to advertisements

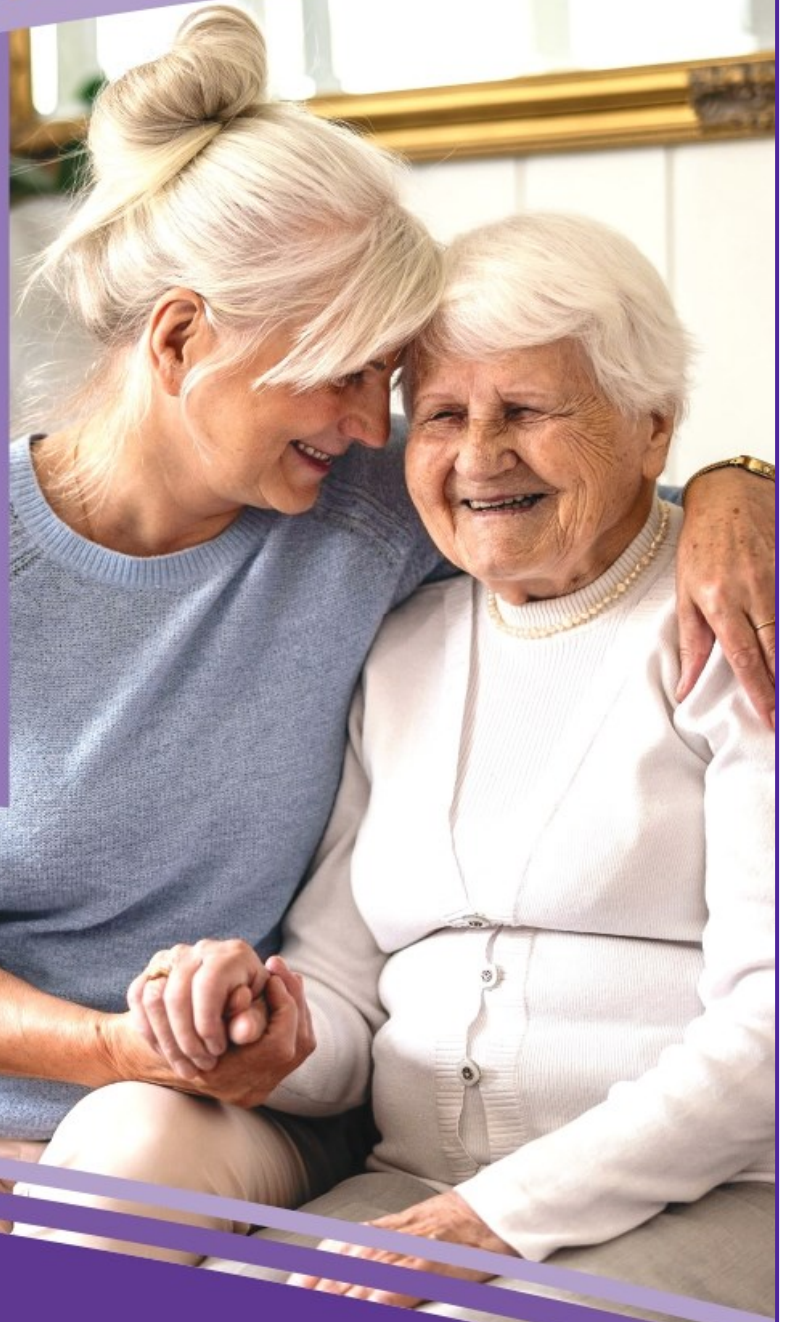


**Country
Court**

Our family, caring for yours

Fairfield Manor Care & Nursing Home

Our care is the kind we'd all want our loved ones to receive. Specialising in residential, nursing, dementia care, and short-stay respite care our dedicated team are on hand 24 hours a day to provide the highest standards of care and support in a luxury setting.



Call us today

01462 530 465

Hitchin Road, Fairfield, Hitchin,
Bedfordshire, SG5 4SW

www.countrycourtcare.com



May Update from Meppershall Munchkins



We hope you all had a lovely Easter break! Thank you, as always, for your continued support — it means so much to our wonderful community.



Easter Fun Review

We had a fantastic time with our **Easter-themed crafts**, and the children thoroughly enjoyed getting creative. It was lovely to see so many colourful creations and happy faces.

We were also pleased to have the **bouncy castle out**, which was a huge hit with the children and added some extra fun to our sessions!



Children's Centre Visit – Tuesday 12th May

We are looking forward to welcoming the **Children's Centre team** on **Tuesday 12th May**. They will be available to offer advice, information and support for families during the session and self-weighing scales for the little ones.



Volunteers Needed

Our group relies entirely on the kindness and support of volunteers. We are always looking for extra help with setting up, tidying away and supporting sessions.

If you are able to spare any time, please do come and speak to us — every bit of help makes a huge difference and helps keep this wonderful group running for local families.



Regular Sessions

Tuesdays and Fridays, 9:30–11:30am

£3.50 for the first child; £1 for each additional child

Snack and squash included

Walk-ins welcome

Payment via cash or bank transfer

For updates, including emergency closures, please check the **Meppershall Munchkins Facebook page**.

We look forward to seeing you soon for plenty of fun, friendship and community spirit!

Rachel Rowe. Trainer & Assessor. 0787969558



Take A Trip From Meppershall: Wanderbus Excursions

2026 EXCURSIONS — 4th THURSDAY OF THE MONTH		
Call 0300-123-3023 or e mail: thewanderbus@gmail.com for more info or to book your seat.		
Full payment 21 days before departure. A cheque to Wanderbus, 5 The Pastures, Upper Stondon, Beds SG16 6QB or a bank transfer (Account details to be advised later). Cancellations 14 days before excursion date. Refunds will be discretionary.		
DATE	DESTINATIONS & ENTRANCE FEE (Correct at time of print)	BUS FARE
28th May	Castle Ashby Gardens, Arboretum & Animal Menagerie, Northants £13.75 p.p.	Bus Fare £12.50
		Pick up 10.30/11.00
		a. 11.45 d. 15.30
<i>Home to gardens designed by Capability Brown , formal Italian Garden, an Arboretum, and a small animal Menagerie. The gardens are well maintained and among the best in the county. A tearoom with a lovely selection of hot and cold food, cakes and drinks.</i>		
25th June	Cottesbrook Hall & Gardens, Northants. Adult £17.00 p.p. (free to RHS Members)	Bus Fare £12.50
		Pick up 10.00/10.30
		a. 11.45 d. 15.30
<i>The Hall contains the renowned Woolavington Collection of sporting art, along with fine furniture and porcelain. The award winning formal gardens surround the Hall with the Wild Garden flanking a meandering stream.</i>		
23rd July	Delapre Abbey, Northants £12.00 p.p. incl private tour	Bus Fare £12.50
		Pick up 10.00/10.30
		a. 11.30 d. 15.30
<i>The Abbey is a former Cluniac nunnery founded in 1145 with a rich history spanning nearly 900 years. Once a family home and battlefield site, it has evolved into a stunning heritage destination offering a glimpse into its fascinating past. Beautiful gardens surround. Cafe for hot/cold food & drinks. Option to pre-order on arrival.</i>		
27th Aug	Hertford Castle & Old Town Free entry	Bus Fare £10.00
		Pick up 11.00/11.30
		a. 12.30 d. 15.30
<i>Following the Christmas Trip several passengers requested a summer trip to the Castle grounds and time to wander the streets of the old town.</i>		
24th Sept	Mountfichet Castle, Stanstead Mountfichet, Essex £16.00 OAP / £18.00 Adult p.p.	Bus Fare £12.50
		Pick up 10.00/10.30
		a. 11.30 d. 15.30
<i>Castle & Norman Village of 1066. Explore the Castle and roam through the Norman village hidden behind the walls and explore the many houses. Experience the ambience of an ancient bygone lifestyle including the House on the Hill Museum. Restaurant serving a wide range of food.</i>		
22nd Oct	Battle of Britain Bunker & Exhibition Centre, Uxbridge £12.50 / £10.00 OAPs p.p.	Bus Fare £12.50
		Pick up 10.00/10.30
		a. 11.45 d. 15.35
<i>The Battle of Britain Bunker housed RAF Fighter Command's No 11 Group Operations Room throughout the Second World War. The bunker is a series of rooms on two levels some 60feet underground. The Operations Room with its large scale maps, squadron display boards, , balloon and weather states, is exactly how it was when Winston Churchill visited on 15th Sept. 1940. NB There are 76 steps into the Bunker but no rush! Cafe and Exhibition centre</i>		
26th Nov	Blue Diamond Garden Centre, Wyton, Cambs. Free entry	Bus Fare £10.00
		Pick up 11.00/11.30
		a. 12.15 d. 15.30
<i>Discover an extensive range of high-quality plants, seasonal décor, and elegant gifting, all thoughtfully curated to elevate home and garden living. With the addition of a new restaurant, it's a destination perfect for those who appreciate style, comfort and a touch of indulgence.</i>		

Marc Dellar
GARDEN SERVICES

Upper Stondon

- Grass Cutting
- Hedge Cutting
- Strimming
- Overgrown Gardens Cleared



Please Call Anytime

01462 850562 or 07792 227913

RDG

PLUMBING AND HEATING SERVICES

Locally based in Henlow
Well established company
GAS SAFE registered

Tel: 07850 441762

email: robgooda@aol.com



Jon Lambley
WINDOW CLEANER



For a quotation, call
07796 303908

20 years experience; Reliable,
Professional, Fully Insured, and...

MEPPERSHALL BASED

James Cullip

Painting & Decorating

- interior/exterior - all aspects
- wallpaper hanging
- coving
- general household maintenance
- plastering services available
- free estimates
- fully insured



References available

t: 01462 817 122 m: 07899 888 545

e: go_on_james@hotmail.com

www.cullippaintinganddecorating.co.uk

Philip Allen Tree Surgeon

- Comprehensive trees service
- Fully insured & all work carried out to BS3998
 - Crown reductions and lifting
 - Felling
- Hedge shaping and maintenance
 - 24 hour call out
 - Free estimates
- All materials completely recycled
- Seasoned hardwood logs available

Contact Phil Allen on
Hitchin 834411 or 07909 716 631
or email on
allentrees@btinternet.com



JIM THE SWEEP

FOR ALL YOUR
CHIMNEY SWEEPING NEEDS

ALL TYPES OF FIREPLACE AND
CHIMNEY SWEPT

OPEN FIRES, LOG BURNERS,
STOVES AND INGLENOOKS

EVENING AND WEEKEND
APPOINTMENTS AVAILABLE

INSURANCE CERTIFICATE
PROVIDED

WEDDINGS ATTENDED



JIM TURNER

INSTITUTE OF CHIMNEY SWEEPS
REGISTERED SWEEP
MILL LANE, CAMPTON, BEDFORDSHIRE
TELEPHONE: 07891 306566

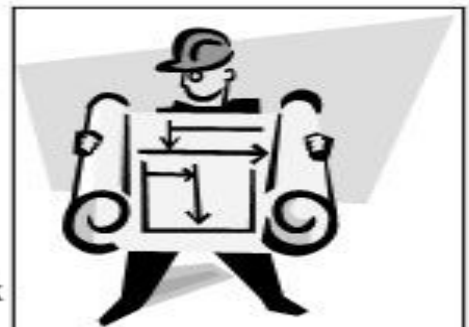
NEIL BRADSHAW

**LOCAL BUILDER
SPECIALIST BRICKLAYER**

ALL KINDS OF BUILDING WORK UNDERTAKEN

EXTENSIONS ALTERATIONS GARDEN WALLS,
GROUNDWORK, PATIOS, FIREPLACES

Shawford House
118a, Shefford Road
Meppershall
Beds. SG17 5LL
t - [01462 815016](tel:01462815016) or [07774 878244](tel:07774878244)
E - nbradshawbuilders@hotmail.co.uk



Chiropodist

***Mobile Surgery
Graeme Harley
m.s.s.ch; m.b.ch.a***

H.P.C. Registered

***15 West End,
Elstow.***

Tel 0773 9101 396

Seasoned Hardwood Logs

**Bulk & barrow bags
available.**

Meppershall based.

**Free delivery within
20 miles of Hitchin**

**Delivery can be made to
Woodstore/shed.**

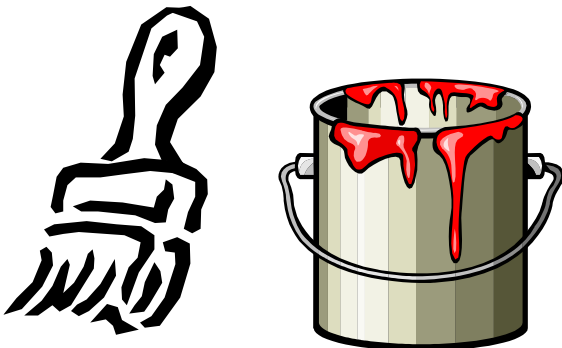
Call Patrick Sinclair

Mobile: 07870396007

MARTIN ROE

PAINTING & DECORATING

***Quality assured
All aspects***



Telephone: 07973 532430

Offering a full range of garden
services

GREENAWAYS LANDSCAPING

****Patios*** ****Decking***

****Block Paving*** ****Fencing***

****Modern Porcelain Paving***

Neil Greenaway 07860 742928

Greenawayneil@yahoo.co.uk

In business since 1979

Meppershall based

Greenawayslandscaping.co.uk

On Sunday May 17th, Tony Edwards is hosting a charity fund raising "Open Garden" at 17 Lyspitt Common, in aid of St Mary's Church, and the Sue Ryder Hospice at Moggerhanger. There is a suggested donation of £2.50 per adult, and you could win a prize, as Mount Pleasant View Bistro is offering Afternoon Tea For Two for the best photo, with a runner up prize from the Messenger.

Competition closes 24th May!!



Entry photos can be emailed to mepp.messenger@gmail.com, or printed out, and popped in the letterbox at 26 Fildyke Road (name and contact details on reverse, please!)

**We still have space for some more adverts!
Rates from less than £10 p.m.!!**

**10 issues a year, delivered to every home
in Meppershall (1100)**

Contact Andrew on 07875 580069

Or andrewgpain@hotmail.com



Calling all budding gardeners! Allotment plots available in Meppershall

Interested in taking on a plot?

Contact the Clerk on:

clerk@meppershall-pc.gov.uk

or 07480 251746 to arrange a viewing.

We have a variety of different sized allotments available to rent.

Plots are located at Wry Close (in the centre of Meppershall behind the Sugar Loaf public house).

The annual cost of a plot depends on the size, but at present is between £15 to £45 with a 50% discount for anyone taking up a plot for the rest of this rent-year (finishes end of September).

Water is currently free but note that there are no toilets on site yet!

Why have an allotment?

- ✓ Home-grown food is cheaper
- ✓ Grow your own for more flavour and freshness
- ✓ Enjoy the outdoor life and fresh air
- ✓ Stay healthy and take gentle exercise
- ✓ Simply relax and enjoy



**Everybody is welcome. No special skills are required and remember –
there are no gardening mistakes, only experiments.**

ROGERS BAKERY

1983 – 2026

43 Years Quality and Service!

High St. Meppershall SG17 5LZ

Fresh Bread Daily

Celebration Cakes Our Speciality

Filled Rolls and Sandwiches

01462 813398



INHERITANCE TAX PLANNING + MITIGATION

Unlock tax-free cash tied up in your home, and preserve more of your wealth for future generations.

A lifetime mortgage may be a suitable option when considering the following:

- Paying off an existing mortgage or other loans.
- Supporting your children with buying a home.
- Reducing inheritance tax.*

*If you give some of the money from the equity release to your children, they may have to pay Inheritance Tax in the future. **Always seek expert advice when considering this as an option.**

GET IN TOUCH

For impartial advice with **no obligation or cost.**

info@er-ma.org | 01462 341 241

EQUITY RELEASE REDUCES YOUR ESTATE'S VALUE AND MAY AFFECT ANY MEANS-TESTED BENEFITS YOU'RE ELIGIBLE FOR. A LIFETIME MORTGAGE IS A LOAN SECURED AGAINST YOUR HOME. CHECK THAT THIS MORTGAGE WILL MEET YOUR NEEDS IF YOU WANT TO MOVE OR SELL YOUR HOME OR YOU WANT YOUR FAMILY TO INHERIT IT. IF YOU ARE IN ANY DOUBT, SEEK INDEPENDENT ADVICE.

Equity Release Mortgage Advice Ltd is registered in England & Wales, No. 09856670. Registered office address, 21a Churchyard, Hitchin, Hertfordshire, England SG5 1HP

Equity Release Mortgage Advice Ltd (FCA no. 725996) is an appointed representative of JLM Mortgage Network Ltd, which is authorised and regulated by the Financial Conduct Authority (FCA) registration number 300629. We are entered on the Financial Services Register at <https://register.fca.org.uk/>. The FCA do not regulate some forms of mortgages.

Please mention the Meppershall Messenger when responding to an advertisement



SPARTANS FEAST
PREPARE FOR BATTLE

**SPARTANS FEAST FISH &
CHIP VAN
WE WILL BE IN
MEPPERSHALL AT THE
VILLAGE HALL
ON A TUESDAY
ON A FORTNIGHTLY
BASIS**

WE ACCEPT CASH OR CARD

**PLEASE FOLLOW US ON SOCIAL MEDIA FOR
UPDATES AND MENU
CALL /MESSAGE US ON : 07707787752
4:30 - 8PM**



**Derek Harris
& Sons
Landscaping
Ltd**

We specialise in all types of garden work

- Full garden makeovers
- Fencing
- Patios
- Artificial & Real grass
- Driveways
- Decking

Call for your free Quote

07398268956 07545143392



www.dharrislandscaping.co.uk



LUCAS, HUNTLEY & CO

**Quality PVC-U windows, doors & conservatories
Window and door repair specialists
PVC-U fascias, soffits, guttering etc.**

**We are a Fensa registered, local, family run business,
established since 1978**

**Contact: Paul or Chris Lucas on 01462 811581
Mobile: 07778 312504**

51A High Street, Meppershall, Beds SG17 5LX

pclucashuntley@gmail.com

Your
business could
be here, for
just **£85**
for the
entire year!

Contact us on
07875 580069

Musical Bumps
real music... real education... real fun!

Outstanding music classes
from birth to school

BOOK A TRIAL CLASS

Classes in Gravenhurst
on Mondays

- Percussion & puppets
- Rhythm & rhyme
- Listening & learning
- Ready... steady... sing!

MUSICALBUMPS

 facebook.com/musicalbumps.centralbedfordshire

07397 776357 musicalbumps.com alex.martin@musicalbumps.com

E.T.
*Accountancy
Services*



Experienced Accountant and Tax
Adviser based in Clophill, Bedfordshire
providing a full range of accountancy
and taxation services to businesses and
private individuals.

To arrange a free initial consultation
please telephone me on:

01525 590465

or

email emma@et-accountancy.co.uk

*Chartered Accountant and
Chartered Tax Adviser*

Emma Thoulass FCA CTA

emma@et-accountancy.co.uk 01525 590465

**Chris Lawton
CARPENTER**



- Doors
- Windows
- Kitchens
- Fitted shelf units
- Cupboards & Wardrobes
- Facia & Soffit
- Guttering
- Bespoke sheds & Outbuildings
- Pergolas
- General Maintenance

2 Northwood End Road
Haynes

Home - 01234 381065

Mobile - 07939004561

The Bullet By Patrick O'Connor

We are grateful to Patrick for this moving poem, telling the story of the Great War alongside modern-day efforts to educate a new general about the horrors of armed conflict. If every bullet could tell its story, perhaps we would not be so quick to rush into new wars. If every mother could be heard more clearly in the corridors of power, perhaps we would not send so many sons and daughters (of every nation, on every side) to their graves...

The bullet flew across the wasted land, faster than a shout.
Arrow straight, swift and silent, through crashing, thunderous air.
Forged in fire, searing again in hell furnace of war.
Grim terror flew before and filled every space between.

What stopped its tearing flight, cool mud or cooling flesh?
If flesh, whose the body, how shrill the scream?
How deep the pain, how slow the death of youth?
Where lies he now, what tombstone bears his name?

Who wrote the letter home, to console:
"He died for country, at the front, you must be proud"?
Which women cried? They cannot understand these games of men.
How pleased was God? All armies claimed Him as their own.

For years the bullet lay.
Flesh became earth, and green returned.
Cold ploughs gently curled the soil, no longer burned and torn.
Contours softened, and sons of the fallen trod the awesome fields.

Children came to learn, and laughed where Death had mocked before.
A boy found the bullet, revealed by the autumn plough.
Small and cold, still sharp-pointed, but menace spent,
Not lodged in flesh, but what makes this earth so rich?

In warm hand now, flying to a different English home.
"Look Dad! I found a bullet on the Somme!"
"Oh son! Let's see! Which battle line? Is it ours, or one of theirs?"
The questions flow. The mother listens. She does not cry, but still can't understand.





CAKE CAFE

Homemade Cakes / Cookies / Traybakes
Tea / Coffee / Squash / Hot Chocolate



Saturday 16th May
9.00am to 12pm
Meppershall Village Hall

...and today, the lovely ladies from the
Meppershall Craft Club
will be helping to serve tasty treats!!

If you would like to donate a homemade cake, please bring your cakes to the Village Hall on Friday 15th May between 5:15pm and 6pm - or on Saturday.

Please do not put your cakes in any containers that you would like returned as we cannot guarantee you will get them back.

Please put a note with your cake if you have used nuts.

Any questions email - events@meppershallvillagehall.co.uk

This is a community event & proceeds will go to running similar community events at Meppershall Village Hall.

Parish Church Of St Mary The Virgin (Church Of England)

Church Road, off Campton Road, Meppershall

www.stmarysmeppershall.org.uk † facebook.com/stmarysmeppershall



Rector: The Reverend Veronica Goodman

01462 339962 – ronigoodman@gmail.com – usual day off Monday

Churchwardens:

Chris Valentine 01462 815971 John Archer

PCC Secretary:

Anne Parsons 01462 813333 Email: annie10639@gmail.com

A Message From St Mary's...

I do hope that you had a wonderful time celebrating Easter this year.

In the secular world Easter is over all too quickly as 'normal life', work and school, soon resume...

In Church though, we continue to celebrate Easter for 7 weeks - through May - until Pentecost on the 24th May.

During the 50 days we call Eastertide - our readings focus on:

The resurrection appearances of Jesus - when he appeared to his friends the disciples - who were in hiding for fear of the Jews. The time when Jesus appeared to his disciples who had gone fishing and prepared breakfast for them on the beach. The time when he accompanied them on the Road to Emmaus and "their hearts burned within them as he explained the Scriptures to them." We are reminded too, of Jesus' promise, "in my Father's house are many rooms and I go to prepare a place for you."

As Jesus' followers believed - and began to live in the light of the resurrection - we read about the life and growth of the early church seen in the book of the Bible we call the Acts of the Apostles.

The whole of Eastertide is a time of joy and celebration. White or gold vestments emphasise the joy and brightness of the season and the Easter candle stands prominently in church for all our services. Our liturgy and hymns are peppered with Alleluias... and in every service we declare:

"Alleluia. Christ is risen!

"He is risen indeed. Alleluia!"

"Normal life" may have returned - but the joy and promise of Easter goes on - and not just for 7 weeks, but forever!

May is also around the time when the Church has its Annual Meeting (14th May at 7pm this year) - and when I say a huge thank you to all who have contributed to the life of St Mary's over the past year. Thank you to all who have contributed their gifts and support generously, quietly, tirelessly. Thank you and God bless you.

As the weather improves, please help the Church Council and the Parish Council to maintain the Churchyard as a place that is safe and welcoming for all who wish to use it. We hope that together we can maintain the churchyard as a place which honours the memory of those buried there. Please do check to ensure your grave accords with “St Albans Diocese: The Churchyard Regulations August 2020 - updated July 2023”, and if in doubt please check with me, Revd Roni on 01462 339962. Also, please carefully check that your memorials and grave markers are securely in place.

So many people do comment on our lovely churchyard and I would like to thank you again for all you do to care for your family graves. And please do look out for our “Churchyard Clear Up Days” as many hands and good company do make the work seem a lot easier!

God bless you.

With love, Rector Roni

Church Events In May

Usual Pattern of Services

Sundays	11.00am	Morning Worship every Sunday Holy Communion: 2 nd and 4 th Sundays
Every Wednesday	10.00am	Holy Communion in the Rectory
Church open to visit	10.00-4.00	Private prayer, quiet time – the church is open.
Online services:	9.00am	Morning Prayer using 24-7’s Lectio 365 App 7-days-a-week
	9.00pm	Night Prayer/Compline from the C. of E. Daily Prayer App, 7-days-a-week

Find us on Facebook: <https://www.facebook.com/stmarysmeppershall/>

Find us on our website: <https://www.stmarysmeppershall.org.uk/>

Find us on YouTube:

<https://www.youtube.com/channel/UCRjDLGAY8GI6afkO8iALYOA>

Please note ‘9and9’ continues daily on our Facebook page.

Forthcoming Services and Events

Come and experience the warm welcome and friendly community of St Mary’s, your beautiful village church 😊 We hope to see you soon.

Sunday 3rd May	11.00am. Morning Worship. Easter 5
Wednesday 6th May	9.45am. Holy Communion in the Rectory
Sunday 10th May	11.00am. Holy Communion Easter 6
Wednesday 13th May	9.45am. Holy Communion in the Rectory
Sunday 17th May	11.00am. Morning Worship. Easter 7
Wednesday 20th May	Sorry - No midweek Communion
Sunday 24th May	11.00am. Holy Communion Pentecost
Wednesday 27th May	9.45am. Holy Communion in the Rectory
Sunday 31st May	10.30am. Benefice Service in All Saints Campton
	Trinity Sunday

St Mary's Meppershall Junior Church

Join us on the 2nd and 4th Sunday of each month.
Call Gillian for more information on 07778 449051.

Junior Church Team



News From The Tower

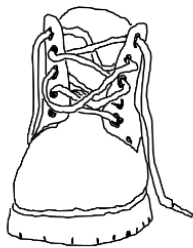
Want to try something new? Why not try bellringing!

Interested? Come along to a practice on a Thursday at 7.30pm. Let me know you're coming on 07778 449051.

Gill Marshall-Davies, Tower Captain



Meppershall Second Sunday Strollers



On Sunday 10th May we will walk a loop from the gate of St Mary's Meppershall (starting at 2.00PM) to Wrest Park and back. It's around 3 miles out and 4 miles back, but we will take our time and enjoy the spring scenery.

We don't plan to enter the English Heritage site itself, we will cross the business park – but a bit of a rest on the grass is certainly possible so feel free to bring snacks 😊

The route out takes us down over the cow bridge and up the big field known locally as 'Wassledine' into Upper Gravenhurst, passing past St Giles Gravenhurst, the school and the village hall and taking the long gravelled path to Wrest Park. The way back is via Whitehall Woods and Lower Gravenhurst (with a kilometer or so on Barton Road, a quiet rural lane but watching for traffic of course). We return along the River Hit to the cow bridge and back up to Meppershall.

If you'd like to do only one half of the walk, get in touch for help with parking at Wrest Park. Message us on facebook (search @meppershallstrollers), or by phone (857836). Last month 25 of us went to admire the bluebells on a 10K walk around Chicksands Wood – pictured here. We'd love to welcome you, whether you're new to the group or coming back for more.







FTF Worldwide Event Management and Fully Fused Fireworks



Over 35 years experience
of organising memorable occasions
FTF will deliver you an event to remember
big or small



 01462 817640

 FTFWorldwideEvents

 @FTFWorldEvents





97 Hitchin Road
Sheffield
Beds. SG17 5JB

01462 813338

info@denmanautocare.co.uk

www.denmanautocare.co.uk

Your local garage for all your vehicles needs. Fast, friendly, reliable and efficient service that doesn't cost the earth.



 **MOT's £50**

 **Servicing**

 **Diagnostics £48**

All parts and labour fully guaranteed

COURTESY CAR AVAILABLE ON REQUEST

For all your vehicles needs



Donna's Garden Designs

RHS Qualified

Fully Insured

Garden Designs

Planting Plans

Horticultural Advice

Hard Landscaping

Donna Cameron 07833670934

donnacameron710@gmail.com

W&H PEACOCK
AUCTIONEERS & VALUERS



Weekly Auctions

Visit the Bedford Auction Centre to enjoy the excitement of a live auction.

Antique & Modern Furniture • Clocks • Books
Ceramics & Glassware • Pictures & Prints
Bicycles • Jewellery & Watches • Collectables
Garage Tools & Equipment • Household Electrical Items
Office Furniture & Equipment • Retail Products & Stock
Vehicles • Horticultural & Commercial Equipment
Building Materials • Garden Furniture & Effects

Eastcotts Park, Wallis Way, Bedford MK42 0PE
01234 266 366 peacockauction.co.uk

Please mention the Meppershall Messenger when responding to advertisements



A G Plumbing Services (Shefford)

Taps, Tanks, Toilets, Showers,
New Bathroom Installations &
Repairs, Cylinders, Sinks, Drains

- Local Friendly, Fully Reliable Professional Service
- No Call Out Charge
- Free Estimates
- All Work Fully Explained & Guaranteed

Contact Andrew Good: 01462 817220
Or Mobile: 07815 735433

Professional Carpet,
Rug and Upholstery
Cleaning
Trusted Locally
for over 20 years



THE CARPET CLEANER

Spot and Stain
Emergency
Call Out ✓

Powerful
Truckmounted
Cleaning ✓

Tile and Grout
Cleaning ✓

Cleans Deeper and
Dries Quicker ✓

We provide
all Power and
Hot Water ✓

Fully Insured ✓

Established 1984 ✓

For a Free On-Site Estimate

01438 211763 or **07973 855007**

Old Town, Stevenage, Hertfordshire
email thecarpet.cleaner@ntlworld.com

www.thecarpetcleaneruk.com



A.C.E.
PEST CONTROL
Part of
JG PestControl

ACE PEST LTD

Fast, efficient, friendly service with very competitive rates

Available – 7 days a week

Local company – Established 1988

We specialise in all pest problems especially WASPS

Phone: 01234 862956

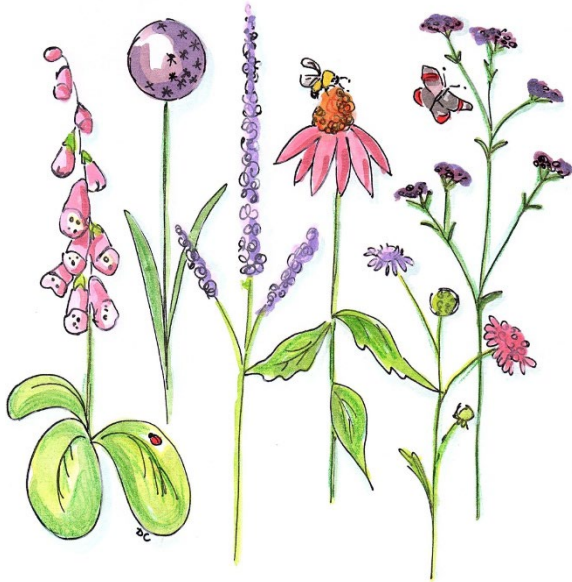
www.acepestcontrolbeds.co.uk

Please mention the Meppershall Messenger when responding to advertisements

Alliums by Donna Cameron

Donna's Garden Designs | 07833670934

With the warmer days, masses of flowers are now adorning our gardens. Among the most architectural of these at this time of year is the Allium. They come in many different shapes and forms. Their main characteristic being a spherical purple or white flower on a long stem. They are related to the Onion family.



They were cultivated 7000 years ago and appear in Egyptian art. Their concentric shape symbolising eternal life. The Romans used them for culinary and medicinal purposes - administering them for dog bites, toothache and scurvy in sailors. Victorians used them in floristry in the language of flowers to symbolise unity and patience.

Today I love including them in garden designs as they are so versatile in a variety of styles of garden. In a Cottage garden they can be dotted in amongst herbaceous borders. Their leaves can die back and look

unsightly. One way to disguise this it to plant them amongst plants eg Hardy Geraniums. As the foliage grows up it hides the Allium leaves.

In contemporary gardens they can be used architecturally in amongst formal topiary or in much looser prairie style planting billowing with Ornamental grasses.

Once they have finished flowering, they can be kept in situ or heads and stems dug into the ground once gone to seed to add interest longer into the season or pick them and dry them for christmas flower arrangements or add to a vase with Fern leaves.

You can buy them as plants in the garden centres now or plant as bulbs in the Autumn. Dig them in to a depth of around 4 times the length of the bulb. They will spread over time and can live for 40 years or more. They are so easy, yet give so much to a border. They are sure to be a talking point, with giant varieties like Gladiator and Mount Everest - how can you resist! Give them a go!

Donna x

Jobs In the Garden For May

Keep on top of weeds

Earth up potatoes

Plant out summer bedding plants

Water early in the morning or in the evenings

Open Greenhouse door on hot days

Mow lawns weekly

Divide spring bulbs

Check Roses for Aphids

Prune early flowering shrubs

Plant Hardy annuals

Train Sweetpeas up supports

Pinch out tips of Broad beans to discourage Blackfly

Trugs And Trowels (Campton Gardening Club) – May

What is gardening and why does it make you feel good?

The answer to these two questions is remarkably similar.

It knows no boundaries, no timescales, no definitions - gardening is equitable and certainly doesn't judge. It can be anything from mowing the lawn to growing from seed, salads flowers, tending to the bird life or planning a border. All aspects - however you care for your outdoor space, whether a balcony or a rural estate - are all forms of gardening.

There are lots of studies that scientifically prove connecting to nature and the outdoors and growing plants enhances wellbeing. Digging your garden can also burn up to 250 calories per hour.

We know being in nature is good for mind and body, but for a lot of people it's the personal side we celebrate. It's all about the "Why we garden" - the promise and delight of seeds germinating, cooking and eating homegrown food, sharing, the excitement of plants awakening from winter slumber, tree planting for future generations.

So whatever or wherever you embrace gardening and whether it works or not... this time round remember NO gardeners - novice or professional - has one hundred 100 percent success.

We all take on knowledge from our failures. Be kind to yourself and know that you're gardening; get your seeds in now and enjoy. What could be better than that?

Maryika Wilding 01462 851729

Royal Mail Missing Meppershall - Updates

Postal delivery issues are continuing. We are interested to know of your experiences – please send us your stories and comments at mepp.messenger@gmail.com.

Last month we reported on the concerns expressed by Parliament and our own MP Alistair Strathern. There is a real feeling among the public that Royal Mail is trying to change the rules and avoid its absolute obligation to make regular routine deliveries. That service failure is causing real harm and distress in Meppershall.

Royal Mail recently admitted service issues across the UK (affecting more than 50 postcodes). Yet Stevenage postcodes have not been specifically mentioned. You can track the service updates here: <https://www.royalmail.com/service-update>.

In March, Royal Mail owner Daniel Křetínský apologised for late deliveries in a committee hearing in Parliament, but denied services are getting worse and worse. With trade union disputes ongoing and a challenging business environment for postal services, we will all need to remember that letter deliveries aren't working well at the moment We need to take extra steps if we are expecting important mail. With performance statistics only published as averages for the country, it is likely that cities and towns (which are easier to deliver to) will get more attention than us.



**TODDINGTON POETRY
SOCIETY in Luton**

Revised Programme, April -July 2026

*at Luton Irish Forum, 102 Hitchin Road, Luton, LU2 0ES: 2nd Tuesday
of each month 8.00 pm. (Free parking, tea and coffee.)*

New members always welcome

- April 14th:** **Reflections:** *To be led by Julie Furnivall*
- May 12th:** **AGM,** *to be followed by another evening of ‘Pick and Mix’
Poems , which proved popular last year. Please support the AGM:
an opportunity to discuss ideas for our 50th Anniversary in 2027.*
- June 9th:** **An exploration of Some American Poets and Echoes of
the Wilderness** *(Susan will draw on visits and photos from her recent travel
trip to present this evening. Suggestions for poets you might like to look at, will be
sent out nearer the time.)*
- July 14th:** **Steel:** *to be led by John Godfrey. (Another of John’s inventive topics!)*

We will be delighted to see you at any of these events

New to TPS, and think you’d like to try us out?

Your first visit will be free.

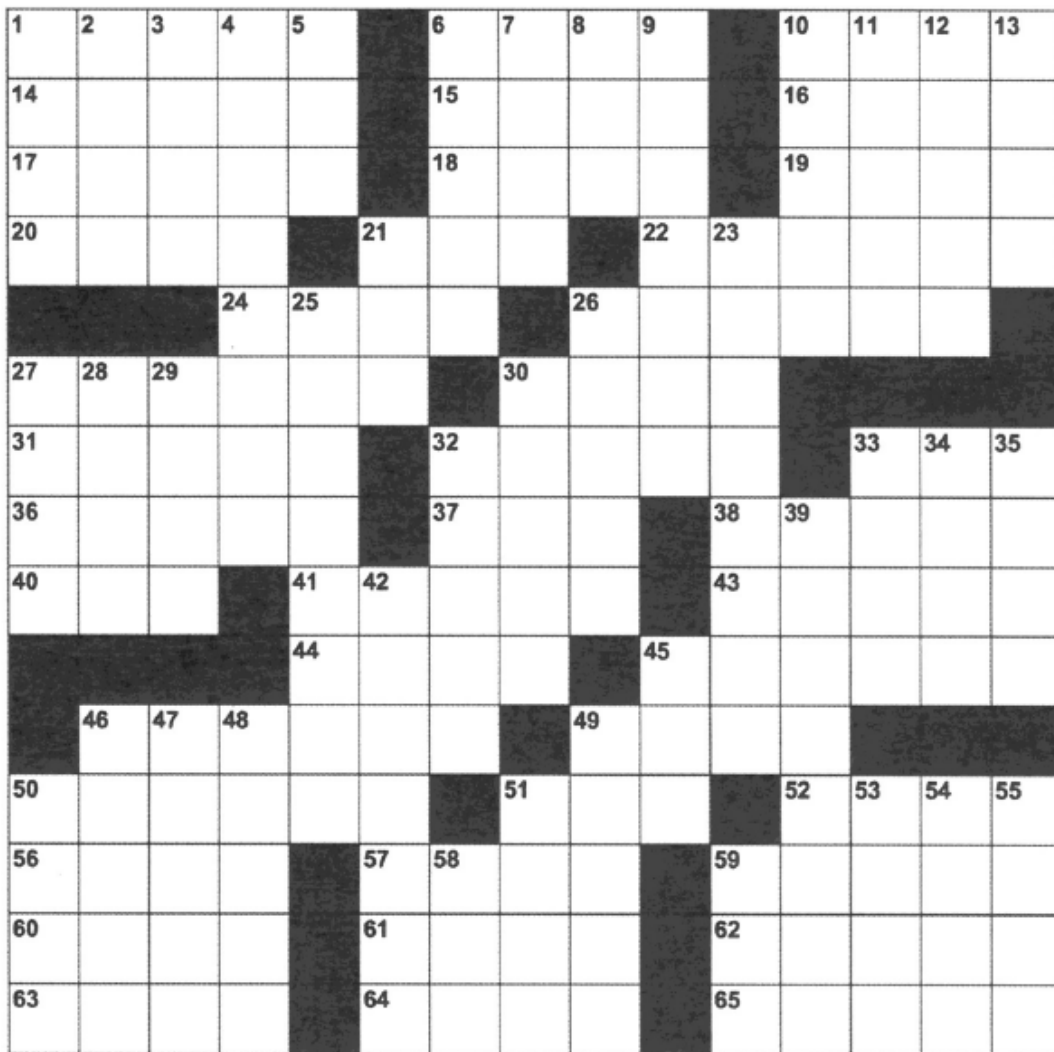
For more information, email tps-in-luton@hotmail.com

***Thank you to everyone who paid their subscriptions in Autumn 2025. (£15 per person
for year 2025-2026)***

*As usual, there is an additional **admission charge each evening:***

Members £4, Non-members £6

*Subscribing members are entitled to vote at the AGM and to stand to become
Members of the Committee. Your subscription also supports TPS and will help us to
afford more external speakers.*



ACROSS

- | | | | |
|---|-----------------------------------|---|---|
| 1 Herbage suitable for grazing animals | 41 Towel cloth | 7 Steak | 39 Cloth maker |
| 6 A wager (2 wds.) | 43 Book by Homer | 8 Make a mistake | 42 Birthstone that means love and success |
| 10 Unfreeze | 44 Asian nation | 9 Sub's weapon | 45 Not good |
| 14 Scoundrel | 45 Short | 10 Typographic character | 46 Skill |
| 15 Brand of coffee alternative | 46 Money magazine | 11 Head coverings | 47 Swimming mammal |
| 16 Small particle | 49 Quick | 12 Tipped | 48 Sounds alike |
| 17 Tight at the top, flaring at the bottom (2 wds.) | 50 Female parent | 13 Decrease | 49 Types of letters |
| 18 "Mister" (German) | 51 Head motion | 21 Air commuter's transportation | 50 Volume |
| 19 Cut of beef | 52 Talk about, with "over" | 23 Dinner tools | 51 Place where birds lay their eggs |
| 20 Not women's | 56 Pretentious | 25 Was (3 wds.) | 53 Negative (prefix) |
| 21 Peanut butter brand | 57 City in Yemen | 26 Horse race | 54 Water film |
| 22 Spot on the ground where rain gathers | 59 Mexican holiday "____ de Mayo" | 27 Water pitcher | 55 Jumps |
| 24 Tinted | 60 Prow | 28 Not one | 58 Twosome |
| 26 Scorn | 61 Want | 29 Harp | 59 Time zone |
| 27 Recruit | 62 Frame | 30 Hiker's trail marker | |
| 30 Surrender | 63 Dry | 32 Tapestry | |
| 31 Cowboy John | 64 Points | 33 Little Mermaid's love | |
| 32 Moses' brother | 65 Snips | 34 Douse | |
| 33 Compass point | | 35 Swirl | |
| 36 Goofed | DOWN | 39 Cloth maker | |
| 37 Chest bone | 1 Metric weight unit | 42 Birthstone that means love and success | |
| 38 Young fish | 2 Position | 45 Not good | |
| 40 Grain | 3 Against | 46 Skill | |
| | 4 Sun's light | 47 Swimming mammal | |
| | 5 Encounter | | |
| | 6 Plant louse | | |

BestSalon



01462 817151

Established Since 1990

Let us make the Best of you

We offer free consultations & free skin/strand tests. Call in to pick up a price list and discount voucher at

197 Station Road, Lower Stondon
(Next to the Post Office/Pharmacy)

5 Star Google reviews

Unisex
Hairdressing
Gel Nails

Beauty Therapy
Wedding, Prom
& Evening Hair

Ombre/Balayage

Foiling H/L & L/L

Accessories & Gifts

Handbags Perfume

@best.salon.hair.beauty



@bestsalon1990

Plastering, Cornice,
Painting & Rendering
All aspects of
Lime Works,
Period Properties

@CarlCoxall.plastering



Carl Coxall
Plastering & More

158 Station Road, Lower Stondon

Tel Home : 01462 817531

Mobile: 07803 383222

VAT Free, No Job Too Small

SAVE UP TO £785

ACROSS OUR LAWN AND GARDEN RANGE

HONDA



ENGINEERING FOR *Life*

Valid until 31.07.2026. T&Cs Apply. Whilst stock lasts.

Chandlers

Country Stores

CHANDLERS SHEFFORD
SANDY LANE, CHICKSANDS, SG17 5QB
01462 810190 | www.chandlers.co.uk

Please mention the Meppershall Messenger when responding to advertisements



Discover luxury glamping for all seasons.

Stay in one of our four beautifully crafted luxury glamping cabins, set within the meadows of Polehanger Farm, near Shefford.

Open throughout the year.

Perfect for a break with friends, a romantic couple's stay, or a fun family escape.

Book now or contact us:

<https://themeadows.polehanger.co.uk>

themeadows@polehanger.co.uk

07494 014558

*2022, 2023, 2024 Winner of the
Muddy Stiletto's Herts/Beds
Best Boutique Stay Award*



The Farmhouse at Polehanger will make you feel completely at home with its spacious rooms.

Our 18th Century farmhouse is near Shefford in the heart of 400 acres of farmland, with stunning gardens, tennis court and farmland walks on the doorstep.

Available for group accommodation, meetings and small events.

Contact us to find out more or check availability

<https://thefarmhouse.polehanger.co.uk>

thefarmhouse@polehanger.co.uk

07494 014558



Please mention the Meppershall Messenger when responding to advertisements

Including Your Dog in Your Wedding Day

Carolyn's Celebrations And Memorials Of Life And Love

Are you planning a dream wedding and can't imagine celebrating without your furry best friend? You're not alone. More couples than ever are choosing to involve their dogs in their ceremony, and it's a trend that brings joy, personality, and unforgettable photographs. As a dog-loving UK wedding celebrant, I adore seeing pets included in the moments that matter most.

Choosing the Perfect Dog Wedding Outfit

Dog wedding outfits can be as simple as a bow tie or as elaborate as a floral collar, harness, or tux-style bandana. The most important thing is comfort and safety. Your dog's outfit should suit their personality, the style of your day, and the level of formality you're aiming for. Whether you prefer dapper bow ties or elegant dresses, there are plenty of options to help your dog look the part.

Dog Wedding Outfit Checklist

- **Comfortable Fit:** You should be able to slip two fingers between the outfit and your dog's skin.
- **Breathable Fabric:** Cotton or lightweight blends help prevent overheating.
- **No Trailing Parts:** Avoid long skirts or capes causing tripping.
- **Easy to Put On/Off:** Velcro or snap fastenings are ideal for wiggly pups.
- **Matches the Wedding Vibe:** From black-tie tuxedos to rustic floral collars.
- **Safe for Movement & Toileting:** Your dog should walk, sit, and toilet naturally.
- **Do your research:** suppliers, reading reviews, checking materials and sizing.

Why Include Your Dog at Your Wedding?

Dogs are family. They bring comfort, charm, and a sense of ease to the day. They help guests mingle, look wonderful in photos, and add something truly unique to your celebration. Even if they're only present for part of the day, having them involved creates memories you'll treasure.

Ways to Include Your Dog in the Ceremony

Dogs can take on roles such as ring bearer, dog of honour, flower dog, or simply accompany a family member down the aisle. I've even seen children proudly stand with their dogs during the ring blessing. Just ensure someone who your dog trusts is responsible for their care and be mindful of nervous guests.

Finding Dog-Friendly Venues and Services

Many UK venues now welcome dogs, and there are specialist companies offering dog chaperoning and bespoke dog wedding outfits. Researching early helps you find the right fit for your budget, style, and your dog's needs.

A Final Thought

Wedding outfits for dogs—and dogs at weddings—are definitely on the rise. With a little planning, your four-legged friends can be part of your celebration in a way that feels joyful, safe, and beautifully personal.

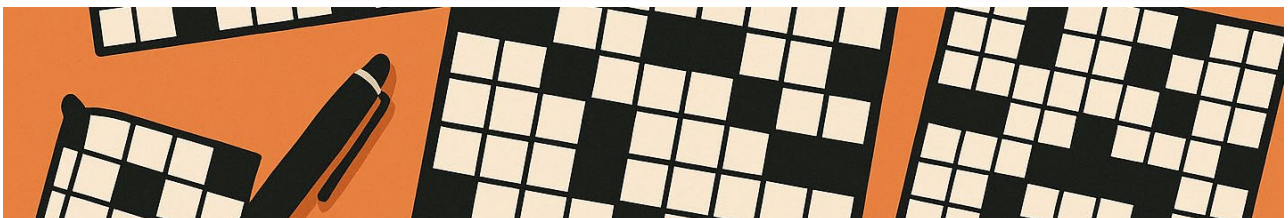
Get in Touch

I'm proud to be a finalist in the Bedfordshire Chamber of Commerce *Service Excellence* category.

You can reach me, **Carolyn Holmes**, on **07305 002858**, at ritesofw@gmail.com, or via my website: <https://www.ritesofw.com/>

Book your free ceremony audit to explore ideas and shape a celebration that truly reflects you. You can also find details about my dog naming, memorial, wedding, and vow renewal ceremonies on my website.

Crossword Solution For April



NHS Cervical Screening



One in three women and people with a cervix don't attend cervical screening and we want to change that!

Cervical screening, which used to be called a smear test, is a test to check the health of

the cervix and help prevent cervical cancer. All women aged between 25 - 64 are invited for screening every 5 years. Everyone with a cervix should be offered screening. Cervical screening saves lives, preventing 70% of cervical cancer deaths, but this could improve if all eligible people attended regular screening.

Screening is not a test for cancer but a test to help prevent cancer. During the screening, a small sample of cells is taken from the cervix, the sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of the cervix. These are called high risk types of HPV and if found can be treated to help prevent cervical cancer.

HPV is the name for a very common group of viruses; most people will get some type of HPV during their lives, and it is nothing to feel ashamed or embarrassed about.

You're still at risk of cervical cancer if you've had the HPV vaccine as it does not protect you from all types of HPV, and you're still at risk if you have had a partial hysterectomy that did not remove all of your cervix.

Cervical screening is one of the best ways to protect yourself from cervical cancer.

If you're not sure whether to have cervical screening, talk to your GP or nurse, or if you have missed a check, you can still book an appointment.

You may need more help and support with cervical screening for many reasons.

Speak to your GP surgery if you have questions about cervical screening invitations, results or any symptoms you have.

For more information and support about cervical screening, you can contact The Eve Appeal helpline: 0808 802 0019 or go to www.eveappeal.org.uk/information-and-advice/ask-eve-information-service/

Support for LGBTQ+ people is available at www.eveappeal.org.uk/information-and-advice/preventing-cancer/information-for-trans-and-non-binary-people/

Support is available for people with a learning disability at

www.gov.uk/government/publications/cervical-screening-easy-read-guide

Find out more about the causes of cervical cancer at www.nhs.uk/conditions/cervical-cancer/causes/

Find out more about cervical screening

www.nhs.uk/tests-and-treatments/cervical-screening/what-is-cervical-screening/

Jaqui Derrick, Care Coordinator, Ivel Valley South Primary Care Network

Dr Baxter & Partners | Lower Stondon Surgery | Larksfield and Arlesey Medical Partnership



Supported by
MACMILLAN
 CANCER SUPPORT



We are meeting Face to Face and Online

Informal cancer group for patients, families, friends, carers who wish to meet others for support, sharing & information. People with valuable experience and from relevant organisations have been of great benefit to us all.

We meet on the first Saturday of every month -

Meppershall Village Hall, Walnut Tree Way,
 Meppershall, Shefford, Central Beds, SG17 5AB

**Do join us on
 from 11am-1pm either in person
 or via zoom.**

For Zoom log in details:

<https://us02web.zoom.us/j/3348518015>

Meeting ID: 334 851 8015

Password: cancertalk

We are always available to speak to individuals anytime.



midbedscancersupport@survivingcancer.co.uk



<https://survivingcancer.co.uk/>



<https://www.facebook.com/groups/694644699447288/>



07961 377526

MEPPERSHALL - WANDERBUS

Bookings & Info : Tel :0300-123-3023 www.wanderbus.org.uk



TIMETABLE - VALID FROM 2nd September 2024

Time/Days have changed – please check & new W16 Stevenage

As from 2 nd September 2024		“Stops at all Bus Stops on Request”	
W2 BEDFORD	- 2nd Wednesday of Month	OUT	RETURN
Shefford Rd, / High St., / Rectory Rd. - all stops		09.00 / 09.02	RR
Interchange Retail Park		09.40	12.15
St Pauls Square / Corn Exchange		09.55	12.00
W3 BIGGLESWADE	- Every Monday	OUT	RETURN
Rectory Rd / High Street, / Shefford Rd., - all Stops		09.36 / 09.40	RR
Biggleswade – A1 Retail Park		10.10	12.15
Station / Town Centre - pick up Church St. Bus Stop o/s Asda		10.15	12.10
W5 BIGGLESWADE - A1 Retail Park/Town Centre	- Every Friday	OUT	RETURN
Rectory Rd / High St. / Shefford Rd – all stops		10.00 / 10.03	RR
Biggleswade A1 Retail Park / Station & Town Centre		10.25 / 10.30	
Church St bus stop o/s Asda / A1 Retail Park			12.10 / 12.15
W6A CAMBRIDGE	- 4TH Wednesday of Month	OUT	RETURN
Shefford Rd. / High St. / Rectory Rd. - all stops		08.48 /08.52	RR
Cambridge, Downing St. – o/s John Lewis		10.15	14.10
W8A ST ALBANS	- 1st Wednesday of Month		
Shefford Rd. / High St. /Rectory Rd. – all stops		08.48 /08.52	RR
St Peters St. o/s Santander Bank / pickup opp Bank Stop 13		10.15	14.00
W10 ST NEOTS	- 2nd Thursday of Month	OUT	RETURN
Rectory Rd. / High Street, / Shefford Rd. All stops		09.18 / 09.20	RR
St Neots - Market Place		10.15	12.20
W11 MILTON KEYNES	- 3rd Thursday of Month	OUT	RETURN
Rectory Rd. / High St., / Shefford Rd. - all stops		09.08 / 09.10	RR
MK - Midsummer Blvd / M&S (Stop J3) / o/s John Lewis Stop E3		10.10	13.15
W12 HITCHIN	- Every Tuesday	OUT	RETURN
Shefford Rd. / High Street / Rectory Rd - All stops		09.18 / 09.20	RR
Bancroft Stop D		10.05	
Bancroft Stop G (Outside Oliver Bonas)			12.10
W14 WELWYN GARDEN CITY	- 1st Thursday of Month	OUT	RETURN
Rectory Rd. / High Street, All stops		09.14	RR
Shefford Road, All stops		09.16	RR
WGC Central Bus Station		10.00	12.15
W16 STEVENAGE	- 3rd Wednesday of each Month		
Rectory Rd. / High St. / Shefford Rd. – all Stops		09.34 / 09.37	RR
Tesco Extra, The Forum Centre (opp Station)		10.05	12.10
M&S, Roaring Meg Retail Park		10.10	12.05

EXCURSIONS – 4TH Thursday of Month – call For Details – 0300-123-3023

E: Thewanderbus@gmail.com Web: www.wandrbus.org.uk

Buses available for PRIVATE HIRE – Call for Quote.

Her Fete Was Sealed – Henlow Amateur Theatrical Society

A great theatrical production
coming up at Meppershall Village Hall...

Her Fete *Was* **SEALED**

BY ELIZABETH STEVENS

**THE BRIDGE IS CLOSED. THE NEIGHBOURS ARE WATCHING.
THE KILLER IS WAITING.**

FRIDAY 29TH & SATURDAY 30TH MAY 7.30PM
SUNDAY 31ST MAY 2.30PM

WWW.TICKETSOURCE.CO.UK/HATS-DRAMA



TJ PLUMBING SHEFFORD LTD



OUR CARE PLANS ARE EASY TO JOIN

BRONZE Boiler service	SILVER System & boiler service	GOLD Complete care plan
Annual boiler service Gas tightness check	Annual boiler service Priority breakdown cover Gas tightness check Radiators and valves Heating controls No labour or call out charges	Annual boiler service Priority breakdown cover Gas tightness check Radiators and valves Heating controls No labour or call out charges Boiler repairs Cylinder repairs
£7 per month inc VAT	£19 per month inc VAT	£26 per month inc VAT



*5-10 year guarantee, (subject to servicing).



We now have our brand-new air conditioning demonstration lounge.



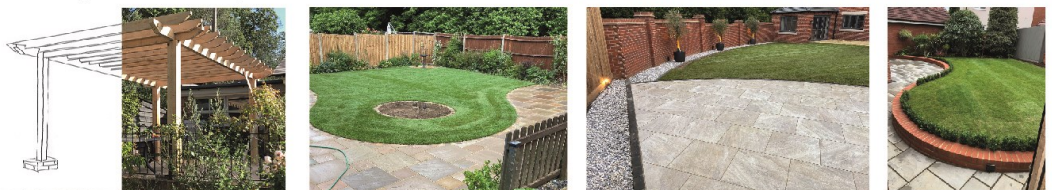
We now cover your general plumbing, fires and cylinders. Please visit our website for more information.

www.tjshefford.co.uk info@tjshefford.co.uk 01462 860 043
TJ Plumbing Shefford Limited, Unit 3F, St Francis Way, Shefford, Beds, SG17 5DZ



Are you tired of a dull and uninspired garden?

Transform your outdoor space with Ground Grafters - **YOUR PREMIER LANDSCAPING SERVICE**



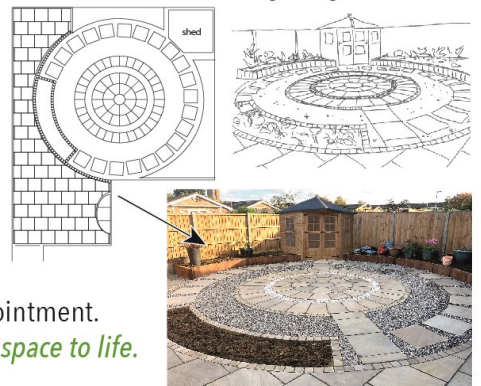
Patios - Paving - Driveways - Fencing - Walls - Gates - Decking - Pergolas - Sheds - Gazebos - Turf - Lighting - Tree work

From **DESIGN TO INSTALLATION**, we've got you covered. Our experienced, skilled and friendly team will work with you to develop a personalised plan that suits your taste and needs, creating something with the ideal blend of form and function.

Whether you are looking for a simple patio or a complete **GARDEN MAKEOVER**, we will find something that fits to your budget and lifestyle.

So don't let your backyard go to waste. Contact us today to arrange an appointment.

Let us bring your outdoor space to life.



Roy: 07900 908151
e-mail: dig@groundgrafters.com
f:Ground Grafters @groundgrafters
www.groundgrafters.com

Please mention the Meppershall Messenger when responding to advertisements

John R Ford

**Your Local Ford Dealer & Service Centre
specialising in Ford Direct Approved Used Cars &
Low Mileage Fords**

- ✓ Servicing:
All Makes & Models
- ✓ MOT
- ✓ Tyres: budget to Premium,
most sizes in stock
- ✓ Free Collection & Delivery
- ✓ Courtesy Cars Available
- ✓ Guaranteed Parts & Labour
- ✓ Manufacturers' warranty
Protected
- ✓ Ford Direct Approved Used Cars
- ✓ Used Ford Cars
- ✓ Competitive finance rates
- ✓ Minimum 12 month Warranty
- ✓ 1 years road side assistance
- ✓ Part Exchange available
- ✓ Take a look at the range of
vehicles on our website



ROYSTON

50 Kneesworth Street,
Royston SG8 5AH

01763 250100

www.johnrford.co.uk

SHEFFORD

11 Amphill Road,
Shefford SG17 5BE

01462 628628

St Marys Church

Rev. Veronica Goodman, The Rectory, Church Road 01462 339962

See full details in the church pages of The Meppershall Messenger

Library: High St Shefford

0300 300 8067

Tuesday – Friday 9am – 6pm, Saturday 9am – 4pm, closed Monday & Sunday

Whitbread Wanderbus service

Stephanie Kirby

thewanderbus@gmail.com**Food and Supplies**

Budgens Stores, Post Office, High Street

Rogers Bakery, High Street

01462 813398

The Sugar Loaf, 25 High St

01462 239231

Schools

Samuel Whitbread Academy, Clifton

01462 629900

Redborne Upper School, Ampthill

01525 404462

Henlow Academy

01462 813733

Robert Bloomfield, Shefford

01462 628800

Meppershall Academy, High Street

01462 813293

Meppershall Pre-School Village Hall, Ella Carey-Butler

07816 357159

meppershallps@gmail.com

Meppershall Munchkins, Melanie Choonos

meppershallmunchkins@gmail.com**Organisations**

The Players @ STMA, Karen Mitchell

01462 816336

Meppershall Good Neighbours (GNOMES)

07760 793921

Meppershall Brownies

Meppershallbrownies@gmail.com

Shefford Guides, Angie Griffiths

07957 462519

Shefford Scout Group (Beavers, Cubs, Scouts, Explorers)

Kathy Georgiou

01462 629313

HATS Drama Group, Linda Winfield

lin.winfield5@gmail.com

Meppershall Village Hall Trustees

trustees@meppershallvillagehall.co.uk

Meppershall Village Hall Bookings

bookings@meppershallvillagehall.co.uk

Bookings Tel.

07485 102727

The Team And Collation Dates

CONTRIBUTIONS

The Editor welcomes contributions to the Messenger, whether as letters, articles or notices. Contributions should preferably be as attachments to e-mail (address below) but handwritten contributions may be submitted. Contributions should run to not more than one A5 page (except by prior arrangement) and should ideally be received by the Editor not later than the 12th of the month, for publication at the end of that month (or by the later deadline date publicised by email or Facebook). Contributions received after the deadline may be held over.

DISCLAIMER

The Editor reserves the right to omit or alter any advertisement or article and to change the content, format or issue date of the magazine without prior notice. The Editor cannot be held responsible for the factual correctness of, or for any libellous comment or statement made in any advertisement, article or other contribution published in this magazine. Every effort will be made to avoid any deliberate attempt to mislead or otherwise cause harm or damage to any person or persons by any advertisement, article or any other contribution published in this magazine.

THE TEAM

Editor	James Read	Email: mepp.messenger@gmail.com
Co-Editor	Vacancy	
Assistant Editor	Patrick O'Connor	
Advertising & Distribution	Andrew Pain	andrewgpain@hotmail.com 07875 580069
Treasurer	John Thompson	meppershallmessenger@meppershall.org

PRODUCTION DATES AND DEADLINES

The table below shows the dates for collation of the magazine. The collation team generally meets at 2.30pm in the Village Hall on the collation date. Printing takes place 7 days prior to collation. The deadline for submissions is two Fridays prior to collation. Please look out for updates and alterations to usual plans when occasionally necessary. Can you spare some time to help produce the magazine? We would love to have you on the team! Use the contacts above to find out more.

Issue date	Collation date	Issue date	Collation date
June 2026	Tues 26 th May	February 2027	TBC
July 2026	Tues 30 th June	March 2027	TBC
Aug-Sept 2026	Tues 28 th July	April 2027	TBC
October 2026	Tues 29 th September	May 2027	TBC
November 2026	Tues 27 th October	June 2027	TBC
Dec-Jan 2026-7	Tues 1 st December	July 2027	TBC

Contact John Thompson to confirm arrangements (contact information above).