‘Prankster’ was found dead in tree

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

A ‘HAPPY-GO-LUCKY’ teenager has been found hanged in a tree near his home.

The body of Johnathan Brennan, 19, was discovered in the communal gardens behind his home on Downs Barn Boulevard, Downs Barn, on Saturday, April 12.

An inquest, held on Friday, heard that he sent a string of text messages to his ex-girlfriend in the moments before he died.

One, sent from his mother’s phone at 1.16 that morning, said “Do I have the balls?”

Mr Brennan, who lived with his parents and worked as a building renderer, had spent the night before drinking in the city centre with friends and left Lloyds bar, in the Theatre District, alone, at around midnight.

He then appears to have returned home but no one knows what happened in the hours before he was found dead by a neighbour at 6.20am.

He had been arrested for the first time the previous weekend in connection with an alleged assault in the city centre – which CCTV later showed he played no part in – but he seemed largely unfazed by these things.

Ross Pickshall, a neighbour and friend for seven years, said that night he was ‘himself, happy-go-lucky and doing his usual thing popping jokes every time he could.’

His parents, who also have a daughter called Natasha, said he was a popular prankster who was loved by everybody.

His mother, Helen, said: “Johnathan was very loveable, very caring and used to brag to his friends that he was a mummy’s boy.

‘There was never a day went by when he didn’t leave the house without saying ‘love you mum’.”

Coroner Rodney Corner gave an open verdict, saying there was not a strand of evidence to show what the teenager’s intentions were.

“I am quite prepared to believe that he was a prankster and that there is a possibility, though a relatively small possibility, that this was a prank that went wrong,” he said.

Make-up for a Christmas fairy

IT might be summer but thecentre.mk is already thinking about Christmas! MK NEWS got the chance for an exclusive behind the scenes peak at what to expect from its big yuletide display this year and uncovers a world of fairies, wizards and dragons.

For the full story, more pics and a chance to watch the video online see page 9.

Shhh, you know who in Park visit

In bed with Jordan

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Coachway crushed

End of an era as Junction 14 icon bites the dust

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Bye bye weeds

Willen gets a watery trim

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PROPERTY

Pull-out inside

‘Everything a local newspaper should be’
Milton Keynes Council is keen to reassure residents that funeral services at Crownhill Crematorium are not being cut.

The comment follows a story in last week’s newspaper which claimed that some service times had been reduced.

Since 1999 the council has recognised the need for grieving relatives to have extra time for services at Crownhill Crematorium and made available services running for 45 minutes instead of the 30 minutes offered by the many local authorities in the UK. The 45-minute services have not been cut back and are available on Tuesdays, Wednesdays and Thursdays – while on Monday and Friday the services are normally 30 minutes.

The only change to the service was made ten years ago when the council approved more time was needed so the 45-minute service was introduced on three days a week.

This has remained the same ever since. At a recent council cabinet meeting it was decided to invest in new crematorium facilities at Crownhill to cope with the expansion of Milton Keynes – one of the fastest growing places in the UK.
A MAN from Walnut Tree has pleaded guilty to distributing thousands of indecent images of children on the internet.

Mark John Wadsen, pleaded guilty to 13 charges at Aylesbury Crown Court yesterday (Tuesday, July 29).

The charges included possession of a total of over 541 indecent images of children on a computer and possession of 7,385 indecent images with intent to distribute them or show them to another. He also pleaded guilty to the distri- bution of a total of 2,074 indecent images of children and incite- ment of others to distribute a total of 2,946 images, all through an Internet chat room.

The offences occurred between September 2006 and October 2007.

Wadsen, 36, was remanded in custody and will reappear for sen- tencing in August.

Judge Christopher Tyrer warned Wadsen a custodial sentence is ‘inevitable’.

Wadsen’s arrest in February this year was part of a complex nation- wide investigation, led by Child Exploitation and Online Protection Agency (CEOP), working with the Thames Valley Police High Tech Crime Unit.

Sixteen suspects were identified as being part of an online chat group, who were sending and receiving child abuse images and discussing child abuse.

Four other suspects in the Thames Valley were identified and arrested late last year, leading to all four men pleading guilty at Oxford Crown Court.

Detective Sergeant Duncan Wynn, from the High Tech Crime Unit, said: “The success of this operation sends out a clear mes- sage that, despite offenders using more sophisticated methods to avoid detection, we will track them down and they will be brought to justice.”

THE neonatal unit at Milton Keynes Hospital has reopened after two babies died when contracting a killer bug.

The unit was closed on Thursday, July 3, after an outbreak of the bacteria Klebsiella contributed to the deaths of two babies.

Yesterday a spokesman for Milton Keynes Hospital Trust con- firmed that the unit has now fully reopened following a thorough investigation by microbiologists and guidance from the Health Protection Agency (HPA).

A spokesman said: “The investi- gation is now completed and the findings and recommen- dations are being considered and actively reviewed by the clinical teams involved.

“There is no indication or evi- dence that the Trust did not take appropriate and swift action fol- lowing the identification of the bacteria.

“The babies in the neonatal unit over this period have now gone home and are well.

“The death of any patient in our care is always a cause for great sadness among the staff con- cerned, and we would like to extend our deepest sympathy to the families.”

Klebsiella is particularly danger- ous to vulnerable patients and those with a weak immune sys- tem.

It is the first time that the bacte- ria has been found on the neonatal unit at Milton Keynes Hospital, which cares for more than 300 premature, small or ill babies a year.

Meanwhile the unit’s Little Future Lives Appeal has raised about £250,000 towards its £250,000 target for a major refurb- ishment and new equipment.

For more information visit www.mkhospital.nhs.uk/about/ls/liferaising

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Council consultations a waste of time

SIR – I see that Cllr Douglas McCall is criticising the public for not engaging with the council’s consultation over the city’s future development. Can I suggest two better explanations for the lack of public engagement on this issue? Results are completely disillusioned by the shambles consultations that have become a hallmark of this Labour administration. From Oakgrove to Tavistock Street, from Area 11 to school mergers in Lillicington, from city streets to traffic lights all over our grid-roads, this administration has displayed such complete disregard for what local people want that they have given up bothering about consultation opinions. What is more surprising is that there are still calls for huge wind turbines who still hope our comments will be taken into account, when all the evidence is that they will be ignored in the usual way. Secondly, the consultation shows that there is a genuine fear of what MK should become, but the administration doesn’t a clue how to make it happen.

The vision talks about ‘Milton Keynes for all’ and that the council seeks to retain its individuality and dynamism, international reputation as a good, business-friendly, driven by innovation and technology, unique geographical and landscaped city, rich cultural, recreational and educational activities, excellent quality of life! And how do Lib-Dem promises promote this to achieve this? By building thousands of flats that only appeal to a small sector of the community. By bombing more ‘social rented’ accommodation than anywhere else in the region. By demanding anyone who dares to own a car. By trying to create an almost forgotten afterthought in their new cabinet structure. When the council is posing the questions clearly haven’t a clue about how to build the kind of future we all want, and the public is left to drink this completely opposite accounts of the perspective of people. There is no shortage of workers in the field of the media, counselling, sport and marketing.

It is left to the new university to deliver an additional 4,000 copies to shops, bars, restaurants and public buildings across MK each Thursday morning. We’re the only local newspaper to do this, and have these copies independently audited. Total weekly distribution exceeds 100,000 copies every week. We pride ourselves on offering the best possible free newspaper distribution service. If your delivery to your own area is not as efficiently as we’d like it to be, please let us know by e-mail or telephone (listed below) and we’ll do everything possible to rectify the issue.

Our listeners and distribution staff earn rates of pay. If you’d like to join us please contact our friendship distribution team on the phone-male above.

Victory Mouse courses at new university centre

The university should concentrate in starting undergraduate courses in all engineering fields and in computer science. Last week Parliament approved the construction of Crossrail and the project has secured £1.6 billion funding from the government. Work on Crossrail, the largest civil engineering project in Europe will start now.

The project may require hundreds of civil, mechanical and electrical engineers, so up to 14,000 people will be required for the project and training and training schemes. Crossrail, along with projects such as Thameslink, will provide jobs for qualified degree and diploma holders in all engineering fields. The government should become, but the administration is. For the most cost-effective advertising solutions across Milton Keynes-based businesses, simply email us, distribution@mk-news.co.uk or phone 01908 689553.

LETTERS

MK NEWS is proud to be the truly local newspaper for Milton Keynes and the surrounding areas. We provide the most wide read local newspaper for our readers and advertisers and are constantly looking at new ways to improve our service. If you have feedback for us, please contact anyone listed below.

GENERAL MANAGER
Jonathan Cropley
01908 242457
jonathan.cropley@mk-news.co.uk

NEWSDESK
Editor: David Gale
01908 242458
david.gale@mk-news.co.uk
Whether it’s a story, picture, community, business, sport or leisure event, our newsdesk is waiting to hear from you.

NEWSdesk: 01908 689595
Pictures: Andy Handley 01908 689586

ADVERTISING
Advertising manager: Samantha Thompson
01908 244548
samantha.thompson@mk-news.co.uk
Classified advertising manager: Hazel Basford
01908 689555
hazel.basford@mk-news.co.uk

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We carefully deliver 95,000 copies of our newspaper to homes and businesses across our city and the surrounding villages every Wednesday. We also deliver an additional 4,000 copies to shops, bars, restaurants and public buildings across MK each week, and personally hand out a further 2,000-2,000 copies to a community at MK Railway station from 6.15am every Wednesday morning. We’re the only local newspaper to do this, and have these copies independently audited. Total weekly distribution exceeds 100,000 copies every week.

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1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU
www.mk-news.co.uk
Phone: 01908 242450 Fax: 01908 689550
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LETTERS TO THE EDITOR

MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU E-mail: letters@mk-news.co.uk

SIR – I read with interest the two completely opposite accounts of the council’s performance one year after the floods in Soke Golding. One MK paper, featuring the local councillor, told of money set aside, spent on flood defences and everything was rosy while the other, featuring action schemes, claimed that only superficial work had been done and if a similar storm occurred they would be flooded.

On making further enquiries I learned the councillor is a Lib Dem, the same party who knocked on my door at the local elections claiming credit for work carried out by local residents and Mark Lancaster had done. When I then spoke to a friend of mine who lives in Stokenchurch it transpires the only work done thus far involves water leaving the village and nothing slowing the water cascading into the village. Thank you. We have two papers in MK and well done to MK NEWS who have kept an account of the situation by speaking to those who are not in it for votes.

Anne Pedder
Blackwood Crescent, Blue Bridge

Unlikely to be caught

SIR – Regarding the story of Lisa Banks’ fly-tipping. At the end of the day, she is looking out for her children and the community. Yes, she is the chairman of the residents’ association and may have been convicted of fly-tipping in the past. But is putting a nappy in a box really fly-tipping? Lisa has done more things in Coffee Hall other than put things in the box and help those living around her make her out to be the bad dog you have made her out to be.

Thank you Lisa for your help and guidance in such a short space of time in which we have known you.

Sent by e-mail

A lick of paint

SIR – Regarding your story ‘Confusion over parking tickets’ I received a ticket in one of these spaces and have queried it as there is no sign to say it is restricted.

I was referred to the Highway Code but that says that yellow lines apply to the ‘carriage way, pavement and verges’. I have never parked on any of those. If the yellow lines refer to the parking bays they should be painted around them and not just straight down the carriageway.

Jack
Sent by e-mail

Anti-knife crime hero

SIR – It was great to see that so many people had responded to Alex Holmes and his bid to cut out the use of knives among young people (MK NEWS, July 23). We need more people who are able to speak directly to youngsters and get the message across.

There is a lot of waiting going on among politicians about how crime policy should be and whether it is just a media stunt, but when I talk to the air in the House of Commons is not getting to grips with the issues at a grass roots level.

Keep up the good work Alex.

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Out with the old, in with the new

The Coachway building at Junction 14 was knocked down on Monday. Built in the early 1980s by Bucks County Council, the Coachway was an experiment to establish Milton Keynes as a destination within the national coach network. It is now the second busiest coach interchange in the UK and an important gateway to the city.

The buildings were demolished to make way for the new facility. Work will start on the new building in September and will be completed by spring next year.

A LITTLE piece of Milton Keynes transport history is no more. The Coachway building at Junction 14 was knocked down on Monday. Built in the early 1980s by Bucks County Council, the Coachway was an experiment to establish Milton Keynes as a destination within the national coach network. It is now the second busiest coach interchange in the UK and an important gateway to the city.

The buildings were demolished to make way for the new facility. Work will start on the new building in September and will be completed by spring next year. A key aspect of the design is the striking roof canopy, with rooflights above the coach bays, making use of natural daylight to provide a bright, covered area for passengers getting on and off coaches.

Inside the building there will be a heated waiting area for approximately 100 people with seating positioned to let passengers see the customer information screens and coach bays clearly. Other facilities will include a café, a convenience shop and ticket office for the National Express Group, public and disabled toilets with baby changing facilities and a taxi service.

The site will have 24 hour manned security with CCTV coverage of parking areas.

Top marks for mental health care

The city's mental health services are among the top 12 per cent in the NHS, according to the Healthcare Commission (HCC).

Adult in-patient mental health services in Milton Keynes are one of eight that have been rated ‘excellent’ in the commission's largest ever review across the country.

The announcement means the service's performance ‘goes well beyond the minimum requirements and the reasonable expectations of patients and the public’.

The service, which is provided jointly by Milton Keynes Primary Care Trust (PCT) and Milton Keynes Council, is aimed at meeting the needs of people with an acute mental health problem requiring admission to hospital.

The HCC’s inspection, carried out between June 21 and August 3 2007, looked at four key criteria.

The service was rated ‘excellent’ for two, including focusing on the needs of the individual and providing care that is personalised and promotes recovery and inclusion; and involvement of service users in their own care.

It was rated ‘good’ for timely and appropriate admission to hospital.

Julie Boothe, interim head of joint mental health services, said: “This is fantastic news and a real endorsement of the hard work and improvements that our team have made over the last couple of years.”

A key way the service needs to improve is in having approaches in place to make sure patients, staff and visitors are safe, for which it was rated ‘fair’.

The HCC inspection showed it is performing weakly in areas of staff training including in the prevention or handling of violence and aggression, dealing with service users who use alcohol or drugs and in sexual safety awareness.

Commuters fight delay compensation changes

COMMUTERS are fighting changes to compensation for train delays and strikes. Instead of being given automatic cash refunds for disruptions, known as ‘void days’, they now have to make a detailed application to the train company, after which they will receive a voucher for future train travel.

MK Rail Users’ group says this penalises season ticket holders, who, despite being able to redeem them when they renew their ticket, prefer the cash.

Train operator London Midland could not tell us how many customers claimed compensation since the ‘delay repay’ system was introduced in November 2007.

Mark Lancaster, MP for Milton Keynes north east, raised the issue in Parliament last week, deeming the new system ‘inconvenient to the point of being unworkable’. Afterwards he told MK NEWS: “It’s clear that the system has been changed with rail operators in mind not long-suffering commuters.

“I will continue to press the minister to change it back.”

Bill Hope, of MK Rail Users Group, said: “When was the change announced? It wasn’t.”

A spokesman for London Midland, which is currently in talks with the group, said that it is looking to modify the scheme to make it more efficient.

“Delay Repay was specified by the Department for Transport for all new rail franchises in 2007 and already applies to some existing franchises,” she said.
THE fight to save Bletchley Park received a huge boost when Prince Charles visited and declared his support.

The Prince of Wales and The Duchess of Cornwall arrived at the home of Churchill's codebreakers at 11.15am on Thursday.

They were given a tour of the historic huts by Bletchley Park Trust director, Simon Greenish, and met some of the veterans who helped to crack the German codes during the Second World War.

In May MK NEWS revealed that Bletchley Park is in danger of falling apart unless the charity can raise millions of pounds to repair its neglected buildings.

Addressing Trust members, local dignitaries and park volunteers, Prince Charles said: “I woke up this morning, turned the wireless on and heard something about Bletchley Park.

“I was so pleased to hear that attention is being paid to this amazing place. "You are the keepers of one of the greatest British success stories. "I would like to express my admiration for all those who have done so much to prevent it (Bletchley Park) from being raised to the ground. “I couldn't admire more those who literally stood in front of the bulldozers. “It's been great today having this opportunity to go round and see something I've always wanted to see. “It’s also been a particular privilege to meet those remarkable people who used to work here during the war.”

Earlier this year MK NEWS backed the museum’s fundraising project after Mr Greenish revealed that Milton Keynes’ most important his
BLETCHLEY PARK ROYAL VISIT

Mayor Jan Lloyd meets the Prince of Wales as he arrives with the Duchess of Cornwall at Bletchley Park

torical site is in danger of crumbling if serious financial backing is not found within four ayears. The buildings under threat include Bletchley Park Mansion and Hut 6, where German army and aircr force Enigma machine ciphers were cracked.

On Thursday the Royals took a two-hour tour, beginning with introductions to dignitaries including the Lord-Lieutenant for Buckinghamshire, Sir Henry Aubrey-Fletcher, MP Phyllis Starkey and Bletchley Park Trust chairman, Sir Francis Richards.

Prince Charles and Camilla were shown the Bombe and Colossus replica codebreaking machines by the engineers who built them but were equally impressed by the accounts of two of the Park’s vol unteers, Mavis and Keith Batey.

Mavis was 19 when she joined the codebreaking team at Bletchley Park. Although the 87-year-old had met Prince Charles before, she was excited about showing him around ‘From Bletchley With Love’, a new exhibition inspired by James Bond author, Ian Fleming.

The Royal party listened intently to her presentation and afterwards Mavis said that she was pleased with the Prince’s words of support for the Trust.

She said: “He seemed so person ally involved. It was a great honour and it helped everybody who is working to save Bletchley Park.

“We hope at last the Government sees that we need funding.”

Earlier in the day, Prince Charles was also impressed by a lead sculpture of the Bombe designer and founding father of the modern computer, Alan Turing. Sculptor Stephen Kettle said that the Prince is now his biggest fan.

“I told him I could dismantle and rebuild it in an hour,” said Mr Kettle.

“And it’s made from Welsh slate, the finest slate, so I think he liked that He said he had never seen anything like it.”

In the Mansion’s library Prince Charles unveiled a commemorative plaque and spoke of how the codebreakers helped a naval fleet that included his own father.

As the visit concluded members of The Prince’s Trust from Milton Keynes College also had a chance to speak to the Royals.

The event provided welcome publicity for the fundraising cam paign and a petition on the Downing Street website has now attracted 7,062 signatures.

Following repair work on the Mansion, old roof tiles are now being sold, framed along with a special plaque, for £50 each. MP for Milton Keynes South West, Phyllis Starkey, confirmed afterwards that she is working with the Trust director ‘to ensure the Park’s financial future’ and Bletchley Park has re-applied to the Heritage Lottery Fund for support.

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A sleeping dragon, a talking tree and a story-telling wizard

– welcome to Christmas in thecentre:mk

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

IT really is Christmas every day for the people who are currently working like elves to construct thecentre:mk’s festive display.

The sun may be blazing outside on the hottest days of the year, but inside an old textile factory in Huddersfield it is snowy roof tops, cosy shops and winter wonderlands that are being slavishly created.

As soon as last year’s display was dismantled, discussions between KD Decoratives and thecentre:mk began on the theme for this year in Milton Keynes – and they settled on a mystical and magical style.

Jackie Tracey, commercial and events manager at thecentre:mk, describes it as a cross between Harry Potter and The Polar Express.

There will be 40 moving figures in the display which is the biggest of the 100 shopping centre spaces which the company works on.

There will be two animatronic figures, a talking tree and story-telling wizard, as well as a giant sleeping dragon, a steam train, unicorns, a station-style grotto and rows of quaint shops, which nod to the iconic Harry Potter setting, Diagon Alley.

KD Decoratives have finished 70 per cent of the display, for which there is a budget of £400,000.

But it will not be until November that the 13 articulated lorries will bring the magic to Middleton Hall, and after three nights’ assembly, as if by magic, on Friday, November 7 it will appear.

Ms Tracey said: “What we want to achieve is the wow factor, but also all the detail that will make people want to keep coming back.

“Every single year we do a new show – that’s one of the things that makes it special.

“The public of Milton Keynes has expectation of the show – there is a civic pride in the fact that it’s the best in the country.

“People of Milton Keynes who have grown up with the display now bring their children to see it.”

MK SNAP to get Wishing Pool cash

MILTON Keynes-based charity MK SNAP is celebrating Christmas early after it has been announced that it is this year’s beneficiary for the Wishing Pool at thecentre:mk’s Christmas show.

The Wishing Pool is a central feature to the annual Christmas Show in Middleton Hall and is used to raise money for local charity organisations and community groups.

Since 1985 over £345,000 has been raised and distributed throughout projects that benefit the local community.

In 2007 just over £17,000 was collected and given to St Tiggywinkles for their work in wildlife care.

Jackie Tracey, events manager at thecentre:mk said: “MK SNAP does such excellent work in providing work and life skills training to people over 16 with learning and physical disabilities.

“Christmas is really all about giving rather than receiving, so we will be highlighting how shoppers can have a positive impact on the members of MK SNAP while enjoying our Christmas display.”

Ian Farmer, operations director of MK SNAP said: “This is fantastic news. The donation will be used to help fund our new centre which doubles the size of our current capacity and can accommodate over 70 people.”
HUNDREDS of tonnes of weed is being pulled out of Willen Lake by amphibious vehicles this week.

Milton Keynes Parks Trust blames the warm weather for forcing it to take this measure for the first time in 25 years. Two vehicles from South Wales based Aquaclear Water Management are each cutting and raking out 30 tonnes wet weight of weed a day.

The amphibious Truxor harvesters, worth up to £100,000, are working at Willen Lake for seven days, then Caldecotte Lake for a further four.

They are cutting at a depth of seven feet and each rake carries a quarter of a tonne of weed.

The weed is piled onto the sides of the lake and left for at least 24 hours to allow wildlife to return to the water before it is taken away for composting.

Rai Darke, operations manager for the Parks Trust, said it uses herbicides to keep the problem at bay but the mild winter and recent warm weather has caused an abundance of weed growth.

The Parks Trust also introduced a fast-growing “super” carp to the lake two years ago to eat the weed, but the fish are not yet fully grown.

“It is interfering with water sports, has the potential to become hazardous and we did not want the lake to get choked,” he said.

He added that the changing climate, the growing use of the lakes for water sports and people’s expectation for better water quality means they may have to use the measure more often in future.

Brian Harries, owner of Aquaclear which clears waterways for the RSPB, said Willen is one of the largest lakes he has ever worked on and is “pretty well infested”.

“’If you have a significant period of ice it will kill it off but if not it just lies dormant and then carries on growing,” he added.

Rok and an Ark place

A TEAM from Milton Keynes builder Rok were all hands on deck when they rolled up their sleeves to give a makeover to the garden of a charity home.

Regional customer leader Simon Hadidy rallied the troops on Friday on a day-long mission to give a £15,000 facelift to the garden at New Bradwell, the Ark Charity’s bedsit accommodation for young people.

Six Rok technicians were joined by Rok office staff during the day to help with the decking, decorations and planting that will enhance the garden environment for residents.

Simon said: “This is the second charity project that we will have completed this year and we hope to do a third before Christmas.”

The bedsit units at New Bradwell provide ‘move-on’ housing which enables residents to lead a more independent life while still enjoying the support of the charity.

Energy savers

ECO homes are being showcased at a Milton Keynes development. All of the homes at the new Willow Lake build on the southwest side of Milton Keynes feature double glazed windows that are expected to cut down on wasted energy, thus making savings on heating costs.

Developer George Wimpey is offering four and three-bedroom properties at the site and claims that all offer a high standard specification that includes gas central heating and a kitchen with built-in oven, hob and hood.

A spokesman said: “Each of the stylish homes has been expertly decorated, furnished and finished by the leading housebuilder’s interior design team to create rooms with elegance and class.

“With Energy Efficiency windows supplied as standard, home-owners can now save even more on their heating bills and reduce their carbon footprint.”

FOR advice on recycling, to find out when your collection day is or to book a special collection you can contact the Environment Services Helpline on 01908 252570 e-mail envservices@milton-keynes.gov.uk
A BLACKSMITH from Aspley Heath has shod a horse set to compete in the Beijing Olympics.

Nigel Turner, from Church Road, helped prepare international show jumper Tim Stockdale’s horse to take part in the event.

The shoes were fitted in the early hours of Saturday, July 26 before the horse, called Fresh Direct Corlato (stable name Ruby), was put into quarantine for ten days.

The 11-year-old grey mare, which measures a huge 5ft 10ins high at the shoulder, will then be flown to the Hong Kong Olympic Equestrian Venue, in Shatin, on Monday, August 4 ready to start competing later this month.

Mr Turner, who has worked as a farrier around Milton Keynes for over 12 years, said: “I have never shod a horse that has competed at this level, so it is a first for me.”

“It is not really different from shoeing other horses except there are more little extras such as putting studs in the shoe to give it extra grip. I am over the moon to do it.”

Mr Turner, who also shoes horses for Thames Valley Police, has worked for Mr Stockdale for five years.

Ruby’s shoes should last the whole competition, but a British team of farrier will be on hand during the event in case of any damage.

Mr Stockdale, who lives in Roade, Northamptonshire will join three other riders in the show jumping team.

He was chosen to represent his country after he and Ruby jumped consistently well in recent competitions, including winning Best British Horse in Samsung Super Leagues in Italy and Switzerland.

After being chosen as a reserve for the Olympics three times he said he is excited to finally be competing. He added that Nigel was chosen for the job as he is one of the best in his game.

“At the end of the day having a good team is an integral part of this and with the feet of the horse you can’t take any chances,” he said.

“You have got to have people that are the best at what they do.”
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AA Attendance Allowance
PC Pension Credit
CTB Council Tax Benefit (not the 25% single occupancy discount)
IBJSA Income-based Job Seekers Allowance
WDP War Disablement Pension must include the Mobility Supplement or Constant Attendance Allowance
DPB Disablement Pension Benefit must include Constant Attendance Allowance
CTC Child Tax Credit where household earned income is less than £14,600 per annum
WTC Working Tax Credit where household earned income is less than £14,600 per annum
HB Housing Benefit
IS Income Support (Incacity Benefit is not eligible)
DPTC Disabled Persons Tax Credit

Grant funding is available to everyone
Cavity Wall Insulation Price Chart

<table>
<thead>
<tr>
<th>House Type</th>
<th>Normal Cost</th>
<th>You Pay</th>
<th>Max M²</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 Bed Mid Terraced House</td>
<td>£400</td>
<td>£99</td>
<td>50</td>
</tr>
<tr>
<td>2/3 Bed Semi Bungalow</td>
<td>£450</td>
<td>£99</td>
<td>70</td>
</tr>
<tr>
<td>2/3 Bed Semi/End Terrace</td>
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<td>£650</td>
<td>£99</td>
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<tr>
<td>3/4 Bed Detached House</td>
<td>£750</td>
<td>£99</td>
<td>135/140</td>
</tr>
</tbody>
</table>

Loft Insulation Price Chart

| Loft Insulation (all house types) | £199 |

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WHAT goes up has to come down.

MK Forty Tower, the 19 metre high temporary artwork commissioned by Milton Keynes Gallery last year to celebrate the city’s 40th anniversary, is being dismantled, ready for storage and eventual re-use by The Parks Trust.

Austrian contractors KLH have been working outside the gallery to dismantle the pre-fabricated wooden structure, which comes apart in three main sections. The tower, made using a sustainable and CO2 responsible pre-fabricated cross-laminated timber panel construction won a regional Local Authority Building Control award in June 2008 for Best Structural Innovation, and has now been put forward to be judged at the national awards this October.

Gallery staff escorted almost 5,500 visitors up the Tower’s 101 steps during the 69 days it was open to the public last summer, and it was seen by many thousands more attending the theatre or passing through the city centre.

It is estimated that the collective number of visitor steps topped 1.1 million the equivalent of around 550 miles.

From the upper viewing platform visitors were able to enjoy panoramic views of the city centre, Campbell Park and the surrounding countryside.

The tower was designed by award-winning architects dRMM to contrast with the mostly horizontal architecture in Milton Keynes.

It was shown alongside dRMM’s temporary exhibition for Milton Keynes Gallery, The Culture of Construction, which encouraged audiences to consider alternative methods of design and construction for the 21st century.

Built by KLH Ltd and engineered by Price and Myers, the tower’s fabrication and installation is now assessed by its architects dRMM to be carbon neutral.

足球比赛筹集资金

业余足球运动员们帮助筹集了超过1000英镑用于清真寺。

在布莱顿利学校和体育学院的足球赛吸引了大约500名球员和观众，包括MK Dons董事会主席皮特·温克尔曼，市长简·劳埃德和米尔顿·凯恩斯南西·斯塔西克。

24支球队参赛，以帮助筹集资金支持布莱顿利的贾米清真寺。拉特福德的拉特福德农场队击败了来自湖景的球队。

市长简·劳埃德和议员菲利斯·斯塔西克与米尔顿·凯恩斯穆斯林协会慈善足球赛组织者会面。

足球比赛筹集清真寺资金

AMATEUR footballers have helped to raise more than £1,000 for a mosque.

A charity football tournament at Leon School and Sports College in Bletchley attracted about 500 players and spectators on Sunday, including MK Dons chairman Pete Winkelman, Mayor Jan Lloyd and MP for Milton Keynes South West Phyllis Starkey.

Twenty four teams competed to help raise funds for the Jamee Mosque in Bletchley. Luton side Marsh Farm emerged victorious against a team from the Lakes Estate.
A TEENAGER whose life has been blighted with death and illness is in the running for a prize which recognises young people’s achievements.

Daniel Pritchard, 16, of Beanfare, Beanhill, cared for his grandmother who died last year, and now looks after his mother, Penny, who has cancer.

Previously Daniel’s 13-year-old cousin Deanne died taking some pills and his stepfather, Peter, died when he was young.

As a result of his strength in dealing with all these, Daniel has been nominated for Young People of the Year award which could lead to a £1,000 top prize.

His mother Penny, 51, said: “I am so proud of him. He has just been brilliant. He has been around quite a lot of illnesses. “He helps in the house and with the shopping, mows the lawn and looks after me.”

On top of his caring duties, Daniel goes to Carers Milton Keynes at The David Baxter Centre in North Seventh Street, chairs the Young Carers Forum, helps run an after-school club at Netherfield Children’s Centre in Langland Road, and helps out with play schemes at Milton Keynes Play Association.

Lara dos Santos, who works with young carers and nominated Daniel, said: “He is a truly inspirational person and such a nice boy. He has had quite a sad life.”

If you know a young person like Daniel you can nominate them at www.yopey.org or send an SAE to PO Box 103, Hare Street, Ware SG9 0XD, for an entry form. The closing date is September 30.
Win one of five top gift ideas from John Lewis. John Lewis Milton Keynes has opened a ‘Gifts for all occasions’ service point for all Gift List enquiries on the ground floor next to its linen department. The service point will help you choose those gift presents be it a wedding, christening or simply a house warming party you are attending. It will also be able to print any Gift List and will advise you through its large assortment to find that perfect present, just bring along your gift list invitation card or details of the listholders. MK NEWS has teamed up with the store to give you a chance of winning one of the top five gift ideas. All you have to do is complete the competition form below.

This week the Sony digital photo frame is up for grabs. This Sony DPF-D70 e-photo frame makes displaying up to 500 of your favourite digital photos a breeze. It has a multi-card reader that accepts all popular memory card formats and a USB connection, so you can download straight from your computer. The images are displayed on its high resolution (800 x 480) 7 inch LCD screen, framed by an elegant black glossy surround. £99.95

Partners set to tie the knot

JOHN Lewis is often thought of as a family business, so it should come as no surprise to find that two John Lewis Milton Keynes partners have got married. Sean Somerville from the floorcoverings department, and Karen Stone from women’s wear, were married at All Saints Church in Milton Keynes Village on Monday. Sean and Karen met through the John Lewis Milton Keynes walking club, just one of the many benefits for partners, as employees are called, working in the business today. It is then appropriate that following the wedding they will be honeymooning in the Lake District, a haven for walkers. Not content with arranging a wedding, which takes a tremendous amount of planning, the happy couple have just bought a new house, and are moving to a new branch of John Lewis in Leicester which is due to open in September. Sean said that using the John Lewis Gift List really has taken a weight off their minds and allowed them to focus on their ‘big day’. Asked what advice Sean and Karen would offer to those currently planning their wedding they said: “Plan early, negotiate with all your suppliers, try to pick a weekday for the wedding as the prices are significantly lower, and last but definitely not least, use a good gift list service”. No prize for guessing which one.

The centre for serious shopping

USC
For effortlessly casual chic, USC has Miss Sixty, Traffic People, Diesel, Soviet, Firetrap, Florelli, Henri Lloyd, Glo-Goi, Replay and Bench. Visit the store on Silbury Arcade and get 70% off selected items.

John Lewis
John Lewis will be giving away one free Concentrate lunch box, cooler and bottle cooler every day in August. Simply complete the form available in store and hand it into the schoolwear department on the second floor.

Waterstone’s Pants Reading Day
Join Waterstones in Queens Court on 2 August for a Fantastical Sunday! Decorate a huge pair of pants or design and decorate your own paper pants! There’ll also be storytelling at 12pm, 1pm, 2pm and 3pm. Hear “Dinosaurs love underpants” by Claire Freedman and “More Pants” by Giles Andreae. Contact the store on 01908 696260.

Great Days Out at Sainsbury’s
Pick up Great Days Out vouchers for fun activities when you spend £40 or more at Sainsbury’s between now and 12 August.

Whittard of Chelsea
Serve lunch on coordinating dinnerware and bowls, £3.00 each, for a picnic with a difference and lie back and relax using a pretty but practical handmade Food Cover featuring stunning dragonflies and daisies £10.00.

Firefighters’ warning on badly parked cars

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

FIREFIGHTERS are to leave warning messages to drivers whose parked cars block their path to an emergency. Buckinghamshire Fire & Rescue Service has launched new leaflets that will be attached to any vehicles which cause firefighters a problem. The service says it is having particular difficulties in parts of Bletchley and is asking residents to consider whether a fire engine would be able to get to their house in an emergency. A fire engine needs 10ft (3m) clearance to pass safely and streets congested with parked cars can delay fire engines and other emergency service vehicles attending an incident.

Watch manager Bob Stilton, from Bletchley Fire Station, said: “We are urging residents to think about their parking as they could be putting the lives of their families, friends and neighbours at risk. Inconsiderate parking can mean the difference between the emergency services saving a life or not. Cars may be able to pass down streets which have restricted access due to double parking or incorrect parking, but fire engines and ambulances can’t.” Firefighters say they have had difficulty accessing the following streets at weekends and in the evenings: Church Street, George Street and Denmark Street in Fenny Stratford; Bushy Close, Calluna Drive, Selbourne Avenue, Fees Way, and Western Road in Bletchley; and areas of Ashlands, Lakes Estate, Saints Estate and Passmore, Tinkers Bridge. The new leaflet has been produced by the fire service’s Community Safety Team, backed by Thames Valley Police and South Central Ambulance Service.

No way through: Parked cars in St Mary’s Avenue, Bletchley
TAKE your kids to the coolest new music festival around.

Organisers of The Last Days of Summer Festival which takes place at Stoner House country estate on Bank Holiday Monday, August 25, have announced that an adult paying full price can take up to two under 12s absolutely free.

MK NEWS is the official media partner for the festival and features an amazing line-up including Supergrass, Athlete, Fun Lovin’ Criminals, Black Kids, The Rascals, Young Knives and Royworld and a special performance by a Britpop legend.

Paul Reaney, festival organiser said: “We are determined to put on an event that is as inclusive as possible. As parents ourselves, we really want to give all parts of our community the opportunity to experience a major outdoor music festival right on their doorstep. “As a result we have taken the decision to allow every adult paying full price the opportunity to bring up to two under-12s absolutely free. With the event being on a Bank Holiday Monday, we felt that allowing Kids to go free was a great way of making it as easy as possible for as many families from MK and the region to come along and enjoy what is going to be an unforgettable day of music in an incredible setting. However, we have and want to be responsible so therefore unaccompanied minors will not be allowed access.”

The Last Days of Summer organisers have made a series of family-friendly additions to the already impressive on-stage line-up including a funfair, food village, market stalls, a mini-Snow Slope created by the MK Snozone, and a series of bungy-type experiences.

Paul Reaney added: “We are determined to put The Last Days of Summer and this region on the music map and will continue to work hard for the area and its families. We hope this move allows as many of them as possible to come along and enjoy this superb festival.”

For more information log on to www.thelastdaysofsummer.com

See Supergrass on the grass – and kids go free
Fire service snuffs home fire incidents

Safety checks and fitting of smoke alarms sees a 20 per cent reduction

BY LAURA HANNAM

THE number of accidental fires in homes dropped by nearly 20 per cent last year.

However two people still died as a result of accidental fires the county’s fire service has revealed.

According to Buckinghamshire Fire & Rescue Service’s annual report its programme of carrying out safety checks in people’s homes, and fitting free smoke alarms where appropriate, resulted in the total number of accidental house fires falling from 2,062 to 1,844 and, the report adds, a result of accidental fires the number of fatalities fell from 472 to 454.

In total 1,673 people died – a figure the organisation said was testament to the hard work of the service in saving lives and reducing the risk of people being injured.

But while the number of people injured in accidental house fires also fell slightly from 2,062 to 1,844 and, the number of hoax 999 calls fell from 243 to 207.

The 32-page report summarises how important it is that everyone is made aware of the danger of fire and how to prevent it.

The report states: “Through our work on prevention and protection, as well as our response to emergency calls, we are determined to save more lives and reduce the risk of people being injured.”

Are areas where the service is not currently meeting its targets include supporting local authority and emergency service partners in reducing the number of people killed and seriously injured in road traffic collisions, reducing deaths arising from accidental house fires to zero and ensuring 15 per cent of new recruits are female and 15 per cent from ethnic minority backgrounds.

CITY residents are to have their say on health services in two surveys this summer.

Milton Keynes Primary Care Trust (PCT) is holding two consultations, which are open until the end of August.

The first is asking residents to vote on the eight issues that are most important to them, such as reducing deaths from cancer or helping people give up smoking.

The second is a survey on a proposed GP-led health centre, asking what kind of services they would like to be included, such as an NHS dentist and general health checks.

People are also invited to say how important they think it is that they are involved in what the building will look like and how the health services will be developed.

Both surveys can be found on the PCT’s website, www.milton-keynes.nhs.uk.

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**MKEDUCATION**

**Anti-bullying forum wins national award**

STUDENTS tackling bullying in schools by promoting the ‘Don’t suffer in silence’ message have won a national award.

Every month 20 students from secondary schools around Milton Keynes meet at Milton Keynes Theatre, a key supporter of the forum, to discuss the problem of bullying in its different ways.

The Milton Keynes Anti-Bullying Forum was formed by Milton Keynes Council to give the students the chance to combat the problem in a number of different and innovative ways.

Over the year they have been involved in a number of ideas including putting together a photo story CD about the threat of cyber-bullying and are to launch a song during Anti-Bullying Week in November called Don’t suffer in silence.

The work of the forum has now won national recognition as the students are to receive the Diana Anti-Bullying Awards – only 60 to be made nationwide.

Cllr Sandra Clark, cabinet member responsible for schools, said: “It is a great honour for the students to be recognised for their work in this area.

“They act as peer mentors to victims in their respective schools and their initiatives are really making a difference.”

“Milton Keynes Council is one of a handful of authorities to run these forums and that is why it is being recognised in these national awards as an example to others.”

Cllr Sandra Clark presented the students, aged 11 to 16, with a certificate, badge and a free trip to Althorp House at Milton Keynes Theatre on Tuesday, July 22.

**Play workers win childcare ‘Oscars’**

PLAY workers Richard Ludbrook and Magda Wiora, both based at Stony Stratford Children’s Centre, have received national recognition at the ‘Oscars’ of the childcare world, the Children’s Stars Awards 2008.

Richard, aged 17, has been presented with the 'Young Achiever of the Year' award for his work with 4 to 16 year olds at Stony Stratford Children’s Centre, where he’s been a junior volunteer since 2006.

Magda, 31, was a playleader at Stony Stratford since Sept 2004, was selected as runner-up for the Play Worker of the Year award.

The event in central London was hosted by TV and radio star, Nicki Beech.

Organised by national children’s charity, 4Children and supported by the Department for Children, Schools and Families, the awards honour the unsung heroes who work day in, day out to improve the lives of children and young people.

**GCSE art students brighten up nursery**

GCSE art students from Leon School branched out into the community to create a stunning mural for The Wind in the Willows Nursery.

The design for the Windermere Drive nursery was based on willow trees, birds and rabbits.

The students spent two days working really hard in between rain showers to spray paint the design onto the outside wall using stencils.

They were supported by a A-level art student Sarah Fraser and Rachel Wright, Leon’s artist in residence.

Nicki Beech, manager at the nursery said: “A big thank you to the art students at Leon School and all who were involved with the mural. The children at the nursery enjoyed showing their parents the mural. We have had lots of positive comments from the local community.”

For more information about art courses at Leon School & Sports College call 01908 624720, check out www.leon-school.org or visit the new Community Arts Centre on September 11.
England Wide Concessionary Fare Bus Pass

If you’re 60 or over, or eligible disabled, your bus pass has changed.

If you’re still using an old permit, you need to apply for a new pass now.

From the 1st October 2008, only the following bus cards will be valid for concessionary fare travel:

The old style Milton Keynes Concessionary Travel Permit will no longer be valid, even though it has an expiry date of 31 MAR 2010 displayed.

The old permit has been replaced by the England Wide Concessionary Fare Bus Pass which will enable you to enjoy free, off-peak local bus travel anywhere in England.

If you have not yet applied and wish to, please contact the bus card team.

The Bus Card Team can be contacted on:

Telephone: 01908 254660
Email: buscards@milton-keynes.gov.uk
MORE than one million people have viewed art space Milton Keynes Contemporary WHITEWALL at the centre:mk. 

To commemorate the two year milestone the latest exhibition is of striking images and photography by artist Nigel Grimmer alongside this a permanent display has been created of all the catalogues from previous WHITEWALL exhibitions.

Started in June 2006 the space features commissioned artists and aims to break down the perceived elitism surrounding contemporary fine art providing a platform to exhibit to a wider general audience.

Over its two year lifespan it has exhibited work from emerging to internationally renowned artists including Maslen & Mehra and explored mediums such as sculpture, poetry, photography and more traditional canvasses.

As part of WHITEWALL's ongoing support of the artists' development each exhibition has benefited from a catalogue publication of the work. Each catalogue features images from the exhibition and includes text from respected writers, journalists and critics including cultural commentator Judith Palmer and writer Edward Lucie-Smith.

Jackie Tracey, events manager at the centre:mk said: 'The centre:mk is thrilled to be involved with WHITEWALL and provide artists with another way of displaying their work to the general public. What started with Cynhyw Bachelor in 2006 has blossomed into a space where the shoppers of Milton Keynes and the surrounding region can stop and appreciate some of the strong up and coming artists the UK has to offer.'

The two year anniversary exhibition features Nigel Grimmer a multimedia artist who selects the most appropriate medium for each of his projects.

"Time and Fire Destroy all Things" is a collection of photographic images which strike a fine balance between being touching and daft using popular props to build a strong narrative connecting with the viewing public. Each image is supplied with copy that provides an ironic twist encouraging the audience to question modern society.

A catalogue is available with text by Joanne Lee, senior lecturer in Fine Art at Nottingham Trent University.

For more information on the WHITEWALL visit www.miltonkeynescontemporary.co.uk.

Police release pic of missing woman

HAVE you seen this woman? Police released this photograph yesterday of Christabel Amenu, aged 26, from Conni burrow, who was last seen by her sister on Christmas Day at their mother's house in Welwyn Garden City, Hertfordshire. She was reported missing by her sister on May 8.

Detective Inspector Ray Summers said: ‘We’re very concerned that Christabel has not been seen for such a long period of time. ‘We are carrying out a number of enquiries but would like to hear from anyone who thinks they may have seen Christabel or had any contact with her since December. ‘If Christabel herself sees this appeal we would ask her to contact us as soon as possible to let us know she is ok.’

Anyone with information can contact DI Ray Summers on 08458 505505.

Multi-media artist goes to the Wall

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For more information on the WHITEWALL visit www.miltonkeynescontemporary.co.uk.
Youth groups have helped to develop a cycle trail to celebrate heritage in their area. Children and teenagers joined organisations from local groups Wolverton Unlimited and nonprofit organisation Make a Difference in an attempt to promote the city’s heritage.

During the summer holidays, the project began with local volunteers networking to help direct cyclists to interesting areas. The volunteers borrowed bikes for the initiative from Re-Buy-Cycles and Sustrans, a organisation who run a free bike loan scheme.

Jak Richards, 14, said: “Working with other kids my age has been awesome, I’ve really enjoyed it.”

The youth council was set up in January last year with initial funding from the Local Network Fund through Milton Keynes Community Foundation. Since then, Wolverton and Greenleys Young People have been getting involved in every aspect of city life - organising events, volunteering, speaking at meetings and attending the local Neighbourhood Action Group.

Mums at Stony Stratford breastfeeding support group

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Tel 01908 364870
Stony Stratford Health Centre
Fridays, 1.30pm to 3.00pm.
Tel 01908 364855
Newport Pagnell Medical Centre
Mondays, 11am to 1.30pm
Tel 01908 619094
Unity Drop-in Queen Street Bletchley
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Tel 01908 27722
dale and Sundays, 11am to 4.00pm.
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Birthdays

JOHN ‘Aunt Annie’ GUILLE
Happy 60th
2nd August 2008
Wear a bra next time!

STEVEN BUTLER
Happy 21st Birthday
26th July 2008
With love from Mum, Dad, Kirsty and all the family xxx

LISA HILLS
Happy 30th Birthday
26th July 2008
Lots of love from Mum, Dad, Marcus, Dianna & Jack

LISA LANSBERRY
‘Our Little Pygmy’
Happy 18th Birthday on 27th July
Lots of love
Dad, Mum & Ross xxx

SADIE COOPER
Happy Birthday
29th July 2008
Hope you have a nice day.
Love you lots Mum
Georgina xxx

ASTON LOOK WHO'S!! 26th July 2008
Happy 50th Birthday
Happy Birthday to mummy in heaven

JULIE BRACING
Happy Birthday
26th July 2008
Lots of love
Mummys Little Princess

LEANNE TEBBUTT
Happy 21st Birthday
26th July 2008
Lots of love and love wishes from Mum, Mike, Rob and all the family xxx

BASIL HENRY
Happy 50th Birthday
26th July 2008
Happy Birthday to mummy

LEO LANSBERRY
Happy 60th Birthday
26th July 2008
Love from Mum, Dad, Grandad, Tom, Georgia, Batley and Joe

Le at the Holidays Begin!

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www.mkweb.co.uk/school_holidays

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www.mkweb.co.uk

Happy 13th Birthday
29th July 2008

Happy Birthday
Love you loads
Mummy xxx

BRIGHTMAN
Nee Thornton
Happy 30th Birthday
Little Sis on 26th July

NICOLA SHORTLAND
Happy 30th Birthday
26th July 2008

Love Stephen & Louise

JOANNE BROWN
Happy 40th Birthday
26th July 2008

Love from Mum,
Dad, Tracey and all the family xxx

CALLUM LUCAS
Happy 13th Birthday
26th July 2008.
A teenager now!
Love Mum, Dad and Jordan xxx

JESSICA LEIGH GRAY
Happy 1st Birthday
27th July 2008
Lots of love
Nona, Nona, Zoi & Onelita xxx

ANNOL SINGH
6 on the 27th July
& PRABLIJOT KAUR
5 on the 15th July

Wishing you a Happy Birthday.
Lots of love from Mum, Dad, Grandfather and Grandmother, family and friends xxx

DEATHS

JEAN CURRIE
Nee Nicholls formerly Wilson of Cranfield
Funeral service will take place on Thursday 31st July 2008, 3.30pm at Crownhill Crematorium, Milton Keynes.
Family flowers only please but donations if desired for Willen Hospice.
Enquiries care of: H W Mason & Sons, 97 Victoria Road, Bletchley MK2 2PD, Telephone 01908 642700.

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STRUGGLING to find the perfect pair of shades to stay super cool this summer?

MK NEWS has teamed up with local Optometrist Lesley Arkin to offer one lucky couple the chance to each win a pair of designer sunglasses. Not only that but one lucky runner-up will win a £25 gift voucher to use at the practice.

For her, the first prize will be a pair of chic ladies’ Fendi sunglasses and for him a pair of suave men’s Karl Lagerfeld sunglasses.

Lesley Arkin Optometrist, based in Stony Stratford, is the only practice in Milton Keynes to gain exclusive rights to stock the Fendi eyewear. The Fendi 2008 collection is luxurious, ultra feminine and incorporates the Fendi logo in new innovative ways.

The Karl Lagerfeld 2008 collection features some fabulous aviator styles, white framed wayfarers and Lagerfeld’s trademark black tinted glasses. Celebrities such as Tom Cruise, Chris Martin and Ashton Kutcher are big fans of the Karl Lagerfeld collection and Julia Roberts has been seen sporting Fendi sunglasses on the red carpet.

Although Lesley Arkin Optometrist displays over 800 styles from at least 20 leading designers the main thing the practice prides itself on is its personal service. Lesley Arkin said: “We always go the extra mile to ensure our customers are happy with their treatment and the service they have received. “We pride ourselves on clinical excellence and fantastic customer service. Many of our customers have been with us for years and whenever a new person walks in its often through recommendation, which I am truly proud of.”

The winners will receive a voucher from Lesley Arkin Optometrist to redeem their prize at the practice. The runner-up will be able to spend their voucher on any ophthalmic glasses or sunglasses. A qualified dispensing optician will ensure that each winner walks away with a pair of glasses that fit comfortably and, if required, suitable prescription lenses can be added.

HOW TO ENTER
For your chance to win this fantastic prize simply answer the following question:
Which pretty woman wore Fendi sunglasses on the red carpet?

Send your answer on a postcard, along with your name and your partner’s name, address and telephone number to: Lesly Arkin Competition, MK News, 1 Diamond Court, Fox Milne, Milton Keynes, Bucks, MK15 0DU.
Alternatively email competitions@mk-news.co.uk
Deadline for entries is August 6.
The name ‘Burslem Pottery’ has been around for well over a hundred years, with its fortunes sometime up, then down and finally non-existent. Founded in 1894 by C.F. Bailey at the Scotia Works, Burslem, Stoke-on-Trent, Burslem Pottery made decorated earthenware for domestic use. The art which Burslem Pottery produces today originates from the time that Burslem Pottery Limited was a Moorcroft company and the magic passed on to it from that company was an ability to create defined design images in stoneware, something which had eluded potters for more than six centuries until Moorcroft cracked the secret. The quirky, sculptured birds, reptiles, animals and sgraffito linework did not sit comfortably with the Moorcroft style today, and so Moorcroft passed on its creation. Deep in the heart of the Staffordshire Potteries, a small team continues the tradition of making unique stoneware by hand from start to finish. Special colours, glazes and raw materials are sourced from around the world. The pottery is fired in special kilns at temperatures so high that colour, clay and glazes fuse together to create totally unique works of art. No two pieces will ever be the same.

On Saturday, 2nd August, Burslem Pottery travels from its home in Stoke-on-Trent to Woburn China Shop. The famous Burslem Pottery models will be there, as will a colourful display of vases, lamps and much more.

Come and visit us on the day to see:

• Tracey Bentley who previously worked for Cobridge Stoneware and Moorcroft, demonstrating the fine art of stoneware painting and glazing.

• Steve Shaw will be demonstrating how he hand draws directly onto the wet clay; from the simplest flower design to the more detailed designs such as canal scenes, horses, pottery kilns, and wild animals. Steve will also demonstrate how, after drawing the design, he has to sgraffito (etch) into the clay all the detail.

• Jerry Marshall will answer any questions about the processes and the range of art pottery for sale. Also on sale will be a specially designed ‘Woburn Vase’ made with the Abbey & Safari Park in mind. This vase will be exclusive to Woburn China Shop. A limited number will be available on the day and these along with other purchases will be signed by Steve & Tracey.

Free light refreshments will be available, so why not bring friends and family and enjoy a visit to Woburn. Our summer sale is currently on, so as well as a fascinating insight into Burslem Pottery with savings to be made, there are bargains to be had throughout the store!

Woburn China Shop
8 Market Place,
Woburn, Beds
MK17 9PZ
Telephone:
01525 290569

www.woburnchina.com
THE city has been granted more than £3million by the Government to build housing for the elderly.

The Department of Health has awarded an Extra Care Housing Grant of £3.5 million to Milton Keynes Council.

The money will help fund an estimated £3.5 million project to develop the second extra care housing village to be built in the city.

Kim Farm is one of a number of sites proposed for the scheme, which will provide 300 units for elderly people.

Isobel McCall, leader of Milton Keynes Council said: “The first extra care village at Willen has allowed tenants to enjoy greater privacy, dignity and independence; couples can stay together, and social and leisure opportunities can be enjoyed at the residents’ convenience.

“We are hoping to replicate the success of the first village by offering even more residents a chance to live in homes dedicated to supporting their changing health needs as they get older.”

John Payne, partnership director for The ExtraCare Charitable Trust said: “There is significant local demand for such a scheme following the successful opening of Lovat Fields Village in Willen, last year.”

“The village proposal offers opportunities for Milton Keynes residents to rent, part-purchase or buy their village property at an affordable cost.

“It will be an attractive housing solution for both tenants and an increasing number of older home owners who will not need to leave or sell their village home if they require care and have only limited resources to meet their costs.”

Phyllis Starkey, MP for Milton Keynes South West said: “I would like to congratulate MK Council on their successful grant application; their bid was selected due to their ability to promote individual dignity and wellbeing and work in partnership with local health and other bodies.”

“Welcome to Winners in Life “Transformation” Conference...”

“By its simplest definition Transformation means Change. Remember you can only go as fast as your thinking. The conference is designed to cause a revolution. Our sincere prayer is that your marriage, family, finance, ministry and church be totally and completely transformed.

Welcome to Winners in Life “Transformation” Conference...”

“This is the Year for Transformation in your life, marriage, family, church and ministry. It is the year for change.

Conference Speakers
Pastor Sheryl Brady (USA)
Pastor J.E. Sturdivant (USA)
Pastor Lyle & Co-Pastor Deborah Dukes (USA)
Pastor Sheryl Brady
Pastor Lyle Dukes
Pastor Sheryl Brady
Pastor J.E. Sturdivant

ITINERARY
Friday 5th September 2008:
Devon open at 6.30pm
Saturday 6th September 2008:
Devon open at 6.30pm
Speaker 1: 7.00-9.00pm
Speaker 2: 11.00am
Exciting auction - Devon open at 6.00pm
Sunday 7th September 2008:
Devon open at 11.00am
Exciting auction - Devon open at 6.00pm

HOYLES
Holiday Inn, 40 Great Oak Street (nearest Milton Keynes)
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for special rate when “Welcome to Life Conference”
Nestled - 10pm 01908 332 332 (ask for Robinsons room)
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OVER 50% OFF
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OVER 50% OFF
Scottsdale - solid pine double designer bedstead. Was £299 £149

OVER 50% OFF
Como - luxurious kingsize black leather bedstead with button detail. Was £1099 £699

OVER 50% OFF
Allegro - striking double divan set featuring the ‘Miracoil Spring system’. After event £599

50% OFF
Richmond - tufted double divan set combining pocket springs with body-moulding memory foam. After event £139

MEGA SALE
50% OFF

50% OFF
Genesis - modern cream upholstered double bedstead with built-in storage. Was £99

50% OFF
Bristol - budget - great value divan set at a Factory Direct Price. After event £299

50% OFF
Budget - great value divan set at a Factory Direct Price. After event £299

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Sophia - modern cream upholstered double bedstead with built-in storage. Was £99

MEGA SALE
50% OFF

50% OFF
Roma - modern chrome double bedstead. After event £239

50% OFF
Scottsdale - solid pine double designer bedstead. Was £299 £149

50% OFF
Como - luxurious kingsize black leather bedstead with button detail. Was £1099 £699

MEGA SALE
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MEGA SALE
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Allegro - striking double divan set featuring the ‘Miracoil Spring system’. After event £599

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A wonderful choice of escorted tours to some of the globe’s most exciting, most colourful and most enthralling places. From the Great Pyramids at Giza to the Great Barrier Reef; from the Great Wall of China to the Taj Mahal; from rose-red Petra to the Terracotta Warriors; and from the Big Game of South Africa to the glitz and steel of glittering Hong Kong, these holidays offer a bewildering assortment of ‘must see’ attractions and ‘must do’ experiences, and all are offered at prices that represent extraordinary value for money.

Our collection includes:

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**Nile Cruise, Cairo & the Pyramids**

*Welcome to our Worldwide Travel Collection*

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- Departures available May, Jun & Sep 2009
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**The price includes:**
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- Departures available Jan to Mar, May, Jun & Sep to Nov ’09
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**The price includes:**
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Whatever the weather have loads of fun with sand, surf, snow and sport

This summer there’s no need to jet away as Xscape, Milton Keynes will be transformed into your ultimate Summer family fun destination with sand, snow, surf and sport all under one roof.

The free indoor sandy beach will be back for the holidays so you can have fun whatever the weather!

Providing the best entertainment too – Britain’s leading leisure destination has teamed up with the cream of British Talent.

Strike, Nemesis and Kate & Gin will be performing live at Xscape – direct from the Britain’s Got Talent tour.

Along with amazing, great-priced family restaurants and the real snow slope, there’ll be heaps of free family activities throughout the summer including fitness, fun and fashion: see www.xscape.co.uk for listings and more information.

Fitness Week runs until Friday: the latest cutting edge fitness machines and the amazing Wii Fit to try out, personal trainers to give you top tips.

Fun Week from August 2-8: beach games, surf simulator and challenge your friends to a duel on our Gladiator jousting stage - there’ll be prizes galore.

Fashion Week from August 9-17 showcasing the latest summer fashions with live catwalk shows and your chance to win some gorgeous clothes.

Britain’s got Talent. Performing live at Xscape: -

August 1 Strike – getting fit the martial arts way, performing live.

August 8 – Kate and Gin – the most amazing dog since Lassie will delight the crowds.

August 15 – Nemesis, performing live will bring their own unique brand of dance to the beach.

There will be exclusive meet and greet sessions with all the star guests, so for further information and more details about what’s happening on the beach visit www.xscape.co.uk
Wednesday July 30

**BBC1**

- 6.00 Breakfast (T)
- 7.00 Weather on 3 (T)
- 7.30 Bitesize: Tikkabilla (R/T)
- 8.15 Harry Potter and the Goblet of Fire (T)
- 8.30 It's A Knockout (T)
- 9.00 Last of the Summer Wine (R/T)
- 11.00 American Pie: Band Camp (T)
- 11.30 The Bill (T)
- 12.30 Four Weddings and a Funeral (T)
- 12.45 Absolutely Fabulous (T)

**BBC2**

- 6.00 CBeebies: Tikkabilla (R/T)
- 6.15 CBeebies: The Simpsons (R/T)
- 6.30 Channel 4 Racing From 5.00pm (T)
- 6.45 Channel 4 Racing From 5.00pm (T)
- 6.50 Judge Judy (T)
- 7.00 The Bill (T)
- 7.30 Six Degrees (T)
- 8.00 The Bill (T)
- 9.00 My Family (T)
- 10.00 Doc Martin (T)
- 11.00 My Family (T)
- 11.30 Emmerdale: Risky Business (R/T)
- 12.00 The Bill (T)

**BBC3**

- 8.00 The Bill (T)
- 8.30 The Bill (T)
- 9.00 The Bill (T)
- 9.30 The Bill (T)
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- 11.30 The Bill (T)
- 12.00 The Bill (T)

**ITV1 Anglia**

- 6.00 GMT (T)
- 6.30 GMT (T)
- 7.00 GMT (T)
- 7.30 GMT (T)
- 8.00 GMT (T)
- 8.30 GMT (T)
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- 12.00 GMT (T)

**ITV**

- 6.00 The Bill (T)
- 6.30 The Bill (T)
- 6.45 The Bill (T)
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**Sky One**

- 6.00 The Bill (T)
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**CBeebies**

- 8.00 Tikkabilla (R/T)
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**SATELLITE**

**Sky One**

- 6.00 The Bill (T)
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**ITV1**

- 6.00 The Bill (T)
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**CBeebies**

- 8.00 Tikkabilla (R/T)
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**Sky One**

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- 11.30 The Bill (T)
- 12.00 The Bill (T)
IT’S a brave, brave person – or collective, Orbital ever did. In the acid house and rave era, but you have to remember there was an awful lot of rubbish around back then too.

For every It’s Grim Up North there was a Tété and for every Friday there was a 2 Unlimited, and as if that wasn’t enough don’t forget that dance music has a way of pushing itself forward a bit faster than other genres of music. So if an 18-year-old track can still hold its own today it really must be something rather special.

If you ask me, the original version of Chime still stands up against the stuff you can get on the Ministry of Sound compilations (and it’s a mile ahead of almost anything on an Clubland compilation), so I suppose I should be thanking the Shapeshifters for agreeing with me.

Their version might as well be a remix rather than a remake, that’s how closely it follows the original. Actually, let’s be honest, there are places where it sounds identical – I’m not certain, but I think it uses the same sounds from the original and everything. Mind you, that’s no bad thing, as long as they didn’t try anything silly the Shapeshifters were always onto a winner with this one.

IF THIS IS LOVE

The Saturdays

What with this outfit, Friday Hill, The Sundays and the Happy Mondays, you’ve got yourself a long weekend’s worth of band names.

It’s starting to look a bit like this week’s turning into a 1990 special too, because the song’s underpinned by Yazoo’s Situation and guess when that was a hit. One cover version and another song that’s heavily based on another – who says the music industry’s running out of ideas? Here’s one for the conspiracy theorists – the Saturdays have recently been touring with Girls Aloud, and they have the same record label as Girls Aloud, and their ratio of male to female members is the same as Girls Aloud, and they have the same number of personnel as Girls Aloud – anyone would think that Polydor Records might be trying to line up a ready-made replacement just in case.

If that’s the case the Saturdays will have to do a little bit better than this. Yes, it’s nice that they’ve sampled Yazoo, but they’ve brought the pitch down and the rest of the song’s a bit pedestrian, which hardly helps. If you’re releasing your first single, I’d have thought you’d want people to sit up and take notice. The singing’s good, but you could say that about a lot of singles. This is merely alright, and that makes it a missed opportunity.

BECAUSE THE NIGHT

Cascada

A DECENT tune, and not only that, you know you shouldn’t dance to but could probably get away with doing so anyway. The singer delivers her lines with utter conviction too, which helps.

It’s nice and short – this one knows how to leave the listener wanting more. Fantastic stuff. Yes, it’s been far too long since I last heard Connection by Elastica. What? You didn’t really think I was saying all that about Cascada’s latest Eurodiscos had I? You must be joking, I thought it would be much more worthwhile to review the song I listened to afterwards.

SIMPSON DARNELL

THE DARK KNIGHT (12A)

Christopher Nolan, Michael Caine, Morgan Freeman, Heath Ledger, Gary Oldman

NEW多半是，Bane (Nolan) hopes to hang up his cape and hand over crime-fighting duties to District Attorney Harvey Dent (Eckhart). But the arrival of clown-faced master criminals The Joker ( Ledger) forces the masked vigilante to question everything he stands for.

ANGUS, THONGS AND PERFECT HODDING

Georgie Groome, Eleanor Tomlinson, Karen Taylor, Alan Davies, Aaron Johnson, Sean Bourke

NEW上映

SHACKED up with her snooping parents, Georgia Nicolson (Groome) is a typically insecure 4-year-old who wants to grow up, and fast. When new boy Robbie (Johnson) moves to her south coast school, she falls in love – but its path never did run smooth...

BABY MAMA (12A)

Tina Fey, Amy Poehler, Ox Shepard, Erica Berg, Greg Kinnec, Sigourney Weaver

NEW上映

A CREW of tiny aliens try to save their planet with the use of their humanoid spaceship. However the aliens find themselves in trouble when their ship becomes besotted with an earth woman.

PUFFBALL

Kelly Reilly, Miranda Richardson

NEW上映

Powerful supernatural forces are unleashed when a young architect (Kelly reilly) becomes pregnant.

STANDARD OPERATING PROCEDURE (15)

Christopher Bradley, Sarah Denning, Joshua Feinman

NEW上映

IN 2003, photographs leaked from Abu Ghraib prison showing US military personnel abusing Iraqi detainees. This documentary examines the scandal of photographs that represent both expose and cover-up of US interrogation techniques.

MAMMA MIA! (PG)

Meryl Streep, Pierce Brosnan, Colin Firth, Amanda Seyfried, Stellan Skarnberg, Julie Walters, Christine Baranski

NEW上映

SOPHIE (Seyfried) invites three men (Brosnan, Firth, Skarnberg) who could be her father to her wedding in Greece, unbeknownst to her single mother Donna (Streep). Shock reunions, confusions and Abba’s greatest hits ensue.

COMPETITION

MK NEWS has teamed up with Cineworld at the Xcipe to offer readers the chance to win a pair of tickets to see the film of their choice. We have two pairs to give away. Answer this simple question: What is the name of the ice hockey team in The Love Guru? Answers by e-mail to competitions@mk-news.co.uk please include your name, address and daytime telephone number. Closing date Tuesday, August 4.

THE FILM REVIEWS

Leisure or events news? email dave.gale@mk-news.co.uk | phone 01908 689595

MKNEWS | www.mk-news.co.uk | July 30, 2008 | 31
**BLACKPOOL ILLUMINATIONS**

**A**

If the magic and the famous bright lights of Britain’s Number One Fun Spot this Autumn!

- **Includes: Return coach travel to Blackpool plus 2 nights’ bed and English breakfast accommodation at a good quality hotel in the South End of England**

- **Plus: A top price ticket for Daniel’s Christmas concert at the Theatre Royal**

- **Plus: Return hotel to vehicle transfer complex to visit the famous big top in West End of England**

**For a brochure - tick box(es):**

- Blackpool Illuminations (BLA)
- Daniel O’Donnell in Blackpool (DO)
- Castle Howard (CH)
- Disney's Schools Out (DSG)

Complete and send this coupon to: Newmarket Holidays, FREEPOST KT2720, Worchester Park KT4 8BR (NO STAMP REQUIRED)

**Credit Card Hotline:** 0845 226 7754

**Quoting Advert Code:** BOS

**or book online at www.newmarket.travel/pos**

**SATELLITE**

**SKY ONE**

- 6.00am The Dog Whisperer
- 7.00pm Brainiac: Science Abuse
- 8.00pm Lion Man
- 9.00pm Malcolm in the Middle
- 10.00pm Madrid To Miami
- 11.00pm The Simpson's 21st Birthday Party
- 12.00am Rome: Barrowland Ball
- 1.00am The Culture Show Uncut
- 2.00am Dream Team
- 3.00am Family Guy
- 4.00am Stargate Atlantis
- 5.00am Stargate SG-1
- 6.00am Stargate Atlantis
- 7.00am The Three Castles
- 8.00am Big Brother's Little Brother
- 9.00am America's Most Wanted
- 10.00am CSI: Crime Scene Investigation
- 11.00am The Inside Story
- 12.00am The Jeremy Kyle Show
- 1.00am Four for All
- 2.00am Cosby
- 3.00am Top Model: The Final Look
- 4.00am The Office: Season 6
- 5.00am The Office: Summer Heights
- 6.00am The Office: Season 6
- 7.00am The Office: Morning Show
- 8.00am The Office: An American Workplace
- 9.00am The Office: The Final Score
- 10.00am The Office: Season 6
- 11.00am The Office: Season 6
- 12.00am The Office: Season 6

**FIVE**

- 6.00am Money Week: Your House (R/T)
- 7.00am Money Week: Your House (R/T)
- 8.00am Make My Body Younger
- 9.00am Close Up: African Wildlife
- 10.00am Close Up: Ancient Africa (New)
- 11.00am Close Up: Wildlife
- 12.00am Close Up: Wildlife

**SCHOOL’S OUT AT DISNEYLAND® PARIS**

H**a a magical, fun-packed break at Europe’s number one theme park and experience two Disney® Parks including Walt Disney Studios® Park!**

- **Includes: Return coach travel and Channel crossings**
- **Return coach travel 1 night bed and English breakfast accommodation at a good hotel in the Uxbridge area**
- **Entrance to Castle Howard Christmas shopping in Leeds**
- **The services of a Tour Manager**

**For details call our friendly Reservations Team on**

**Christmas at CASTLE HOWARD**

Here’s your chance to see stunning Castle Howard in all its festive glory

- **Our exclusive hotel adored with the most wonderful decorations and traditional fresh foliage displays and hear tales of Christmas past and present. Plus you’ll visit vibrant, cosmopolitan Leeds with its fantastic shopping**

**Book your coach travel 1 night bed and English breakfast accommodation at a good hotel in the Uxbridge area**

**Debuts 6 December 2008 from £89.95**

**BLACKPOOL ILLUMINATIONS**

**LIVE IN BRIGHTON**

D**uring the phenomenal success of Daniel’s Christmas Shows in recent years, he is set to perform again appearing live in concert at the Brighton Centre. This special short break gives you the chance to enjoy this wonderful festive experience and hear Daniel and his band with special guest, Mary Duff.**

- **Includes: Return coach travel to a 1 night bed and continental breakfast accommodation at a good hotel in East of England**

- **Plus: A top price ticket for Daniel’s Christmas concert at the Brighton Centre**

**Depart 30 November 2008 from £149.95**
CLUBS AND PUBS

**OCEANA**

The city’s biggest nightclub is undergoing a multi-million pound refurbishment. Set to open late August, the refurbishment will create a new VIP lounge, VP suites and booths. Due to the refurbishment, Oceana is currently restricted to Oceana Bar and New York Disco. Student night on Mondays. Dress code is smart casual.

**THE LIVING ROOM**

Thehub.mk features an upmarket restaurant and piano bar with an outdoor terrace overlooking the central piazza. Food from midday until late. Each evening one of The Living Room’s resident musician’s perform live on a baby grand.

**REVOLUTION**

Xcape 678875


**OPUS**

Theatre District john@opusmk.com


**LLOIDS NO.1**

Theatre District info@buddhablue.co.uk

A DANCE bar aimed at people who enjoy great quality wines and cocktails. Outdoor seating.

**BUDDHA BLUE**

Theatre District info@buddhablue.co.uk


**THE PIZZ**

Xcape 678875

A SWANKY new bar at thehub.mk features an upmarket restaurant and piano bar with an outdoor terrace overlooking the central piazza. Food from midday until late. Each evening one of The Living Room’s resident musician’s perform live on a baby grand.

**THE PLUG**

Xcape 678875

A DANCE bar aimed at people who enjoy great quality wines and cocktails. Outdoor seating.

**ALL BAR ONE**

Midsummer Boulevard 397216

COSMOPOLITAN bar aimed at people who enjoy great drinks and food in a contemporary environment.

**FOX & HOUNDS**

Stony Stratford 563307

PUB showcasing live bands on some nights.

**THE SONG LOFT**

Stony Stratford 563445

FOLK and country music special on alternate Friday nights. Dress as you please.

**THE PLUG**

Xcape 678875

A DANCE bar aimed at people who enjoy great quality wines and cocktails. Outdoor seating.

**THE CANNON**

Newport Pagnell 271195

PUB with open mic night every Thursday. Free entry. To play just turn up with your instrument.

**CRAFORD ARMS**

Wolston 313964

Friday: RSL, Jim Sorrow, Kill Youth Culture, Anti-Vigilante, The Exuchords followed by Smoke and Strobe party. Doors 7:30pm. First band 8.15pm. £4.

WEEK BY WEEK

LINE-UP

**HEAT 1**

Friday, August 1

FALSE ALIBIS (rock)

RISE INSIDE (alt/metal/ambient)

STEFFAN VALE (solo acoustic songwriter)

**HEAT 2**

Friday, August 8

STANISLAV (indie/rock)

FEBRUA (screamo/rock/metal)

MEGGIDDDO (post metal/deeom)

BUCK MCKANE (alt/rock)

**HEAT 3**

Friday, August 15

TEMPLES BURNING (metal)

**SOVRIN (indie/rock)**

**TAYLORMADE (punk rock)**

**ACACIA CLOSE (screamo/tech metal)**

**HEAT 4**

Friday, August 22

STONEBROKE (rock)

TOMBSTONE BULLETS (all/rock)

**THE VISION (indie/alt/rock)**

**RUSTY G'S (rock)**

**HEAT 5**

Friday, August 29

AFTER THIS PLAGUE (deathmetal/hardcore)

ZEITGEIST (alt/rock)

ALTERSKETCH (alt/rock)

INCENDIA (modern rock)

One band from each heat goes into the Grand Final.

THE VISION (indie/alt/rock)

**RUSTY G'S (rock)**

**TALL YOU NEED IS LOVE**

UIM Saturday

DIRECT from New York, All You Need Is Love is the ultimate musical celebration of the swinging sixties.

The Fab Four and friends are back so hang on to your seats, the party’s about to begin.

Join this magical mystery tour to the 1960′s, where peace, love and flower power ruled the day.

Featuring the greatest hits from The Beatles and other 60′s icons including: The Kinks, The Rolling Stones, The Beach Boys, Sonny and Cher, The Monkees, Bob Dylan, Mamas and Papas and many more!

With a cast of fabulous dancers and singers, this smash-hit sixties celebration is guaranteed to have you ‘twisting and shouting’ all the way home.

**MK THEATRE**

**BOX OFFICE 0870 080 6652**

Leisure or events news? e-mail david.gale@mk-news.co.uk | phone 01908 689595

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**MK THEATRE**

**FUNKY COMMERCIAL HOUSE**

Dresscodeis smartcasual.

**DIFFERENT PROMOTERS EACH WEEK**

**SATURDAY: I LOVE VODKA**

Due to the refurbishment, Oceana is currently restricted to Oceana Bar and New York Disco. Student night on Mondays. Dress code is smart casual.

**RISING INSIDE**

**BELOW: TRASH MONKEY, STEFFAN VALE**

**MKNEWS | WWW.MK-NEWS.CO.UK | JULY 30, 2008 | 33**
TUESDAY August 5

**BBC1**

6.00 Breakfast (T) 6.15 News (T) 6.15 Weather (T) 6.15 Sports Results (T)
6.30 BBC News (T) 7.00 News at Noon (T)
7.15 EastEnders (T) 7.30 Doctor Who (T) 8.00 Casualty (T)
8.30 Doctors (T) 9.00 The Apprentice (T) 9.30 Later... With Jools Holland (T)
10.00 David Attenborough: The Living Planet (T) 10.30 Coronation Street (R)
11.15 Late Night Line-Up (T) 11.25 The Last Word (T) 11.30 News at Ten (T)

**BBC2**

6.00 Ballet Night (T) 6.15 News (T) 6.15 Weather (T) 6.15 Results (T)
6.30 BBC News (T) 7.00 News at Noon (T)
7.15 EastEnders (T) 7.30 Doctor Who (T) 8.00 Casualty (T)
8.30 Doctors (T) 9.00 The Apprentice (T) 9.30 Later... With Jools Holland (T)
10.00 David Attenborough: The Living Planet (T) 10.30 Coronation Street (R)
11.15 Late Night Line-Up (T) 11.25 The Last Word (T) 11.30 News at Ten (T)

**ITV Anglia**

6.00 ITV Breakfast (T) 6.15 News (T) 6.15 Weather (T) 6.15 Results (T)
6.30 ITV News (T) 7.00 News at Noon (T)
7.15 EastEnders (T) 7.30 Doctor Who (T) 8.00 Casualty (T)
8.30 Doctors (T) 9.00 The Apprentice (T) 9.30 Later... With Jools Holland (T)
10.00 David Attenborough: The Living Planet (T) 10.30 Coronation Street (R)
11.15 Late Night Line-Up (T) 11.25 The Last Word (T) 11.30 News at Ten (T)

**ITV1**

6.00 The Hotspot (R/T) 6.30 The Hotspot (R/T) 7.00 The Hotspot (R/T)
7.30 Big Brother (R/T) 8.00 Big Brother (R/T)
8.30 Big Brother (R/T) 9.00 Big Brother (R/T) 9.30 Big Brother (R/T)
10.00 The Apprentice (T) 10.30 The Apprentice (T) 11.00 The Apprentice (T)
12.00 The Apprentice (T) 12.30 Big Brother (R/T) 1.00 The Apprentice (T)

**ITV2**

7.00 Coronation Street (R)
8.00 Coronation Street (R)
9.00 Coronation Street (R)
10.00 Coronation Street (R)
11.00 Coronation Street (R)
12.00 Coronation Street (R)
6.30 Coronation Street (R)
7.00 Coronation Street (R)
8.00 Coronation Street (R)
9.00 Coronation Street (R)
10.00 Coronation Street (R)
11.00 Coronation Street (R)
12.00 Coronation Street (R)

**SATELLITE**

SKY ONE

6.00 Curb Your Enthusiasm (2000) 6.00 Curb Your Enthusiasm (2000)
12.00 The Simpsons (1989)

**MKNIGHTS**

37

**RABBIT**

5:30 Live In Race 350 Road From 12:30 Who Collect Jeans (T)
6:00 Who Collect Jeans (T)
7:00 Who Collect Jeans (T)
8:00 Who Collect Jeans (T)
9:00 Who Collect Jeans (T)
10:00 Who Collect Jeans (T)

**THE PLOUGH**

Great food at affordable prices - The Times, July 08

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We have an 8 seat mercedes available to collect from your office or home, with our compliments. Ask for details when calling 01908 587576

Opening Hours: Lunch: 12pm-2:30pm
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Sunday: 12:30pm-4pm
Pre-theatre: Saturday: 3:30pm-7:00pm
Dinner: 7pm-9:30pm

The Plough, 72 Waltham Road, Wavendon, Milton Keynes, Buckinghamshire, MK17 8LW

01908 587576

www.theploughwavendon.com
YOUR WEEKLY GUIDE TO THE BEST TAKEAWAYS IN MILTON KEYNES

**NEWLY OPENED**

**BOMBA POTATO**, Milton Keynes MK6 2SB

*10% Discount On orders over £10*

**DELIVERY**: On orders over £10

**MEAL DEALS**

<table>
<thead>
<tr>
<th>Dish Description</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Chilli, Cheese, Onion, Peppers, BBQ Chicken</td>
<td>£8.95</td>
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<tr>
<td>Tandoori Chicken (3 pieces)</td>
<td>£8.95</td>
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<tr>
<td>King Prawn Puree</td>
<td>£4.25</td>
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<tr>
<td>Lamb Chops</td>
<td>£3.95</td>
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<td>Duck Masador</td>
<td>£9.95</td>
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<tr>
<td><strong>BALTI SPECIALTIES</strong></td>
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<tr>
<td>Balti Chicken &amp; Onions</td>
<td>£7.95</td>
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<td>Balti Chicken Tikka</td>
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<td>Balti Chicken Balti</td>
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<td>Balti Chicken Balti Mix Delight</td>
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**SIDE ORDERS**

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**APPETISERS**

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<tr>
<th>Dish Description</th>
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<tbody>
<tr>
<td>Chicken Tikka, Potato, Cashew nuts</td>
<td>£2.95</td>
</tr>
<tr>
<td>Chicken Tikka Onions, Peppers, BBQ Chicken, Bacon</td>
<td>£8.95</td>
</tr>
<tr>
<td>Onion Bhaji (2 in a portion)</td>
<td>£4.25</td>
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<tbody>
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<tr>
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**DELIVERY**: On orders over £10

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**DUC MAZAR**

**NEWLY OPENED**

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**DUC MAZAR**

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<td>Chicken Tikka, Onion, Peppers, BBQ Chicken</td>
<td>£8.95</td>
</tr>
<tr>
<td>Tandoori Chicken (3 pieces)</td>
<td>£8.95</td>
</tr>
<tr>
<td>King Prawn Puree</td>
<td>£4.25</td>
</tr>
<tr>
<td>Lamb Chops</td>
<td>£3.95</td>
</tr>
<tr>
<td>Lamb Tikka Massala</td>
<td>£6.50</td>
</tr>
<tr>
<td>Paneer Tikka Massala</td>
<td>£6.50</td>
</tr>
<tr>
<td>Special Garlic Chicken</td>
<td>£6.65</td>
</tr>
<tr>
<td>Special Murg Massala</td>
<td>£6.65</td>
</tr>
<tr>
<td>Duck Masador</td>
<td>£9.95</td>
</tr>
</tbody>
</table>

**SIDE ORDERS**

<table>
<thead>
<tr>
<th>Dish Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic Mushrooms</td>
<td>£2.80</td>
</tr>
<tr>
<td>Chicken Tikka</td>
<td>£2.80</td>
</tr>
<tr>
<td>Chicken Tikka Marinara</td>
<td>£2.80</td>
</tr>
<tr>
<td>Chicken Tikka Masala</td>
<td>£6.50</td>
</tr>
<tr>
<td>Chicken Tikka Pepper</td>
<td>£6.65</td>
</tr>
<tr>
<td>Vegetable Mix</td>
<td>£6.65</td>
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</tbody>
</table>

**APPETISERS**

<table>
<thead>
<tr>
<th>Dish Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Tikka, Potato, Cashew nuts</td>
<td>£2.95</td>
</tr>
<tr>
<td>Chicken Tikka Onions, Peppers, BBQ Chicken, Bacon</td>
<td>£8.95</td>
</tr>
<tr>
<td>Onion Bhaji (2 in a portion)</td>
<td>£4.25</td>
</tr>
<tr>
<td>Onion Bhaji</td>
<td>£3.95</td>
</tr>
<tr>
<td>Lion’s Mane Massala</td>
<td>£6.65</td>
</tr>
<tr>
<td>Duck Tikka Massala</td>
<td>£7.95</td>
</tr>
<tr>
<td>Paneer Tikka Massala</td>
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<tr>
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<td>£6.65</td>
</tr>
<tr>
<td>Duck Masador</td>
<td>£9.95</td>
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</table>

**SET MEALS**

<table>
<thead>
<tr>
<th>Meal Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>STARTER: ONION BASH, MAIN: CHICKEN TIKKA</td>
<td>£8.95</td>
</tr>
<tr>
<td>SIDE DISHES: BOMBAY POTATO, BASMATI RICE</td>
<td>£8.95</td>
</tr>
<tr>
<td>STARTER: CHICKEN TIKKA, MAIN: CHICKEN TIKKA</td>
<td>£8.95</td>
</tr>
<tr>
<td>SIDE DISHES: BOMBAY POTATO, BASMATI RICE, ONION BASH, 2 LITRE SOFT DRINK</td>
<td>£12.95</td>
</tr>
<tr>
<td>VEGETARIAN SET MEALS: STARTER &amp; MAIN: MUSHROOM BASH, ONION BASH, BASMATI RICE, 2 LITRE SOFT DRINK</td>
<td>£12.95</td>
</tr>
</tbody>
</table>
**BUY 1 GET 1 FREE**

Please see offer details for offer. We use only fresh ingredients and all our ingredients are FRESHLY CHOPPED.

**Family Favourites**

Pepperoni/Four Cheese, Margherita & Mozzarella £8.95

Special Mini-BBQ Bacon £7.95

Free Choice Any topping of your choice £4.95

**GoCa Special**

Green Peppers, Mushrooms, Onions, Ham, Beef & Peppered £11.95 £13.95

Free Choice Any topping of your choice £4.95

**Stuffed Edge Specials**

Stuffed Edge with Chorizo/Mozzarella & Peppers £8.95 £9.95 £10.95

**Extra Toppings**

Create your own pizza by choosing a Base and Toppings as per the following:

- Pepperoni, Green Peppers, Sausage, Mushrooms, Onions, Fresh Garlic £5.95
- Italian Sausage, Hot Peppers, Sausage, Mushrooms, Onions £5.95
- Italian Sausage, Hot Peppers, Sausage, Mushrooms, Onions, Fresh Garlic £5.95
- Pepperoni, Sausage, Mushrooms, Onions, Fresh Garlic £5.95
- Pepperoni, Sausage, Mushrooms, Onions, Fresh Garlic £5.95

**FREE GARLIC BREAD**

FREE GARLIC BREAD with purchase of any 3 pizzas.

**SIDES**

- Salad (fresh green lettuce, tomatoes, cucumbers, fresh garlic, Italian dressing) £2.95
- Caesar Salad £5.95
- Caprese Salad £4.95

**SIDE ORDERS**

- Freshly Prepared Crisps £0.50
- Freshly Prepared Batata £0.50
- Freshly Prepared Coleslaw £0.50
- Freshly Prepared Roasted Potatoes £0.50

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

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**VEGETARIAN**

- Small £6.95
- Medium £7.95
- Large £8.95
- X-Large £10.95

**PANNO'S SPECIALS**

- Large £8.95
- X-Large £10.95

**APPETISERS**

- 2 Vegetarian Meat Samosas £1.70
- Aloo Chat £2.10
- Potala £2.70
- Tango Chicken £2.60

**BARELY RICE AND NOODLE BREAD**

- Beef Aubergine, Fresh Garlic, Peppers £8.95 £11.95 £13.95

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

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**BIRYANIS**

- Chicken & Lamb Biryani £9.95 £11.95 £13.95

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

Get more using our app.

**CHICKENS**

- Small £5.95
- Medium £6.95
- Large £7.95
- X-Large £9.95

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

Get more using our app.

**CHEESES**

- Small £6.95
- Medium £7.95
- Large £8.95
- X-Large £10.95

**PRAWN AND SPINACH DISHES**

- Prawn & Leek £5.90
- King Prawn £7.90

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

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**PIZZAS**

- Extra Large £16.95
- Medium £12.95
- Large £14.95

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

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**PILLSbury**

- Large £12.95
- X-Large £14.95

**FREE NOGOO/NOGOO ice cream with every order of £14.95**

Get more using our app.
**SABTURDAY**

Psycho Mojo, The Foresters Arms, Stony Stratford. Local rock band Psycho Mojo will be playing live rock covers from 60’s to 70’s 80’s 90’s and present at The Foresters Arms in Stony Stratford on Saturday 2nd of August from about 9pm. Free Entry, come along and join in the fun.

**SUNDAY**

BBC Pog II, Jarys Inn. The popular BBC2 antiques programme, Pog II, presented by Paul Martin, 9.30am to 5pm. Rather like a treasure hunt, members of the public are invited to bring along the antiques and collectables they might be interested in selling. Once valued, the owner and team of experts decide whether it should go forward for auction. If the item is chosen it is sold a few weeks later – often with the owner making a tidy sum. Everyone who goes along to the Valuation Day will receive a valuation – even if their antiques are not chosen to go forward for auction.

WOLUFTON Leisure Centre: Bustagut. Live band in the theatre at lunchtime (1pm). FREE entry, families welcome.

WORLD Breast Feeding Week, Community Desk, Central Milton Keynes. 10am-4pm. Local independent midwives will be on hand to answer any questions on pregnancy, birth and early parenting.

EASY Riders: Ride around the lakes on Milton Keynes. Meet at the Elizabeth Square bandstand in Queensway at 10am. The route is approximately 10 miles. More details www.theparkstrust.com

**TUESDAY**


PUSHCHARIS in the park. The follow the track of cucky toys and enjoy arts and crafts activities along the way. Meet at Campbell Park events plateau. 10-11.30am. More info at www.theparkstrust.com

**WEDNESDAY**

NATIONAL Play Day at Stowe House, Buckingham. 12.30-3.30pm. Stowe House is an 18th century mansion, and welcomes families to come and enjoy its splendour. An afternoon of traditional toys and games for children to play and enjoy will be held in one of the magnificent State Rooms. Adults can reminisce and children can experience fun with out modern technology. A children’s toy trail around the house will also be available on the day. Normal admission charges apply. For children five years old and above. Children must be accompanied by a responsible adult at all times.

BUGGYKIT. Meet new friends and get fit in the parks. Mothers need to have had their six week post natal GP check before they can attend. Car park off Rosemullion Avenue off the V2 Tattenhoe Street. 10am. 11.15 £1 per person. More info at www.theparkstrust.com

HSORSHIMA Day. Traditional lantern ceremony at the Peace Pagoda. Park at Peace Pagoda car park off V10, Brickhill Street. North Willen Lake

SUPERHEROES: Animal antics - find out more about the super strengths of animals and insects. Park at Campbell Park Pavilion, Silbury Boulevard. 10.30-1.30pm £2.50

More info at www.theparkstrust.com

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**Beautiful buildings, beautiful people, and beautiful shops – selling beautiful clothes**

_The Leaning Tower of Pisa. Above right: Lucca – less flashy than Florence_

*Prepared to be wowed. It’s full of beautiful buildings, beautiful people, and beautiful shops selling beautiful clothes.*

_Loads of people stay in pricey Florence but staying in Pisa and going there for a day trip (about 90 minutes on the train) is a much cheaper alternative. You can enjoy an open air bus tour around the city which is packed with stunning architecture which makes some of what we have in London pretty mediocre.

_And the tour goes up into the mountains where you can jump out for an hour to have a quick look around before being picked up again.

_Florence is crammed with monuments, churches and renaissance buildings but the best known landmark is the domed cathedral Santa Maria Fiore, known as the Duomo. Just to give you an idea of costs, having two cafe lattes in a little place overlooking the Duomo will cost you about 12 Euros.

_If you want to get out of Pisa you can also visit a lovely medieval town called Lucca, just 20 minutes by train (train station just five minute walk from Hotel Bonanno). As usual when you get the train in Europe, expect a punctual, inexpensive, clean and friendly service, completely at odds with what we’re used to in this country._

_Lucia is beautiful and less flashy than Florence. Not many tourists here so it’s a bit of gem. If you are happy to get lost in a labyrinth of typical charming Italian cobbled streets encircled by walls, then people watch in a sun-kissed pizza drinking coffee and eating proper ice cream, you’ll love it here._

_And you will see a Vespa resting up against a wall with patchy paintwork and elderly ladies dressed in black sitting outside chatting._

_David Gale_

---

**TRAVEL INFO**

_Flights from London Luton Airport: www.easyjet.com_
Executive Car & Minibus
Travel
24 hour service, 7 days a week
• Airport transfers
• Business trips
• Leisure trips
• Day / Night Out
Call 01908 563099
info@th-travel.com www.th-travel.com

Notice

Broughton and Milton Keynes Parish Council

Tenant required for Sports Pavilion and
Sports Pitches

The Parish Council owns the sports pavilion sited on Worrelle Avenue, Middleton. The pavilion is a licensed premises with two sets of changing rooms, showers, social area, office, kitchen and catering services playing fields for both cricket and football. The Parish Council wish the primary use of the premises to be sporting and community use, for the benefit of parishioners and those who belong to sports clubs and other local organisations.

The Parish Council is looking for a tenant to take over the management and running of the pavilion and pitches under a new lease.

The Milton Keynes Village cricket club and the Colts Football Club are the sporting bodies that are based in the pavilion, and it is envisaged that they would continue to be the main sporting users of the premises. In addition the building is used by a number of community and private organisations and individuals. Any tenant would be free to organise the private hire of the building and grounds when it is not in use by the sporting clubs.

The tenant would be responsible for the full repairing lease, the running costs of the building and the maintenance of the pitches. The tenant would be free to set the rates of hire, (for both sporting and non sporting users), sale of food and beverages, and any other costs associated with hiring the premises.

Interested parties can find the “Heads of Terms” on the Parish Council website www.broughtonandmk-pc.gov.uk. Applications should be sent to Helen Ward, the Parish Clerk by the 31st August 2008, email: clerk@broughtonandmk-pc.gov.uk giving details of experience/background relevant to the application. The successful applicant will need to supply references and obtain a licence to operate the bar.

Wed 6 Aug
Superheros
Find out about the super strengths of animals and insects.
Campbell Park 10.30-1.30
£2.50/adult
07Aug

New Beginning Story
Discover more about nature and trees through traditional storytelling.
Wilton Lake - North, 10.30-1.30
£2.50/adult
07Aug

Women’s Walking Network
Get to know your parks and meet new friends.
Sherrry Wood 10.00-12.00
£1/person
Thu 14 Aug

Fly Me To The Moon
Learn more about the stars and build a rocket to race there.
Caldecotte Lake 10.00-1.30
£2.50/adult
15Aug

Some Like it Hot
Enjoy Milton Keynes’ first open-air cinema for free.
Campbell Park, 7.30pm, free
15Aug

Try Fishing
Join the Angling Association to learn about different fish and fishing.
Furzton Lake 10.30-2.30
£2.50/person
Sun 17Aug

Wildflower Meadow Walk
Wander through summer wildflowers with The Parks Trust.
Linford Manor Park 2.00-4.00
£2.50/person
Sun 17Aug

Access To All Fishing
Wheelchair-friendly fishing sessions with an expert member of The Angling Association.
Linford Lake 2.30-4.30
£2.50/person
Wed 20Aug

BugglyFit
Meet new friends and get fit in the parks.
Watershall Park, 10.00-11.15, free
20Aug

Forest Play
Woodland crafts, rope swings, den building, scavenger hunt and much more.
Linford Wood, 1.30-4.00, free
Wed 20Aug

Fishing Festival
Matches for over 55’s, juniors, carp anglers and finishing with a memorial match on Bank Holiday Monday.
Furzton Lake, check times.
26Aug

Treasure Island
Bring a picnic and enjoy a beach party building adventure at this open-air family theatre production.
Campbell Park 7.00pm, £7/adult/£3/under16
26Aug

Boo’d up required – call 01908 255379 to reserve your place.
For full details of all these events visit www.theparkstrust.com
Finding love has never been so easy! Call now to place your FREE ad at 0800 092 6407

Finding love has never been so easy! Call now... JOINING IS FREE!

Place your FREE ad on the internet and use our FREE date search.
With hundreds of people in your area finding love has never been so easy!

http://www.mk-news.localdates.co.uk/
Milton Keynes hair and beauty salon Arcana was selected to represent the South East of England in the National Apprenticeship Awards, organised by the Learning and Skills Council (LSC).

Arcana, in Shelley Brook End, won ‘Small Employer of the Year’ at the regional LSC awards before competing for the top award with other finalists from all round the country.

Award winners were announced by Amanda Holden in London on July 10.

This is the fifth year of the awards programme, which has categories for employers and employees.

The awards provide recognition to employers who are successfully using apprenticeships to improve business performance, and to hard-working, committed individuals currently on, or who have recently completed, an apprenticeship.

Arcana has expanded rapidly since the business was started, largely thanks to apprenticeships.

Salon manager Debbie Elderton said: “We are so pleased that the great emphasis we place on training our apprentices has been fully recognised by the LSC – not only regionally but crucially at a national level.

“I am aware that the success of my business depends on employing a highly-skilled workforce, and fully recognise how our apprentices have played a crucial role in achieving this.

“The apprenticeship programme presented me with the ideal way of investing in staff for my salon. “I didn’t just want employees who were going to train for their qualification and then move onto another job. I wanted to create a culture where staff felt that they had plenty of opportunities to progress within the organisation.”

Competitions

Win a £4,000 online video package

MK News has teamed up with a production company to offer business readers the chance to win their company an online video package worth up to £4,000.

Online video is fast becoming one of the most effective means of communication and promotion within business, with sectors from banking to beauty quickly cutting over to its benefits as a valuable and engaging marketing tool.

Whether we’re viewing promotional campaigns, watching video clips on YouTube, or catching up with the latest episode of The Apprentice, there’s no escaping that online video is here to stay.

Recent findings by online marketing company DoubleClick show that online video is fast becoming the medium of choice for developing brand awareness and increasing sales, with consumers more likely to click on branded video footage than static image based adverts.

We are living in an age of the ‘online’ consumer and digital video offers one of the most cost effective, immediate, innovative and creative ways of successfully promoting a range of brands and business messages to a wide audience.

MK News has teamed up with communications and production company IotaMEDIA to offer business readers the chance to win an exclusive online video-production package.

The package includes a full consultation, project brief agreement and design and production of a state-of-the-art online corporate video.

IotaMEDIA works closely with clients to bring business visions to life, offering their expertise in everything from initial creative concepts through to scripting, storyboarding, filming, editing and post-production.

For more information email info@iota-media.co.uk, call 0845 127 4600 or visit www.iota-media.co.uk.

To be in with a chance of winning the online video-production package answer the following question: How much is the online video-package IotaMEDIA is giving away worth?

Answers on a postcard to Online Video Competition, MK News, 1 Diamond Court, Fox Milne, MK15 8DU or by email to competitions@mk-news.co.uk

Please include your name, job title, business name, address and daytime telephone numbers.

First correct entries drawn win. The editor’s decision is final and the closing date is August 6.

One prize is available. Prize must be taken up by end of October 2008.

£20,000 charity cheque

HSBC has made a local charity very happy after handing over a cheque for £20,000.

The bank provides work and life skills training to people over 16 with learning and physical disabilities.

Maynard Davison from HSBC handed over the money last Monday, he said: “HSBC is delighted to support such an important local charity as MK SNAP by funding the development of the technology suite at the new Snap building.

“The new building is an outstanding credit to all involved with Snap and will enable the trustees and staff to extend their valuable community work to a much larger client base.”

Nice work if you can get it

Milton Keynes’ average advertised salary is up £3,883 since January.

The average salary for a job advertised in Milton Keynes currently stands at £33,052.

New figures have been released by jobs search engine AllTheTopBananas.com after analysis of more than 555,000 published job adverts for its July monthly salary index.

3,551 of those adverts were in Milton Keynes.

The average advertised salary here compares to the national average of £30,450, excluding London figures.

Londoners can expect an average advertised salary of £41,079.

The full salary index is online at www.AllTheTopBananas.com/salary

Key move for piano maker

Japanese piano and keyboard maker Kawai has expanded its UK operations taking on new workspace in Kingston Business Park.

The company, which has supplied over 2.4 million instruments to musicians worldwide, has taken one of the high class, recently-built production-distribution units.

Having been in the region for the last 10 years, the need to expand its operations prompted Kawai to seek larger premises – suitable for its UK headquarters and distribution hub.

Kawai has taken 10,287 sq ft in total – 8,341 sq ft warehouse/production area and 1,946 sq ft offices.

Celebrating its 80th anniversary this year, Kawai will use the premises to house piano individually styled to customer’s specific requirements.

Where NEWS in MK comes first!
A mixture of bad working habits and a culture of long working hours means that Friday is the least productive day of the week, while Monday is the most productive says research released today.

The report, Energising Business, by HR consultancy Chiumento reveals that on Monday people feel refreshed after the weekend break and ready to tackle the week.

But by Friday, a combination of too little sleep, not enough breaks during the working day, eating on the hoof and long working hours throughout the week is causing Brits to feel burned out.

The findings of the research, conducted by Reed Business Information among HR professionals suggests that this could be a pattern among other work groups.

Dr Andrew Hill, Director of Talent Management at Chiumento and author of the report, said: “It is widely acknowledged that the UK has a culture of long working hours. “No-one can perform at their best if they’re too stressed to sleep, in too much of a rush to eat breakfast and they’re too stressed to sleep, in too little sleep, not enough breaks during the working day, eating on the hoof and long working hours throughout the week is causing Brits to feel burned out.”

“Having breaks and a healthy lifestyle is the key for a productive working week. People need to work smarter rather than harder.”

“Having breaks and a healthy lifestyle is the key for a productive working week. People need to work smarter rather than harder.”

The research revealed that only 16 per cent of respondents regularly eat lunch away from their desk and take breaks throughout the day. Outside of working hours, 16 per cent admitted that they rarely get a good night’s sleep and 20 per cent said they rarely or never ate breakfast.

“All of this suggests that the UK has a culture of long working hours, 16 per cent admitted that on Monday people feel refreshed after the weekend break and ready to tackle the week. So it’s not surprising that Monday is acknowledged as the most productive day of the week, while Friday is the least productive.”

“We need to think about how we can optimize value from our investment in people, but at the same time, we need to be realistic about what people can and can’t do. We need to work smarter rather than harder.”

“Having breaks and a healthy lifestyle is the key for a productive working week. People need to work smarter rather than harder.”

Milton Keynes builder Rok has been awarded a four-year contract to upgrade properties managed by Home, one of the UK’s largest providers of affordable housing.

The £3 million contract will see Rok carrying out major refurbishment, including replacing bathrooms, kitchens, electricity and roofing, with tenants offered a choice of fixtures and fittings.

The work will also help reduce fuel bills for many tenants, as old heating systems will be replaced with modern boilers.

Mark Keane, Rok’s framework manager, said: “We are delighted to have been chosen by Home as one of their partners. All councils and housing associations have been challenged to meet the decent homes standard and in securing this contract, we will play our part in the substantial refurbishments being undertaken.”

**Avanti Tiles & Bathrooms**

**Customer Sales Advisor**

Working as part of our showroom sales team, providing exceptional levels of customer care and service.

Full product knowledge training will be given.

This position can be either full or part time and come with a competitive salary.

Avanti Tiles and Bathrooms, Stacey Bashes Trading Centre, Milton Keynes MK12 6HS

**Colpac**

**Warehouse Administrator**

Colpac is a very successful manufacturing company with a wide range of products. We are looking to extend our team and add a new Warehouse Administrator to our operation.

We need an Administrator to control records and paperwork flows in our busy warehouse. You will need fast data entry skills and a flexible attitude to work longer hours if required.

Please apply in writing to the Operations Director, Colpac Ltd, Enterprise Way, Maulden Road, Flitwick, Beds MK45 5BW.

**Rok’s Brian Briggs with the mobile kitchen showroom that tenants will use to choose their fixtures and fittings.**

**Taylors Estate Agents**

**Young Adult Carer Support Worker (Part-time)**

Careers in Bedfordshire, wants to appoint a Carer Support Worker to help run an existing project and to help set up a special project for young adult carers between the ages of 16 – 22.

The post is part-time, 10 hours per week for a fixed term contract of 12 months in the first instance, with some evening working.

The rate of pay is £7.45 per hour.

Applications should have some experience and training in working with young people but the post might suit someone in training who wants to gain more experience.

A satisfactory CRB check will be a condition of appointment. You will be expected to successfully complete a 3 month probation period. A full clean UK driving licence and own transport is essential.

Ring for details on 01234 214914 or write to Carers in Bedfordshire, Goldington Centre, 10 Barkers Lane, Bedford, MK41 9JS
1. hold a 2.1 degree (or have an equivalent qualification)
2. want to make a positive difference to the lives of children, young people and families
3. not be permanently employed in social work/ social care
4. hold a GSCFE grade C or above in spoken and written English
5. demonstrate your intention and ability to work within children’s social work
6. be able to secure a place on a GSCCE accredited post graduate programme in 2008
7. have a satisfactory enhanced CRB check and meet new vetting and barring conditions to safeguard vulnerable adults and children

For details of how to apply or for further information please contact: Joy Hallas on 01908 253684 or David Glover-Wright on 01908 253479 or email joy.hallas@milton-keynes.gov.uk or david.glover-wright@milton-keynes.gov.uk

Closing date: 15th August 2008

It’s ability, not disability that counts

MKNEWS | www.mk-news.co.uk | July 30, 2008 | 45
UNIQUE OPPORTUNITY

We are currently looking for a Grounds Maintenance/Gardening Supervisor to look after our prestigious grounds at RAF Chedworth.

Applicants must be motivated, skilled in person management and organisation with experience in a similar position and hold a NVQ level 2/3 in horticulture, a full driving licence is also essential.

Please contact Martin on 01462 735747

ACCOUNTANT ASSISTANTS

- PART-TIME & FULL-TIME

For general bookkeeping, accounts and payroll. Previous experience within Practice preferable.

PRACTICE ACCOUNTANT

- PART-TIME

Qualified and have a broad background in the profession covering accounts, taxation and audit. Competitive salary. Email CV to kempton@socialaccountants.com or post to Coombs, 164 Bedford Rd, Kempston, Beds MK42 9BH

Paragon Automotive Logistics Ltd

EXPERIENCED LOV C+E DRIVERS

Must be available for nights away from home.

Full training given / uniform / PPE / Average earnings for holidays.

Depots at Thurlage / Upper Heyford / Standmore / Grimsby

APPLY IN FIRST INSTANCE

on 01234 560338 OR 01234 350705

AND ASK FOR NEIL

It IS within your reach!

With no experience necessary and on the job training, who could ask for more!

Swimming, Football or maybe a Canal boat trip, it just gets better!

At Maculife, our staff support people with Learning Disabilities to live their best life to the full, taking part in the activities of their choice and promoting independence. As a Support Worker your work will be varied and interesting as everyone is different... just like you!

We have a number of vacancies at our services in the Bedford and Westwincp areas and are looking for Full and Part Time Support Workers and also Relief staff to join our teams.

A driving licence is essential for all of these roles along with the flexibility to work on a rota basis to include evenings, weekends and bank holidays.

If you are interested in a rewarding career in social care, contact our recruitment team for an application form, quoting ref: WCHG

Call: 01908 357016
Email: julian@maculifetherapy.org

Visit our website: www.maculifetherapy.org

We welcome applicants of all ages and offer a range of additional benefits.

Closing date: 08/08/08
Interview date: 10/08/08

Spend more than you need recruiting the right candidate for your vacancy?

We offer the most cost effective recruitment advertising across this area and the surrounding counties.

RADIO SOCIETY

of Great Britain

Sales Administrator

Full time 8.30 – 4.30 Mon-Fri

We require a well motivated individual to deal with incoming telephone calls and a wide range of administrative tasks. Working in a small team in a lively office this post needs a good telephone manner and computer skills. Relevant experience is preferred but is not essential.

Part Time Post Room Person

Mon-Fri (hours by arrangement)

Our busy post room needs a hard working computer literate person (training av) to sort post & parcels. There is occasional van driving and stock movement so a driving licence and a flexible attitude are a must.

If you are interested in this post please write to: General Manager, RSGB, 3 Abbey Court, Priory Business Park, Bedford MK44 2WY enclosing your CV and salary expectations.

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**English Language Assessment & Advisor:** Hours: Monday - Friday (6 hours per day)
Salary: £15,500, pro rata, per annum

**Customer Service Advisor:** (Student Recruitment)
Hours: Full Time
Salary: Circa £14,500 per annum

**Senior Customer Service Advisor:** (Student Recruitment)
Hours: Full Time (to include some evenings and weekends)
Salary: Circa £18,500, pro rata, per annum

**Closing date for the above positions:**
Wednesday 13th August 2008

For further information and an application pack, please log on to www.miltonkeynes.ac.uk or contact the recruitment answer phone on (01908) 644027 or e-mail recruitment@miltonkeynes.ac.uk

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**Mouchel Group**

Mouchel Group is a fast growing company that employs around 11,000 people and delivers a range of services to various clients throughout the country, both in the public and private sector. Mouchel Business Services, a division of Mouchel Group, has recently formed an exciting new partnership with Milton Keynes Council; should you believe we can deliver real outcomes for their client and community.

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**HR Administrator**

**Circa £36,000**

Ref: HR0401

A clear and professional communicator, you will play a full active part in the recruitment process. You will liaise with advertising agencies and internal managers to co-ordinate the publication of vacancies and administration of the pre-employment process. Highly organised with an accurate approach, you will have experience of high-volume administration and a keen eye for detail. Previous recruitment experience is not essential.

Interview date: 22nd August 2008.

For informal enquiries please contact John Moloney on 01908 253436.

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**Service Development Manager**

Circa £36,000

Ref: HR0405

Able to think strategically and analyse a range of business issues you will anticipate the changing needs of the Revenue and Benefits Service and deliver innovative technological and business solutions to improve the efficiency and effectiveness of the Service.

An excellent communicator, with significant experience at a senior level in a Revenue and Benefits Service, you will act as a stimulus in promoting and developing a culture that delivers continuous service improvement.

For an application form, email: jobs@milton-keynes.gov.uk

Call us 01908 253444 or 253442 (24 hour answerphone). Please quote appropriate reference.

Closing date for both posts: 15 August 2008.
We are unable to accept CVs, unless accompanied by a completed application form.

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Appply by email to jobs@protechstanlom.com or in writing to: Roshen Road, Milton Ernest, Beds MK44 1BY.

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**Mknews | www.mk-news.co.uk | July 30, 2008 | 47**
Saxon Pool and Leisure Centre
Leisure Assistants
39 Hours per week

Stevage Leisure Limited is currently seeking full-time Leisure Assistants, based at Saxon Pool and Leisure Centre, to assist in the provision of high quality sport and leisure services to our customers. You will be required to perform lifeguard duties, assist in the setting up and dismantling of equipment and assist customers in their use of the facility.

A strong swimming ability is essential. Training for the National Pool Lifeguard Qualification can be provided.

Swimming Teachers

We also require a Swimming Teacher to work on a casual basis. You should be available to work weekdays between 4pm and 6pm and hold an ASA Level 1 or 2 Teachers qualification.

Please forward a CV and covering letter to the HR Department at: Stevinge Leisure Limited, Arts & Leisure Centre, Lytton Way, Stevinge, Herts SG11 1LZ.
Tel: 01438 242630 (24 hour recruitment hotline).
Email: recruitment@stevenage-leisure.co.uk

Closing date: 15 August 2008.
SLU is an Equal Opportunities Employer.

FAMILY SUPPORT SOCIAL WORKER

Starting salary in the range of £20,736 – 22,845 rising to £24,545 per annum
37 hours per week

Maternity cover

A Family Support Worker is required to participate in the development and provision of resources and activities to support children and families in the local community.

Working directly with children individually and in groups you will provide preventive support whilst working creatively with SureStart colleagues and other multi-agency professionals.

Applications from Social Work graduates, DSW, or equivalent are encouraged. For informal enquiries, please contact Martyn Lee, Children’s Centre Co-ordinator on 01234 269312.

We are committed to safeguarding the welfare of children and young people we serve. This post is subject to necessary safeguarding checks including enhanced CRB disclosure. For an application form and further details please visit our website www.spurgeons.org.

Closing date: 11 August 2008 (12 Noon)

Saxton Pool and Leisure Centre: Human Resources

You should be looking for the chance to progress your career and take on a challenging role at a busy leisure facility. You will ideally hold a relevant leisure qualification, RLSS National Pool Lifeguard Qualification, First Aid at Work and Pool Plant Operators Certificate.

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Saxon Pool and Leisure Centre, Biggleswade and Flitwick Leisure Centre, Flitwick

Duty Manager

£15,000 - £18,000

We require a Duty Manager to work on a rota basis, covering all opening hours. Your prime responsibility will be to ensure a safe and welcoming operation, paying particular attention to building presentation and standards of service through effective liaison with all duty staff.

You will have specific responsibilities in the following areas: Saxon Pool and Leisure Centre: Human Resources

Flitwick Leisure Centre: Health and Safety

You should be looking for the chance to progress your career and take on a challenging role at a busy leisure facility. You will ideally hold a relevant leisure qualification, RLSS National Pool Lifeguard Qualification, First Aid at Work and Pool Plant Operators Certificate.

Flitwick Leisure Centre

Head Coach (Gymnastics)

£12.00 per hour, up to 14 hours per week (term-time only)

Assistant Coaches (Trampolining and Gymnastics)

£8.50 per hour, variable hours (term-time only)

We require a qualified head coach of gymnastics and assistant gymnastics, and trampoline coaches to lead our busy daytime and evening children’s courses. You should have a background of coaching children in these sporting disciplines. These roles are subject to CRB clearance.

For an application pack, please contact the centre directly on: Saxon Pool and Leisure Centre: 01462 611595.
Flitwick Leisure Centre: 01462 611575.

Closing date: Friday 15th August 2008.

SLU is an Equal Opportunities Employer.

Division of Finance and Performance

Buyer/ Contractors Administrator

Band 4 £20,325 – £26,123 p.a.
Full Time: 37.5 hours per week

The successful applicant will be required to assist in the preparation and presentation of tender documentation and to support the Contracts departments. The role requires a strong knowledge of Excel and Word. The post would suit a well organized person who can work independently and is part of a team.

Closing date: 2 August 2008.
Interview date: 2 September 2008

Department of Cellular Pathology

Biomedical Support Worker

Full Time: 37.5 hours per week

The role is to provide support in the performance of a variety of tests and procedures relating to the diagnosis of disease. This is an interesting and varied role with the opportunity to learn and develop new skills. The post is based in the Histopathology Laboratory.

Closing date: 9 August 2008.
Interview date: 21st August 2008

All disabled applicants who meet the minimum criteria for the job will be invited for interview.
For an application pack and job description of all the above roles please apply online at www.jobs.nhs.uk quoting the relevant reference number.

Division of Management and Diagnosis

Bed Manager (non clinical/clinical) Band 5

Ref: MD227

Band 5 £20,325 – £26,123 p.a.
Part Time: 19 hours per week

Non-clinical candidates are welcome; however this position may suit a band 5 nurse who is looking for career progression within a future management function.

Applicants must be able to evidence good leadership and organizational skills and be able to participate in inpatient and outreach work.

Applicants will be required to have either A level/NVQ level 3 current NMC registration.

Closing date: 15 August 2008
Interview date: Week commencing 26 August 2008

Directorate of Operational Support Services

Domestic Services Office Manager

Band 5 £20,325 – £26,123 p.a.
Full Time: 37.5 hours per week (on a flexi basis to cover occasional early morning/ evening duties)

The department services departments deliver a range of cleaning services to support high standards of infection control and patient comfort. Applicants should be able to communicate with a wide range of people, offer experience in managing office systems, have a flexible approach and be proficient in using windows office applications including spreadsheets and databases.

For further information regarding the above post only, please contact Mrs J Jordan on 01234 792512.

Closing date: 2 August 2008.
Interview date: 13 August 2008
30th July 2008

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Or email to rob.walker@allfill.co.uk
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Closing date: 8th August, 2008
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Send CV to info@beachwoodbuilding.co.uk

Please apply, giving full personal and career details, to Elizabeth Evans, HR Assistant

Isotrak Ltd., 2 Eskan Court, Campbell Park, Milton Keynes, MK9 4AD

e-mail: elizabeth.evans@isotrak.com

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Notice is hereby given that the Secretary of State for Transport in exercise of his powers under the above Acts, on 30 July 2008 made The A421 Trunk Road (M1 Junction 13 Improvement) Compulsory Purchase Order (MP No. 60) 2008.

The Order is made as follows for the purpose of: a) the construction of the new trunk road in the Parishes of Brugborough and Husborne Crawley in the District of Mid Bedfordshire; b) the construction and improvement of highways and the provision of new means of access to premises in those parishes and district in pursuance of the Side Roads Order; c) the improvement of the Trunk Road in those parishes and district; d) the custody of buildings in those parishes and district; e) the construction of buildings in those parishes and district; f) the stopping up of highways; and g) the making of new highways.

The Order as made provides for the purposes of: a) the construction of the new trunk road in the Parishes of Brugborough and Husborne Crawley in the District of Mid Bedfordshire; b) the construction and improvement of highways and the provision of new means of access to premises in those parishes and district in pursuance of the Side Roads Order; c) the improvement of the special road in those parishes and district; d) use by the Secretary of State for Transport in connection with such construction and improvement of highways and the execution of other works mentioned above; and e) the mitigation of any adverse effects which the existence of or use of the highways proposed to be constructed or improved will have on their surroundings; f) the use of the land and the new rights described in the Schedule.

Land Committed to the Order

In the Parish of Brugborough in the District of Mid Bedfordshire

Paskland (Claimed by Trustees of Bedford Estate) (Plot 2A4)

Paskland, woodland, full part of road "Broughtbrook" (Claimed by Trustees of Bedford Estate) (Plots 3BB, 3BC, 3BD)

Aesby land part of road "Broughtbrook" (a right to construct, divert, maintain & clearance "Broughtbrook" (Claimed by Husborne Crawley Estates) (Plot 1A, 1G)

Woodland, green belt land - Broughtbrook - full width of said A421 County Road

MARTIN POTTS
30 July 2008

Highways Agency
HIGHSWAY ACTS
ROAD TRAFFIC REGULATION ACT 1991
- SECTION 140 (7)
THE M1 MOTORWAY (JOINT 13 CONNECTING ROADS) ORDERS 2008
THE SECRETARY OF STATE FOR TRANSPORT hereby gives notice that she has made the following Orders:
3. An Order under sections 16, 17 and 19 of the Motorway Act 1991 (the “Motorway Act”) on the M1 Motorway (Joint 13 and Connecting Roads) Order 2008, which:
(a) authorises her to provide for the exclusive use of traffic of Classes I and II of the classes of traffic set out in Schedule 1 to the Motorway Act 1991 (the “Motorway Act”), four special roads (slip roads) to connect the M1 Motorway (Joint 13) to the overlapping sections of the A421 trunk road at Huish克拉Crysler in the County of Bedfordshire, and
(b) provides for the connection of the A421 trunk road on the date the Order comes into force.

The Order is made as follows:

3.1 The Order made as follows:

3.1.1 for the exclusive use of traffic of Class I and II of the classes of traffic set out in Schedule 1 to the Motorway Act, four special roads (slip roads) to connect the M1 Motorway (Joint 13) to the overlapping sections of the A421 trunk road at Huish克拉Crysler in the County of Bedfordshire, and

3.1.2 provides for the connection of the A421 trunk road on the date the Order comes into force.

DEPARTMENT FOR TRANSPORT
THE M1 MOTORWAY (JOINT 13 CONNECTING ROADS) ORDER 2008
THE THE M1 MOTORWAY (JOINT 13 CONNECTING ROADS) ORDER 2008
THE SECRETARY OF STATE FOR TRANSPORT hereby gives notice that she has made the following Orders:
1. An order under sections 16, 17 and 19 of the Act of 1991 and the plans referred to in the notice is hereby published: The Order was made on 23 May 2008.
1.1 The M1 Motorway (Joint 13 and Connecting Roads) Order 2008, which:
(a) authorises her to provide for the exclusive use of traffic of Classes I and II of the classes of traffic set out in Schedule 1 to the Motorway Act 1991 (the “Motorway Act”), four special roads (slip roads) to connect the M1 Motorway (Joint 13) to the overlapping sections of the A421 trunk road at Huish克拉Crysler in the County of Bedfordshire, and
(b) provides for the connection of the A421 trunk road on the date the Order comes into force.

The Order is made as follows:

1.1.1 The Order made as follows:

1.1.1.1 for the exclusive use of traffic of Class I and II of the classes of traffic set out in Schedule 1 to the Motorway Act, four special roads (slip roads) to connect the M1 Motorway (Joint 13) to the overlapping sections of the A421 trunk road at Huish克拉Crysler in the County of Bedfordshire, and

1.1.1.2 provides for the connection of the A421 trunk road on the date the Order comes into force.

HIGHSWAY ACTS
ROAD TRAFFIC REGULATION ACT 1991
- SECTION 140 (7)
THE M1 MOTORWAY (JOINT 13 CONNECTING ROADS) ORDERS 2008
THE SECRETARY OF STATE FOR TRANSPORT hereby gives notice that she has made the following Orders:
2. An order under section 18 of the Act of 1991, in relation to the A41 Motorway, amends the M1 Motorway (Joint 13) Order 2008 (Order) at Huish克拉Crysler in the County of Bedfordshire which will authorise her to stop up the four existing motorway slip roads.

2.1 The Order under section 18 of the Act of 1991, in relation to the A41 Motorway, amends the M1 Motorway (Joint 13) Order 2008 (Order), which:
(a) authorises her to stop up the four existing motorway slip roads.

The Order is made as follows:

2.1.1 The Order made as follows:

2.1.1.1 authorises her to stop up the four existing motorway slip roads.

Any PERSON APPEALED TO by an Order mentioned in this notice who desires to question its validity, or the validity of any provision in it, on the ground that:
(a) it was not within the powers of the Highways Agency;
(b) or any requirement of that Act or of regulations made under it has not been satisfied in relation to that Order,
may apply to the Highways Agency in writing within 6 weeks of the date of the first publication of this notice. On such application, the Court may suspend or quash that Order or any provision in it.
THE petrol-engined Citroen C-Crosser won't be for everyone but its exclusive availability in entry-level trim and with the CVT automatic gearbox make it a desirable option for certain customer groups.

The diesel is the more satisfying engine but running the smooth, powerful 2.4-litre petrol option should be no hardship. It's diesel power that buyers of compact 4x4 vehicles traditionally favour and Citroen's C-Crosser has a commendable diesel engine in its 2.2-litre HDi unit. It also has another engine, however, one that it would be easy for buyers to overlook. The question at hand is whether overlooking the 2.4-litre petrol C-Crosser is a sensible course of action, or not?

4x4 buyers like diesel for a number of reasons. The muscular torque characteristics of diesel engines make them good for towing duties, putting a hefty vehicle quickly up to speed and, should the need arise, hauling one difficult off-road terrain.

Diesel of course, also outperforms petrol on the fuel economy front. The advantage of petrol tends to come in its upfront affordability and greater smoothness, although we're talking in very general terms here. What about the petrol engine in the C-Crosser? Well, it's a 2.4-litre 170bhp unit which makes it more powerful than the 156bhp 2.2-litre HDi diesel alternative. It's a little faster from 0-60mph with a 9.2s showing compared to the 9.8s managed by the HDi and it's available with a CVT automatic gearbox.

The engine revs freely and offers superior refinement to the diesel but that low-end muscle that 4x4 buyers like is never very forthcoming. It feels like you need to work the engine harder to get the most out of it. The 2.4-litre petrol engine in the C-Crosser is the entry-level choice, despite its 14bhp power advantage over the 2.2-litre diesel. The price differential between the two engines appears to be a big one as well, but while the more expensive diesel model opens in VTR+ trim, the base 2.4-litre comes as a less luxurious VTR.

You can get the 2.4-litre as a VTR+ or a plush Exclusive, should you feel that way inclined, but only if you take the CVT gearbox. This means that direct comparisons between the petrol and diesel aren't that easy to make. There's no automatic option with the oil-burner so anyone intent on having the cogs swapped for them is stuck with petrol and it's a similar story with the VTR trim level.

This comes accompanied exclusively by the 2.4-litre engine and a five-speed manual gearbox. The C-Crosser VTR is still reasonably well equipped despite its lowly positioning in the range. It comes with only five seats but automatic folding rear seats, cruise control, light sensing headlamps and a split tailgate are standard.

There's no doubt that the C-Crosser is at its best in diesel form. The petrol unit can't match its muscle or its economy and the HDi unit delivers a more flexible, relaxing driving experience. The 2.4-litre option will still make sense if you prioritise refinement, want to pay as little as possible for your C-Crosser or must have an automatic gearbox.

Regardless of the engine installed, the C-Crosser is one of the top road-going compact 4x4s for value and practicality.

STEVE WALKER

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**Vauxhall Astra 1.9 CDTi 2006 (Y) Reg.**
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**DIESELS**

**Audi T4 TDI Special Edition 5dr Hatchback 2007 (G) Reg.**
1 Owner 7,800 miles. Black with black leather, air conditioning, electric windows, electric mirrors, alloy wheels. Excellent condition. 12 months MOT. £9,995.

**DIESELS**

**Vauxhall VXR 220**

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**Audi Q7 3.0 TDI Quattro S Line, 5dr hatchback 7 seater, tip Automoatic 2007 (G) Reg.**
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**DIESELS**

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**Volkswagen Golf 2.0 GTI TDI 16v Hatchback 2008 (B) Reg.**
2 Owners 72,000 miles. Silver with black leather in air conditioning, electric windows, electric mirrors, electric heated seats, alloy wheels. Excellent condition. 12 months MOT. £7,995.

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Audi Q7 3.0 TDI Quattro S Line, 5dr hatchback 7 seater, tip Automoatic 2007 (G) Reg. 1 Owner 7,900 miles. Black with black leather, air conditioning, electric windows, electric mirrors, alloy wheels. Excellent condition. 12 months MOT. £11,995.

**DIESELS**

**Volkswagen Golf 2.0 GTI TDI 16v Hatchback 2008 (B) Reg.**
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**PRESTIGE**

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**Audi Q7 3.0 TDI Quattro S Line, 5dr hatchback 7 seater, tip Automoatic 2007 (G) Reg.**
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**PRESTIGE**

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**SOLD**

**Audi Q7 3.0 TDI Quattro S Line, 5dr hatchback 7 seater, tip Automoatic 2007 (G) Reg.**
1 Owner 7,900 miles. Black with black leather, air conditioning, electric windows, electric mirrors, alloy wheels. Excellent condition. 12 months MOT. £11,995.

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1 Owner 7,900 miles. Black with black leather, air conditioning, electric windows, electric mirrors, alloy wheels. Excellent condition. 12 months MOT. £11,995.

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1 Owner 7,900 miles. Black with black leather, air conditioning, electric windows, electric mirrors, alloy wheels. Excellent condition. 12 months MOT. £11,995.

**PRESTIGE**

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**SOLD**

**Audi Q7 3.0 TDI Quattro S Line, 5dr hatchback 7 seater, tip Automoatic 2007 (G) Reg.**
1 Owner 7,900 miles. Black with black leather, air conditioning, electric windows, electric mirrors, alloy wheels. Excellent condition. 12 months MOT. £11,995.
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### FIXTURES 2008-09

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**Dons work on defence hit for six in two games**

ROBERTO Di Matteo has told his squad to cut out their defensive errors.

Tonight MK Dons will line-up for their final pre-season friendly against Warrington and the boss wants mistakes that have seen six goals against them in two games to disappear.

Two days of training in the blistering heat at Woughton-on-the-Green has put the players through their paces.

Di Matteo has admitted three friendships with Championship opposition is not the ideal preparations for the team ahead of the new season, but he is working as best as he can.

“We keep working on what we’d like to improve and the players are responding very well.

“Obviously we don’t like to concede easy goals so we’re working on that.”

“I’m not expecting the team to be sharp yet, our pre-season schedule hasn’t been ideal to be honest, so it is the performances rather than the results that matter.

As normal practice in the summer fans have been more interested in matters off the field in relation to transfers coming and going.

The club have still not received any offers for transfer-listed Keith Andrews while whispers of an unsettled Willy Gueret are new to him.

When asked if he had discussed Gueret’s future with the keeper Di Matteo said: “Willy hasn’t spoken to me about it, as far as I know he’s an MK Dons player, he’s got a contract and we haven’t had any offers for him either.”

The Dons boss also revealed Hearts striker Calum Elliot has returned to Scotland.

The Scotland Under-21 forward visited the Dons last week.

“Calum unfortunately couldn’t play in the last friendly and so he decided to go back to Scotland.

“We’ve withdrawn our interest because we didn’t see a real chance to play him or train with him.”

Jude Stirling is likely to miss the game as he struggles with a toe injury.

He joins a lengthy queue for the treatment table as Danny Swailes (Achilles), Kevin Gallen (toe) and Driss Diallo (shoulder) are all set to be on the sidelines.

Gueret (hip) is in contention to play.

For a full match report and pictures from tonight’s friendly log on to www.mk-news.co.uk at the final whistle.

---

**‘Net-buster’ is ready to shine**

Sam Baldock celebrates his goal against Reading with Aaron Wilbraham

BY SIMONE CORGAN

PROMISING youngster Sam Baldock – have you heard that before?

For the striker himself it is a tag attached to him that is all too familiar.

Baldock is indeed a stop that label and hold down a regular first team spot.

Since joining MK Dons’ academy in 2004 he has been touted as one to watch.

Perhaps it was his ability to burst the back of the net on a regular basis in the youth team that propelled his name and had fans talking on terraces.

But four years down the line it appears Dons fans are still waiting and Baldock is first to admit the transition from youth, to reserve, to the first team has been a little frustrating.

Speaking about his reputation as the up and coming youngster Baldock told MK NEWS: “Hopefully this year I will get rid of that reputation and I’ll get a Sam Baldock first team regular kind of status.”

And it might not be a far fetched dream.

Roberto Di Matteo has clearly seen something in the 19-year-old.

The new boss has handed him two starts in his pre-season matches against Championship opposition Reading and Sheffield Wednesday.

Granted, had Kevin Gallen not been struggling with injury then Baldock may not have been given the same opportunity, but he is grabbing the chance in front of him.

“I’ve been around the club and the first team for a couple of years now.

“I feel I’m ready and I feel one of the team in pre-season. Hopefully I’ve got a lot to give the club.”

The Dons have both ended in defeats but the performances from Baldock, who scored his first goal in the 2-1 defeat to Reading, and his link-up play with Aaron Wilbraham have caught the eye.

“The little and large combination we have seems to work well.

“I enjoy playing with him, he’s quite an experienced player so I’m learning.”

Baldock, who became the first Milton Keynes native to play for the Dons when he made his debut in 2005, has experienced a stop-start progression into the first team, mainly due to the changes in the managerial department.

But it speaks volumes for the former Royal student that the likes of Martin Allen, Paul Ince and now Di Matteo have been impressed by his talent.

“It’s been frustrating in the way I haven’t really been able to stake my claim in a proper game. I think, given the minutes I think I’ll score the goals.”

“That’s my personal opinion, I’m quite a confident player and I shoot on sight.”

Having worked under the guidance of academy boss Mike Dowse, then Allen and Ince has undoubtedly made Baldock a better player.

Yet he is still learning his trade and in training he’s working on his positional play to make sure he gets the better of his opponent.

And his targets for the season ahead?

“I want to try and set down a place and score goals. My main asset is scoring goals, so I’ll work hard in training and if given the time I’ll do the same on the pitch.”

---

**VIEW FROM THE MOOCAMP**

Tickets for MK Dons’ first League One home game against Northampton Town are now on sale.

The local derby takes place on Saturday, August 16 at stadummk.

A bumper crowd is expected for the clash and fans have been advised to book their tickets in advance.

Tickets for home supporters are currently on general sale and can be purchased by calling the Box Office on 01908622290, or by visiting stadummk.

Due to the nature of a derby match the club have to match security demands and a number of conditions apply to the purchasing of tickets.

- Tickets will be available via the MK Dons Online Tickets Service.
- Only supporters registered on the MK Dons ticketing database will be able to purchase home tickets for this fixture.
- New applications to the ticketing database registering to purchase tickets for this future will only be accepted with an MK or LU post code. Two forms of identification will be required.
- Northampton Town have been issued with 3,506 away tickets and will only be on sale from the Northampton Town ticket office.
- A bid re-introduce respect into the game the Football Association and the Football League have agreed to introduced a ‘fair play handshake’.
- It means both teams will now line up in front of the main stand and the captain of the home side will lead his team down the opposition line to shake hands with each player.

To commemorate MK Dons’ historic cup double winning season the club will be releasing a 2007-08 yearbook.

The limited edition book is packed with 260 pages of match reports and statistics from the Dons’ FA Cup, Carling Cup, League Two and Johnstone’s Paint Trophy campaigns.

It will also include player profiles, and the thoughts of Paul Ince and Pete Winkelman.

The MK Dons Yearbook 2007-08 includes a bonus DVD with behind the scenes and Wembley highlights, the best goals and much more.

It costs £16.95 and is available to pre-order for the cup shop at stadummk or via www.mkdons.com.

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Old boys back for Lions

BASKETBALL

VINCE Macaulay has called back two of his star players from last year as he rebuilds his team for the new season.

Both Mike New and Terrell Brown have joined rookie Carl McNulty at MK Lions for the upcoming basketball campaign.

While other teams in the British Basketball League have been snapping up players left right and centre, Lion coach Macaulay has taken a little longer to decide what he needs for the year ahead.

But the resigning of New and Brown is music to the ears of the Lions fans.

Standing at 6ft 8ins New is a tower of strength and experience in the side yet it is his age that has raised one or two eyebrows in the past.

New, 40, is the oldest player in the league and balances his time playing with his role of assistant coach and academy director.

It will be the forward’s third year playing for the Lions.

Macaulay is ecstatic about the acquisition of a player whose influence extends far from the basketball court.

“Mike is a work horse,” Macaulay said. “He only knows how to give 100 per cent, as our academy director he is the perfect man to influence the young men and women who enter in MK College Basketball Academy.

Whilst on court he lets the rest of the team know that they will have to give of their best.

“Mike is a true professional, he has helped us in many areas of preparation and the players follow his lead from a fitness and preparation point of view, also it’s always nice to have someone near my age to talk to rather than listen to i-pod tunes by people I’ve never heard of.”

Meanwhile, Brown, 23, has added his name to the squad for next season.

He averaged 12 points a game last year and played a vital part in the Lions’ BBL Cup triumph.

After seeing for the Lions three years ago as a graduate of Charleston University, Southern University Brown has won a regular spot in the Lions side with his explosive pace, sharp shooting along with his defensive skills.

Macaulay was delighted to see the point guard sign up for another season in Milton Keynes, he said: “Terrell has matured so much over the last two seasons, for me he is the best point guard in the BBL. He shows up in the big games and runs the team with drive and energy.”

ICE HOCKEY

WITH the new ice hockey season looming ever closer MK Lightning have continued to strengthen their squad with three signings.

Ales Pance and Greg Randall have both agreed new deals while Lukas Zatopek is the latest addition to the Milton Keynes team.

Zatopek, born in the Czech Republic like team mate Pance, joins the team after spending a year in a German league.

A strong defender 6ft 3ins Zatopek will add bulk to the back line while he is also expected to weigh in with goals after top scoring from defence with his two previous teams.

Speaking with his latest captain coach Nick Poole said: “Lukas brings an element to our side that we have been lacking over the last couple of seasons, we have added a lot of size to our team at the back without sacrificing any skill.

“I am hoping that Lukas will have a huge impact on our league and will be one of the dominant defenders.”

Last season Parez impressed on the ice as the third highest scorer in the team that was despite being sidelined for the whole of the MK Lightning campaign.

Poole described the re-signing of the forward as “massive” due to his ability to play both the wing and centre.

He said: “Ali is a very deceptive player and for a big lad he has a fantastic skating ability in all situations.

“He has great composure on the ice and is a very difficult player to play against. I believe he will be even better next season as he now fully understands what our league is about and how he can be best effective.”

Randall’s signature came as no surprise to the Lightning faithful as the loyal player will return for his sixth year with the club.

After an injury-ravished season Randall is keen to re-stamp his influence over the last two seasons, for me he is the third highest scorer in the team that was despite being sidelined for the whole of the MK Lightning campaign.

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Girls on the ball

GIRLS’ football is growing in MK and one young team has been inspired by a visit from England star... boys back for Lions

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Local cricket

MKSPORT

Old boys back for Lions

Basketball

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Girls on the ball

Girls on the ball
The city’s star athletes had mixed experiences at the London Grand Prix – a warm up event ahead of the Beijing Olympics.

Greg Rutherford continued his impressive preparations with yet another winning leap in the long jump while Craig Pickering was given a bit of a reality check.

Once again Rutherford pulled out a victory clinching jump despite nursing secret heartache.

Two weeks ago the MK athlete managed a season best 8.21meters in the Olympic Trails after finding out his grandfather had terminal cancer.

In the build up to the meeting at Crystal Palace Rutherford received the sad news that his grandfather had passed away. Yet, the 21-year-old saw off his fellow competitors with an 8.16m landing.

It had been a slow start for Rutherford before he recorded the best jump of the day on his third attempt, followed by a solid 8.12m on his fourth.

Although there was joy for Rutherford his GB team mate Chris Tomlinson was forced to pull out after tearing his calf muscle and is now a major doubt for the Games.

It was still a good day for the long jump though as UK rival Brits. turned into a disappointment for the Club runner Pickering was left frustrated his calf muscle and is now a major doubt for the Games.

Meanwhile, Milton Keynes Athletic Club runner Pickering was left frustrated his calf muscle and is now a major doubt for the Games.

But Pickering was left snapping at his rival’s heels crossing the line in last place with a time of 10.21sec.

It was Jamaican Asafa Powell who took first spot and is now amongst the favourite alongside Tyson Gay to win gold at the Olympics.

There was better news for Pickering in the 4x100m relay as the team clinched third place.

But it was clear that the relay side still have a lot of work if they are to retain their Olympic gold medals.

Four years ago Marlon Devonish, Mark Lewis-Francis, Darren Campbell and Jason Gardener won in Athens.

Now the pressure is on for this year’s men’s team to repeat the success. Although the exchanging of the baton proved seamless GB were well beaten by the United States and Trinidad and Tobago.

Pickering, running the last leg, watched as Christian Malcolm, Tyrone Edgar and Devonish do their part before bringing the baton home in 38.34sec.

It is not yet clear whether that will be the same team to compete in Beijing due to Simeon Williamson’s absence on the day.

Pickering said: “It’s been seven years since I’ve run the last leg so I need the experience. We’ll try to improve on that come Beijing.”

Pickering was the only Brit to make it into the 100m final.

The 21-year-old sprinter clocked a time of 10.25seconds in the heats but progressed through to the final as one of the fastest losers.

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