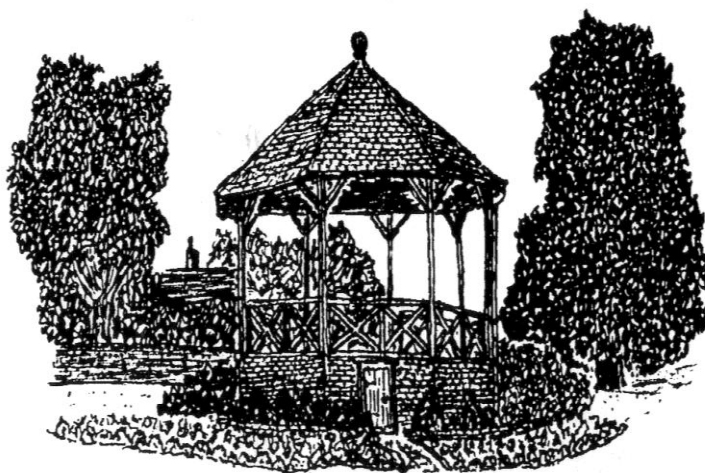


**Information for
OLDER PEOPLE
Leighton Buzzard Area**



The Bandstand, Parsons Close

2018 - Issue 2

**To retain health and fitness
we are told it is important to
keep MOVING, LEARNING,
BEING CREATIVE,
INTERESTED and IN TOUCH
with other people, so that
we REMAIN and FEEL
USEFUL.
We hope that information
included in this booklet will
help you to achieve this.**

All this information was gathered and checked by volunteers and is correct to the best of our knowledge at the time of printing. We trust you will find it helpful. Details can quickly change and we cannot be responsible for any errors or misinformation. An online version is available at www.bassettroadsurgery.co.uk and www.leightonlinlade-tc.gov.uk

Please tell us what we have left out and about any corrections for future editions by emailing bassettroadppg@gmail.com or in writing to PPG c/o Bassett Road Surgery, 29 Bassett Road, Leighton Buzzard, Beds LU7 1AR.

This booklet is available for over 65s, from GP surgeries.

**Information for
OLDER PEOPLE
Leighton Buzzard Area
2018 – Issue 2**

This booklet is designed to make it easier and quicker to find
some of the information of interest to older residents.
Could we suggest that you keep it until you need it?
Perhaps HANG IT UP somewhere handy.
Read and forget or consult and use?

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HEALTH SERVICES

GP SURGERIES (Primary Healthcare)

BASSETT ROAD SURGERY - 01525 373111/378387

29 Bassett Road, Leighton Buzzard LU7 1AR

www.bassettroadsurgery.co.uk

LEIGHTON ROAD SURGERY – 01525 372571/851888

1 Leighton Road, Leighton Buzzard LU7 1LB

Branch surgery at Ridgeway Court, Grovebury Road,
Leighton Buzzard LU7 4SF

www.leightonroadsurgery.co.uk

SALISBURY HOUSE SURGERY - 01525 243890

Lake Street, Leighton Buzzard LU7 1RS

www.salisburyhousesurgery.co.uk

LEIGHTON BUZZARD HEALTH CENTRE – 01525 751100

25 Bassett Road, Leighton Buzzard, Beds LU7 1AR

Your doctor can refer you for treatment. Services include :
Continence; Dentistry; Ear, Nose and Throat; Eyes; Feet
(Podiatry); Physiotherapy; Stop Smoking etc.

**FOR NHS ADVICE INCLUDING OUT OF SURGERY HOURS –
CALL 111** If you are feeling unwell and need advice about what
to do call the NHS **111** service - free of charge.

An annual **Flu Vaccination** is recommended for Patients aged 65
or over – Check with your surgery when they are running clinics.

URGENT CARE CENTRES (Secondary Healthcare)

MILTON KEYNES HOSPITAL - 01908 303030

Standing Way, Eaglestone, Milton Keynes MK6 5NG

Open 24/7. Call 111 to check whether you need to visit.

LUTON AND DUNSTABLE HOSPITAL – 01582 848270

Lewsey Road, Luton, Beds LU4 0DZ

Open Daily 8am–12midnight Report at A&E reception.

In an emergency always call 999

LOCAL HOSPITALS WITH ACCIDENT AND EMERGENCY DEPARTMENTS :

LUTON AND DUNSTABLE Tel: 01582 491166

Lewsey Road, Luton, Beds LU4 0DZ

MILTON KEYNES GENERAL Tel: 01908 660033

Standing Way, Eaglestone, Milton Keynes, Bucks MK6 5LD

STOKE MANDEVILLE Tel: 01296 315000

Mandeville Road, Aylesbury, Bucks HP21 8AL

COMMUNITY MENTAL HEALTH SERVICES

MIND BLMK Community Mental Health 01525 722225

www.mind-blmk.org.uk or 0300 330 0648

The Rufus Centre, Steppingly Rd, Flitwick MK45 1AH

Support, advice, activities, promoting and protecting people with mental health problems.

BEDFORDSHIRE WELLBEING SERVICE

Unable to sleep, worried, low mood, tearful, anxious – Making a Positive Difference Through Talking Therapies – **Call the Self**

Referral line 01234 880 400

www.bedfordshirewellbeing.nhs.uk

PERSONAL ALARM SERVICES - HELP IN AN

EMERGENCY If you live or are often alone, being connected to an emergency helpline is important. **THIS CAN BE A MATTER OF LIFE OR DEATH.** It helps people to retain their independence and gives peace of mind to all concerned. There is a charge.

LIFELINE a Central Beds alarm-scheme giving 24hr service.

Information from 0300 300 8146 www.centralbedfordshire.gov.uk

Email lifeline@centralbedfordshire.gov.uk

PPP Taking Care – Personal Alarm Services for the elderly. This service is provided by Age UK Contact 01364 651555 / 0800 011 3846 www.ageuk.org.uk

PHARMACIES

Pharmacies/Chemists – can provide advice/information on many health concerns e.g. pain relief/self-medication/use of prescription medicines/some diagnostic tests/medical conditions and aids. Private consultation rooms are usually available.

BOOTS - 01525 373703

49-53 High Street, Leighton Buzzard, Beds LU7 1DN
Open : Mon-Sat 8.30am-5.30pm Sunday 10am-4pm

COX & ROBINSON - 01525 383686

17-19 Lake Street, Leighton Buzzard, Beds LU7 1RS
Open : Mon-Fri 8.45am-6.30pm Sat 9am-1pm

GROVEBURY - 01525 378993

Unit 2, Enterprise Court, Enterprise Way, Leighton Buzzard, Beds LU7 4SZ
Open : Mon-Fri 8.30am-1pm 2pm-6.30pm

LLOYDS - 01525 372175

3-5 Market Square, Leighton Buzzard, Beds LU7 1EU
Open : Mon-Fri 9am-6pm Sat 9am-5.30pm

ROSEHILL (JARDINES) - 01525 373391

41 High Street, Leighton Buzzard, Beds LU7 7DN
Open : Mon-Fri 9am-5.30pm Sat 9am-2pm

TESCO – 01525 441025 / 0345 6779421

Vimy Road, Leighton Buzzard, Beds
Open : Mon-Sat 8am-8pm Sunday 10am-4pm

TOUCHWOOD – 01525 370040

47 Coniston Road, Leighton Buzzard, Beds LU7 2PJ
Open : Mon-Fri 8.30am-6pm Sat 9am-1pm

Ask your Pharmacy/GP Surgery about Repeat Prescriptions, Electronic Prescription Services and the delivery of medicines.

LATE NIGHT PHARMACIES :

BOOTS - 01908 585882

14 Winchester Circle, Kingston, MK10 0BA
Mon-Sat 8am-midnight Sun 10am-4pm

HOUGHTON REGIS PHARMACY - 01582 866315

Peel Street, Houghton Regis LU5 5EZ

Mon-Thurs 8am-midnight Fri-Sat 8am-11pm Sun 10-4pm

NHS DENTISTS

BRIDGE STREET DENTAL - 01525 376675

17a Bridge Street LU7 1AH www.bridgestreetdental.co.uk

PREMIER DENTAL CLINIC - 01525 371000

10 Vandyke Road LU7 3HH

WEST STREET DENTAL PRACTICE - 01525 373205

West Street LU7 1DD www.weststreetdentalpractice.com

OUT OF HOURS DENTAL EMERGENCIES – Call NHS 111

PUBLIC ACCESS – DEFIBRILLATORS

These are installed across the town at the following locations :

- Mentmore Pavilion
- Multi-Storey Car Park
- Library
- Post Office
- Astral Park

HOSPICES

These charities provide specialist medical and nursing care for members of the community suffering from life-limiting conditions or terminal illness. Referral is usually through your Doctor.

FLORENCE NIGHTINGALE HOSPICE - 01296 332600

Stoke Mandeville Hospital, Aylesbury, Bucks HP21 8AL

www.fnhospice.org.uk

KEECH HOSPICE CARE - 01582 492339

Gt. Bramingham Lane, Luton, Beds LU3 3NT www.keech.org.uk

SUE RYDER – ST. JOHNS HOSPICE CARE – 01767 642410

St Johns Road, Moggerhanger, Beds MK44 3RJ www.sueryder.org

WILLEN HOSPICE - 01908 663636

Milton Road, Willen, Milton Keynes, Bucks MK15 9AB

www.willen-hospice.org.uk

AIDS TO MOBILITY AND WELLBEING

THE DISABILITY RESOURCE CENTRE - 01582 470900

Poynters Road, Dunstable, Beds LU5 4TP www.drcbeds.org
Information, equipment and services for disabled people and their carers. Open weekdays to view and try aids and equipment. Carers support group meets 2nd Wed of month.

RED CROSS CENTRE - Shelia 852259

Volunteer can deliver Mobility Aid Loans on Friday. Please give a few days notice for your request to be arranged.

BEEZEE BODIES 01234 363774

Local exercise projects – referrals for exercise classes can be made by your GP when appropriate. Supports people to make healthy lifestyle changes www.beezeebodies.co.uk

SEATED EXERCISE CLASS – Tudor Court, Sheltered Housing

Water Lane LU7 1AQ Every Friday 2-3pm

GET ACTIVE STAY FIT - 0300 300 8305

For information on local courses and opportunities.

BEGINNER WALKS - Call Carol or Mike 07712 715719

From Tiddenfoot Leisure Centre 10am Wednesday (approx 45 mins) and/or Library 10am Thursday (approx 35 mins).

WALKING FOR HEALTH

Regular free walks led by trained walk leaders. Meet at Bell Close opposite Morrisons Garage – Mondays 10am - Choice of walk level/pace/duration. Call Edith 376551 or email edithgriffith@btinternet.com

OTHER HEALTH-RELATED MATTERS

The National Health services in Bedfordshire are managed by the doctors (clinicians) and other medical staff whose representatives form the **Bedfordshire Clinical Commissioning Group** (BCCG). The main office is at Capability House, Wrest Park, Silsoe, Beds MK45 4HR 01525 864430 email enquiries@bedfordshireccg.nhs.uk

The CCG pays the hospitals and clinics for all referrals, visits or treatments received by NHS patients.

If you would like to learn more about how your GP surgery is run and offer your support, you could join its **Patient Participation Group** (PPG). Contact your surgery for details.

Our Locality CCG, represents the three local GP Practices and can be contacted via Paula Fleming at Chicksands 01462 628118 or email paula.fleming@bedfordshireccg.nhs.uk

The **Care Quality Commission** (CQC) is the independent regulator of health and adult social care services in England. It aims to ensure that patients have safe, effective and high quality care. They ask patients and carers to tell them of their experiences so they can use such valuable evidence to decide where, when and what to inspect. Call 0300 061 6161 or write CQC, City Gate, Gallowgate, Newcastle-upon-Tyne NW1 4PA

LOCAL AUTHORITY SERVICES

CENTRAL BEDFORDSHIRE COUNCIL

Priory House, Monk's Walk, Chicksands, Shefford SG17 5TQ

Tel : 0300 300 8000 or www.centralbedfordshire.gov.uk

email customer.services@centralbedfordshire.gov.uk

Contact the above for information on the following :-

Adult Social Care, the Blue Badge Scheme, Care Homes, Carers Helpline, Housing, Personal Alarms, Disability Resources, Elderly Safeguarding Matters, Complaints and all other Enquiries.

Other services include :

Adult Learning 0300 300 8110

Bulky Waste Items 0300 300 8302

Leighton Buzzard Library 0300 300 8059

Leighton Buzzard Theatre 0300 300 8125

Registrar (Births, Deaths, Marriages) Bossard House, West Street, LU7 1DA (call for an appointment) 0300 300 8089

ADULT CARE AND SUPPORT SERVICES - THE BEDFORDSHIRE & LUTON DIRECTORY 2018

Information on Home Support, Specialist Care, Care Homes. Call **0300 300 8303** to obtain a free copy.

LEIGHTON-LINSLADE TOWN COUNCIL

The White House, Hockliffe Street, LU7 1HD Town Clerk Mark Saccoccio Tel: 631920 or email info@leightonlinlade-tc.gov.uk
Open Mon-Thurs 9am-5pm, Fri 9am-4.30pm

The Council Committees are :

Leisure and Community / Planning and Transport / Policy and Finance / Partnership (with Central Beds) / Complaints
The public are invited to observe Council meetings to raise concerns or ask questions. For further details call 631916.

The Town Council is responsible for or involved with provision of :

Allotments, Cemeteries and the following **Events** :

Music in the Park – Sundays 3-5pm June to Sept, Parson’s Close

The Big Lunch – High Street, 1st Sunday in June

Anglia in Bloom Committee’s - Plant Stalls and Open Gardens

Canal Festival – Last Saturday in July, Tiddenfoot Waterside Park

Living History Heritage Day – October, in Town

Christmas Festival and Shopping weekend – Nov/Dec

Also provided by Leighton-Linslade Town Council are :

Grants for voluntary organisations

Local Information – e.g. Town Guide and Street Maps and bi-monthly ‘About Town’ newsletter

Markets – Tuesdays/Saturdays, Farmers Market 3rd Saturdays

Open Spaces – include Rushmere and Stockgrove Country Parks, Ousel Valley Meadows, Linslade’s Bluebell Wood, Tiddenfoot Park and Stanbridge Meadows

Parks – Parson’s Close, Page’s, Astral and Mentmore Parks and The Memorial Garden

Parking – see Town Map (available from the White House)

Disabled spaces are available in West Street and most car parks

Public Conveniences – at West Street car park, Parsons Close (summer only). NB Premises serving foods should have toilets

Sports and Exercise Facilities – Many are in the various parks and at Tiddenfoot Leisure Centre

Subsidised Afternoon Film Shows at the Library Theatre for the Over 55s. Call in or ring the White House 631920 for details

Two important town events run by voluntary committees are the **May Fayre** and the **Carnival**. The May Fayre is organised by LL Rotary Club contact Alan 754820. The Carnival is held in July contact Mark 379216 if you wish to help or take part. Both events fundraise to support local charitable groups and services.

NON EMERGENCY CONTACTS

BEDFORDSHIRE FIRE & RESCUE SERVICE – 01234 845000

For advice regarding fire safety and smoke alarms.

BEDFORDSHIRE POLICE - 01582 401212

For advice regarding home and car security.

But in an **EMERGENCY dial 999** for fire, police or ambulance.

RED CROSS EMERGENCY HELP - 07734 811785 or 852259

This service is available where a home has been burgled or suffered fire damage.

SPECIALISED SUPPORT GROUPS

The following charities and voluntary organisations provide information, advice and support relating to their specific core interest. Some also offer practical help, meetings, training and social group activities. They will give you full details if you ring or email and then be ready to welcome you.

ALZHEIMERS SOCIETY (DEMENTIA) - 01234 327380

www.alzheimers.org.uk Activity Group at Astral Park Sports and Community Centre, Tues fortnightly 10.30am-12.30 carers welcome. Dementia Support Hub - 3rd Thurs of the month 10am-12 at Leighton Buzzard Day Centre, Duncombe Drive – call number above to make an appointment.

THE HERBERT PROTOCOL - Designed to prevent people with dementia or other memory problems going missing and to improve response for locating them if they do. Email dementia@bedfordshire.pnn.police.uk or call 101.

AUTISM Beds - 01234 350704 www.autismbedfordshire.net

Helpline and support for individuals with autism and their carers, families and associated professionals.

CANCER SUPPORT - 01525 378759

This social group meets at the Salvation Army Hall in Lammas Walk on Fridays from 10.30am–12.30pm. Occasional outings, coffee mornings etc for those with, or recovered from cancer.

- **Macmillan Cancer Support - www.macmillan.org.uk**
0808 808 0000 Mon-Fri 9am-8pm
Emotional, practical and financial support to anyone affected.

- **Marie Curie Helpline 0800 0902309**
Mon-Fri 8am-6pm Sat 11am-5pm www.mariecurie.org.uk
Respite nursing care overnight and support through terminal illnesses.

CARERS in Bedfordshire - 0300 111 1919

Email contact@carersinbeds.org.uk

Support for those who look after a friend or relation with health, addiction or disability problems and who couldn't manage without their help. Ask about Carers Cafe, 'Understanding Dementia' courses and other support group activities.

CRUSE - BEREAVEMENT CARE – 841415 Mon, Tues, Thurs
9am-3pm www.cruse.org.uk Offers Counselling and one to one support. Urgent Helpline 0300 2004108

DAY CENTRE - DUNCOMBE DRIVE

Contact Lorraine - 372676

Offers whole day care to older people upon referral by a social worker. Assessed charge for meals etc. Offers respite to carers of very dependent relatives. Transport provided if needed.

DEAF SUPPORT - Contact Sandra 875191

Email sdowe@globalnet.co.uk Offers information about taster courses in sign language. Leaflet from www.deafsupport.org.uk

Lip Reading and Managing Hearing Loss Classes – Monday evenings in term-time at Morrison's. Molly Berry (ATLA) Call or Text 07741 095921 Email mb.lipreading@gmail.com

DIABETES – The Independent Diabetes Trust - 01604

622837 Email enquiries@iddtinternational.org also

DIABETES UK 0345 1232399 Mon-Fri 9am-6pm Information and helpline.

NATIONAL HEART HELPLINE 0300 3303311

MILTON KEYNES COMMUNITY CARDIAC GROUP – 01908

632999 enquiries@mkccg.org Community charity group offers weekly monitored exercise programme for cardiac and respiratory patients. Supervised environment guided by health professionals.

HOSPICE AT HOME VOLUNTEERS Contact Jane 854713

Support offered to families caring for someone with a life-limiting illness, allowing carers a break and patients some new companionship. www.hospiceathomevolunteers.org.uk

MOTOR NEURONE ASSOCIATION (MND) – Betty Jackson group contact - 01582 613052

Offers phone contact or visits by trained association visitors from the Luton based group. Advice, equipment and support to patient and carers. www.mndassociation.org

MULTIPLE SCLEROSIS THERAPY CENTRE - 01234 325781

155 Barker's Lane, Bedford MK41 9RX

www.mscentrebedsandnorthants.com Patients may self refer, ask to be assessed for therapy and/or counselling.

PARKINSON'S UK - Contact Ron Artis - 01582 667483

Leighton Buzzard social support group meets at St. George's Court, St George's Close LU7 1BF on 3rd Monday of each month.

ROYAL NAT. INST. BLIND Helpline - 0303 123 9999

For practical and emotional support for sight loss, including talking books. Email helpline@rnib.org.uk/talkingbooks

ROYAL VOLUNTARY SERVICE – 0845 6080122

RVS supports older people to stay independent at home and in their communities. www.royalvoluntaryservice.org.uk

SIGHT CONCERN - 01582 655554 (Luton Office)

www.sightconcern.org.uk or google 'sight concern bedfordshire' Offers advice, support, telephone befriending service.

STROKE ASSOCIATION Central Beds co-ordinator - 01582 690984 for local support.
Stroke Helpline is 0303 3033 100 www.stroke.org.uk

OTHER HELPFUL ORGANISATIONS

When you or a friend feel low or lonely, help of various kinds is available in our area to assist – here are some examples :

ADVICE CENTRAL - 0300 303 6666

Central Bedfordshire – Free and Confidential Advice.
www.advicecentral.org.uk

ADVOCACY – POHWER 0300 456 2362

Email pohwer@pohwer.net Help patients with complaints about health-service care or treatment.

AGE UK Bedfordshire Enquiries 01234 360510

78-82 Bromham Road, Bedford MK40 2QH
Services include gardening, handyperson, home help, money advice, personal alarm, housing matters and insurances.
Contact for details and charges – Open 9am-4pm Mon-Fri
www.ageukbedfordshire.org.uk

CITIZENS ADVICE LEIGHTON LINSLADE

(Advice Line) 01525 373878 (Admin. Line) 01525 374589
www.leightonlinsladecab.org.uk Bossard House, West Street,
Leighton Buzzard, Beds LU7 1DA
Provides free, confidential and independent advice on debt, welfare benefits, housing, employment, consumer and other issues.

CONTACT THE ELDERLY HQs 0207 240 0630

Georgina Sells – 0207 078 8998
Dedicated to tackling loneliness and social isolation among older people.

HELPING HANDS - 07581 799273 leave your name and number and the volunteers will ring back.
They offer friendship and a neighbourly helping hand to frail, older, sick or lonely people in Leighton/Linslade.

INDEPENDENT AGE – Freephone Helpline 0800 319 6789

An older people’s charity offering friendly contact and impartial advice on care, support, money, benefits, health and mobility. Call for advice, to order advice guides or register for their Friendship Services. www.independentage.org

LEIGHTON BUZZARD LIBRARY - 0300 300 8059

Lake Street opens Tues-Fri 9am-6pm Sat 9am-4pm
Services include free use of computers for 2 hours, jigsaw loans, CDs of the spoken word, also CDs and DVDs of films and music to hire. The Library holds a wide range of local information.

LINK - SENIOR CITIZENS ASSOC. - Myrna Green 372936

Meets at Duncombe Drive Centre 7pm on the last Monday of month (not Bank Holidays). A sociable evening with musical entertainment and a ‘cuppa’. Charge £3. Transport can be arranged if necessary for an extra £1.

PURPLE TRUST – 07929 264946 Helping older people enjoy today and look forward to tomorrow. www.purpletrust.co.uk

SAMARITANS – 116 123 Free call

Helps people through tough times – ring any time day or night.

SILVER LINE – 0800 470 8090 Free-call, 24 hours service

Offers friendship, confidential information and advice to older people by telephone or letter. www.thesilverline.org.uk

Your doctor may have suggestions for exercise or other activities to raise your spirits. If nervous, ask when you ring if someone from the group you choose, could meet and introduce. Also try, ‘Things to do’ and ‘Volunteering’ sections.

TRANSPORT

HOSPITAL TRANSPORT is limited to patients who meet stringent criteria. Ask the hospital concerned or your GP for contact details.

Please check before planning any journeys mentioned, as timetables and even routes are subject to change.

ACCESS HOSPITAL

- a) **High Wycombe** No.150 bus LB High St. to Aylesbury Bus station then Bay 11 for No. 300 to H.Wycombe – walk through shops to hospital.
- b) **Luton and Dunstable** No. F70 and F77 go from LB High Street towards L&D Hospital, they stop on Stanton Road which is a 10/15 minute walk to the hospital OR take the F70 or the F77 to Dunstable, change at Winston Churchill bus stop. From this stop take the No. 31 which stops outside the hospital.
- c) **Milton Keynes** No. 150 from High Street to MK railway station then local bus, every few minutes, to hospital.
- d) **Stoke Mandeville** No. 150 bus to Aylesbury bus station then Bay 11 for bus to Outpatients at hospital.

AIRPORTS To avoid crossing London if luggage and tube travel are a problem. **L.B. to Heathrow** Leave at Watford Junction and take Green Line 724, bus stand 2 outside station (travel time about 53 mins.) **L.B. to Gatwick** Via Luton on the Brighton Line or LB to Clapham Junction, change platforms (lift) Train times from 03457 484950 (travel time about 1hr. 45 mins)

L.B. to Luton Airport No. 70 bus to Dunstable, change at corner of Church Street onto Arriva bus A
(Travel Line 0871 200 22 33)

BUSES Several bus companies serve L.B. so contact Travel Line (as above) for information about routes and times.

BUZZER BUSES (Dial a Ride) for those unable to use public transport. Call 853566 between 10am and 4pm for details of registration, fares and bookings within 5 miles radius. Medical bookings 'prioritised'.

LEIGHTON BUZZARD VOLUNTARY HOSPITAL TRANSPORT

For patients who do not qualify for NHS non-emergency transport, are unable to use public transport nor obtain a lift from family/friends. Lifts to Milton Keynes, Luton & Dunstable, Stoke Mandeville, High Wycombe, Amersham and Bedford Hospitals. Please telephone **07873 497633** from 9am–5pm, Mon-Fri. We ask for a donation towards expenses.

SOUTH BEDS DIAL-A-RIDE can provide lifts to hospital from LB in cases of serious difficulty – check for charges and availability call Dave on 222331. Booking desk 373035. To enquire about hiring an electric scooter for use at designated shopping areas call 01525 220044.

TAXIS Try (01525) 636363/ 850605/ 375588/ 450450/ 371666/ 303477/ 372121

TRAINS National information line 03457 484950. Call at station for advice and timetables. MOBILITY LIFTS at the North end of the platform give access to/from car-park and all platforms. Parking is free for Blue-Badge holders. Extra help required should be booked at least 24hrs ahead on 0800 092 4260. Disabled Person Railcards available at www.disabledpersons-railcard.co.uk Senior Citizen Railcards provide 30% fare-reductions (not at peak hours) for over 60's. 1 year or 3 year cards available at station or www.senior-railcard.co.uk or by phone 0345 300 0205.

PLACES OF BELIEF AND WORSHIP

ALL SAINTS Church Square

Services: Sundays 8am, 9.15am and 6pm. Also 1st and 3rd Sunday Family service at 11.15am. Other services Tues 7.30pm, Wed 12noon, Thurs 10am and Sat 9am

Office 381418 weekdays email parish@allsaintslb.org.uk

Lunch Club 1st Wed of month. Coffee shop open Tues, Fri, Sat 10am-3pm call for details.

CHURCH OF THE GOOD SHEPHERD Greenleas School, Kestrel Way. Services : Sunday 9.45am Other activities/events contact Rev. Steve Marsh 838450 or email info@goodshepherdsandhills.org.uk

FRIENDS, QUAKER MEETING HOUSE Rear of 27/9 North Str. Services 10.45am 2nd and last Sunday of month Further details contact Terry Oakley 07989 872809

HOCKLIFFE STREET BAPTIST CHURCH Delta House, No. 33 Hockliffe Street. Office Contact Paul Peros on 371312 email paul.peros@leightonbaptists.org.uk Services: Sun 10.30am, Ladies Fellowship 2nd Thursday of month at 2pm. Open door cafe Tuesdays at 10am, Men's Fellowship group monthly – breakfasts and barbecues. Pastor Peter Chilvers

HUMANIST - For details of Humanist Meetings and Civil or Humanist Ceremonies contact Linda Marshall 07941 403445, Elaine Lever 01908 265866 email levere9938@btinternet.com For funerals or memorials Geoffrey Wood 07769 214444 Email woodgeoff@gmail.com

MOSQUES Nearest are the Central Mosque, Combourne Road, Luton LU4 8JD and The Islamic Cultural Centre, South Row Milton Keynes MK9 2PG 07957 128099.

SACRED HEART CATHOLIC CHURCH 5 Beaudesert Services : Sat 6.15pm, Sun 11am Health and Healing Group 10am-3pm Church Hall, lunch available Contact Fr. John Danford 372321

SALVATION ARMY CITADEL, Lammas Walk Major Anne Myers Tel: 373780 Services : Sunday 10.15am and 12noon Come and Meet Each Other – informal group for older people Tues 1-2.30pm also Ladies Group 2.15pm on Thursdays - refreshments supplied. Just come along.

ST. BARNABAS CHURCH Waterloo Road Services : Sun 8am and 10am, 6pm. Mon and Tues 9.30am Thurs 10am Fri 8.30am Parish Office 371802 Rev. B Minton 372149, Rev. W Jones 371638 www.stbarnabaslinlade.uk

ST LEONARD'S CHURCH Leighton Road, Heath and Reach Rev. Noel McGeeney Tel: 237633 Services : Sun 8.00am and 11am also Thurs at 7.30pm Office Open Tues, Wed, Thurs 10am-12noon on 07502 320025 Ring for details of coffee mornings and Men's Group meetings. Mindfulness meetings at 7.30pm on 2nd and 4th Wed of the month (lifts can be arranged – just ask) www.saintleonardschurch.com

SYNAGOGUES The nearest Synagogues are Dunstable Road, Luton via 020 8340 7655 or info@lutonhebrew.co.uk or at Milton Keynes, Hainault Avenue info@mkdrs.org.uk

TRINITY METHODIST CHURCH Rev. Weung-Wook Jung North Street LU7 1ES Office 371905
Services : 1st Sun of month 8.30am, 2nd and 4th Sun Early Church (family service) at 9.15am Main Sun services 10.30am and 6pm. Tuesday Shopper's Service and Coffee 10am. Fellowship, Sewing Circle etc. - ring for days and times.

Clubs, Churches and charities often have many different activities on offer so do contact them and ask or look at their website if you are able to. If you need a lift or assistance, let the 'contact' know – there may be a member who will help. They will not know if you do not ask.

The following sections '**Things To Do, Try or Join**' and '**Places To Go**' offer many suggestions for activities which are important in retaining physical and mental well-being in later age. The 'Things To Do' section includes some activities suitable whatever one's physical capability, though getting to venues can be a difficulty. These are **only a selection** of those available.

THE LIBRARY – 0300 300 8059 has further details of clubs, societies, social and learning opportunities. Just Ask!

LEIGHTON BUZZARD U3A For those over 50 not in full time employment - meets monthly at Brooklands Hall, Garden Leys, with a speaker. Membership Secretary 375855 or email membership@llu3a.gmail.com There are over 80 interest groups which meet at various venues. Activities range from Scrabble and Bridge to Gardening, Singing, Genealogy, Languages and Science, for example. Some groups arrange day trips, theatre visits and even holidays. www.u3asites.org.uk/leighton-linlade/home

THINGS TO DO, TRY OR JOIN

A SELECTION OF CLUBS AND SOCIETIES

Just ring the number, email or visit the website.

LEIGHTON LINSLADE ALLOTMENT ASSOCIATION – Contact

Chairman chair@ltaa.org.uk Secretary secretary@ltaa.org.uk

Information info@ltaa.org.uk or www.ltaa.org.uk

If looking for an allotment contact Town Council Clive McMellon
01525 631920 clive.mcmellon@leightonlinslade-tc.gov.uk

ARCHAEOLOGICAL AND HISTORICAL SOCIETY Sec. Elise Ward Tel: 07444 825809 email elise.ward@hotmail.com Meet at Linslade Community Hall (St Barnabas) Waterloo Road Linslade 2nd Wed of month 8pm. Members free. Non members £3.00. Activities include talks, walks, research and local 'digs'.

BUZZARDS 50+ SPORTS AND SOCIAL CLUB Tiddenfoot Leisure Centre Fridays 11-12 in studio for coffee and chat, discounted rates for some activities. Contact Mary Beard 374462

LEIGHTON BUZZARD DRAMA GROUP For details of membership, rehearsals etc contact the website www.lbdg.org.uk
The group produces several shows and the annual pantomime at the Library Theatre.

THE ROYAL BRITISH LEGION Contact office 373972 for opening times and activities at this community family club at the Bossard Hall, West Street.

CHOIRS There are many local choirs, for example :

Leighton Buzzard Festival Singers www.lbfs.org.uk

Linsdale Singers A small chamber choir. Contact info@linsdale.org.uk website www.linsdale.org.uk

Sandhill Singers A small community choir. Meet on Tuesday evening at St Georges Court. No audition. All who enjoy singing welcome. Contact Sue 01525 853644

Grand Union Community Choir Open to singers of all ages, www.grandunioncommunitychoir.org.uk

There may be a choir in your local area. Enquire at LB Library.

CONTACT THE ELDERLY - TEA PARTIES – 0800 716543 / 0207 240 0630 A network of volunteers organise free monthly Sunday afternoon tea parties for small groups of people aged 75 and over, who live alone. Offering a friendship link with a regular group of people. www.contact-the-elderly.org.uk

FUN FITNESS FOR FIFTY PLUS & SENIORS - FIT-4-EVER, FAB 50+, SIT N' STAY FIT Friendly groups – have fun, enjoy the music, feel the benefits and maintain a better quality of life. Jacqui Shaw 01525 211725/07756 930760 jaquistar@aol.com

FOLK DANCING The Linsleighders Club meets at the Forster Institute, on Wednesdays 8-10pm. Contact Elizabeth 378010 for details of this friendly and sociable activity. Come and try.

WORLD CIRCLE DANCES with simple steps in a friendly supportive atmosphere. Meet at The Friends Meeting House North Street Leighton Buzzard 2nd Monday of each month 8-9.30pm. Contact Jane 01525 370250 stringallj@yahoo.com or Jean 07732 857243 jeanvharding@gmail.com

GARDENING – See Volunteering section.

INSPIRING MUSIC – LEIGHTON LINSLADE MUSIC CENTRE Come and have fun making music with others at Vandyke School on Saturdays 9.30am to 12.30pm. Our Music centre welcomes people of any age and musical abilities. For details call 0300 3006604 or email inspiring.music@centralbedfordshire.gov.uk

LEIGHTON BUZZARD SOCIETY Aims to protect the local environment, past, present and future. Meets monthly at The Gables, 132 Wing Road - Contact Chairman Maurice 375217 or email macandwendy@hotmail.com for further details.

LEIGHTON BUZZARD MUSIC CLUB Why travel to London when the Music Club promotes eight concerts per season in our Library Theatre. High quality professional musicians. Free parking. www.lbmusic.co.uk, pick up a brochure at the theatre, or call David 01525 237369 or Brian 01908 644255 for details.

LEIGHTON/LINSLADE ROTARY CLUB

Contact secretary@leightonlinsladerotary.com for details. Organises the May Fayre, firework display in November, Santa Float in December, carol singing on Christmas Eve, the Brains of Leighton quiz in Feb/March and other local fund raising events for the community. The funds are returned to the community in the form of grants.

LEIGHTON BUZZARD PHILATELIC SOCIETY for stamp and postcard collecting. Contact Richard 373869 or John 370745 or email jowbesspencer@hotmail.com website www.lbstamps.com Meet at Linslade Community Hall, Waterloo Road, Linslade.

SPANISH GROUP (BEDS AND BUCKS) Contact Helen Trebisacce 07796 657912 Meet 2nd Wednesday of the month.

STITCHERS' CLUB Meets monthly in the Library. All kinds of knitting, crochet and sewing in a friendly group. Contact 0300 300 8059 (Library) or call in for dates of sessions.

WEA (WORKERS' EDUCATIONAL ASSOCIATION) Run courses and study days for adults. Secretary Brian Goodyear 07795 145657/01525 378471 email brian_goodyear@hotmail.com

WOMEN'S INSTITUTE Leighton Buzzard WI meet at 10am on the second Tuesday of each month at the Cricket Club. Contact Pam 01525 376985. For Linslade WI contact 01494 526685. For other local WI branch details ring WI House 01234 359538.

SPORTS, FUN AND FITNESS

ARCHERY Taster Sessions Sue/Jo at Silver Arrow 229374 at Edlesborough. Over 50s group on Thursday and people with disabilities catered for www.silverarrowarchery.co.uk

ATHLETICS Leighton Buzzard Athletic Club
Enquiries@leightonbuzzardac.co.uk

BOCCIA CLASSES (Similar to bowls) – Tudor Court, Water Lane LU7 1AQ Every Thursday Contact robinosborn77@googlemail.com

BOWLS Outdoor LB Bowling Club call 372033 or email lbbowling@yahoo.co.uk website www.lbbowling.co.uk
Indoors Leighton-Linslade U3A bowl at Bletchley on winter Fridays. Ring Laurence 377291. The U3A also run four short-mat bowling sessions at Mentmore Park Bowling Centre on Tues, Wed, Thurs, Fri 2-4pm call in or ring Group Sec. Steve on 838530.

CANOEING Contact Phil 631948 for details. Meet at boathouse rear of Cedars School Saturday mornings all year and Wednesday evenings in summer. All ages, coaching provided.

CHAIR PILATES FOR OVER 60S – Call Lydia 07710 402406 www.lydiapilates.com For anyone looking to stretch and mobilise their joints and muscles from a supported, seated position. Beneficial to anyone with arthritis, osteoporosis, joint problems.

CHAIR YOGA Class on Mondays from 11am to 12noon Forster Institute, Waterloo Road, Linslade LU7 2NR Contact Trish Munro on 01525 240741 Mobile: 07912627012 or email info@theyogafactory.co.uk or see www.theyogafactory.co.uk

CRICKET Leighton Buzzard Town Cricket Club email lbtccnickscott@outlook.com

CROQUET Judith 374620 email judith.cundell@btinternet.com
Lawns at Pages Park. Sessions most days April to October. Wear flat shoes, all equipment supplied. Gentle, sociable exercise to serious competitive levels as members wish.

CYCLING Cycle training (including beginners) road confidence, cycle sales, advice, repairs, cycle hire. Buzzcycles www.buzzcycles.org.uk email Buzzcycles@aol.com
Dorvics Cycles 01525 373060 www.dorvicscycles.co.uk
www.facebook.com/dorvics

LEIGHTON FUN RUNNERS Chairman Rob Laughton. Contact chairman@leightonfunrunners.org.uk or enquiries@leightonfunrunners.org.uk Tues-Thurs 7.15pm Bell Close Sports Centre and on Friday a.m. various places.

GOLF CLUBS Leighton Buzzard Golf Club 01525 244800, Three Locks Golf Club 01525 270470, Tilsworth Golf Club 01525 210721

SWIMMING Woburn Lido (summer only) call 01525 290611 www.woburn-lido.moonfruit.com Picnic area available.

TAI CHI Thursday 10-11am Linslade Community Hall (St Barnabas) Waterloo Road. Contact Gill 01908 310611

TENNIS Linslade Tennis Club www.linsladetennisclub.org.uk
Tele : 01525 384086 or email chairman rbraithwaite1@sky.com
Leighton Buzzard Tennis Club Contact Petula 07962806488
www.leightonbuzzardtennis.com

LIFESTYLES@TIDDENFOOT LEISURE CENTRE – 01525 375765 Mentmore Road, LU7 2AF. Contact for current activities, i.e. Senior Aquafit, 50+ Swim Club. Leisure card – free for over 60s, entitles the user to reduced charges.

WALKING FOOTBALL Contact Liam Broxup 07513 795940 LBroxup@cedarsupper.org.uk Cedars Upper School 3G Pitch, Mentmore Road, Leighton Buzzard LU7 2AE Dates Wed 7-8pm £1.50 per session.

YOGA For Older People Monday 9.30-10.45am at the Forster Institute, Waterloo Road, Linslade. More classes available via the website www.theroccitree.co.uk Contact Rocci 07790 986190

VOLUNTEERING - A FEW IDEAS

VOLUNTARY AND COMMUNITY ACTION – 01525 850559

Find out more about voluntary and community action groups Bossard House, West Street LU7 1DA.

Heath Band would like more people who play, or would like to learn a brass instrument, to join. Contact Chairman John Farmer on 01525 237836.

Work Aid Chesham collects and restores tools to help people in Africa and UK make a living. Could you collect, work on tools and sewing machines or pack them up? Contact 01494 775220 www.workaid.org or email admin@workaid.org

The **Charity Shops** need helpers – If you would like to offer assistance call in and enquire about what help they need.

Administration – Do you have accounting, committee, clerical or fund-raising skills which you could offer a charity? Contact 01525 850559.

The Friends of Leighton-Linslade in Bloom welcome new volunteers to join in with activities around the town which include the upkeep of two Community Gardens in the town's parks. If interested call David on 01525 370279 or John 01525 374323. Alternatively see www.facebook.com/LeightonLinsladeinBloom/

Helping Hands Volunteers give neighbourly help from occasional small jobs about the house to keeping someone company. Could you join the panel? Contact 07581 799273.

FRIENDS OF TIDDENFOOT WATERSIDE PARK Contact Tom on 379261 or 07775 567261 or by email tomwise60@talktalk.net Work parties meet monthly to maintain hedges, foliage, fences in this country park. For more details visit our website www.tiddenfoot.org.uk

L.B. Narrow Gauge Railway L.B Narrow Gauge Railway needs people to help from repairing and operating engines to serving in the shop or assisting with administration. Call Terry 01525 373888 www.buzzrail.co.uk email station@lbngrs.org.uk

Leighton Buzzard Voluntary Hospital Transport – needs drivers and admin support. Call 07873 497633 to find out more.

See also **Carnival** and **May Fayre Committees** page 8.

PLACES TO GO

This selection of places of interest and enjoyment is in two parts; the first is about those in or near the Town whilst the second means going farther afield. **A * indicates refreshment facility available.**

LOCALLY

Poor mobility may restrict which places people can reach but joining the Buzzer Buses (see Transport page) can help those who are unable to use public transport.

Astral Park Centre and the Meadows and Community Orchard beyond.

Canal-side walks/cycle rides and *pubs.

Community gardens – Pages Park* (watch cricket or croquet) and **Linslade Recreation Ground** (nr St Barnabas Church).

Linslade Woods – Contact John 234260 or email john_creasey@greensandtrust.org for directions.

Mentmore Park and Memorial Garden (watch football/tennis/bowls/cricket).

Pages Park Play Cafe in Pavilion* Mon-Fri Call Antonella 07763 659207 or Louise 07958 278506 Meet/Eat/Play – all ages welcome.

Parson's Close* Bands play in Summer Sundays 3-5pm. Timetable issued annually by Town Council.

L.B. Narrow Gauge Railway, Pages Park (*when trains run). Most Sundays and Wednesdays, more often in school holiday times. Contact 01525 373888 or email chairman@lbngr.org.uk

Riverside Walks e.g. off Firs Path or Taylors Ride down to the river, across the bridge to the Globe*.

Stockgrove* and Rushmere* Country Parks at Brickhill Road LU7 0BA and Leighton Road LU7 0EB Heath and Reach respectively – enquire on 234260. Parking charge on exit. Wheelchair available at Rushmere phone to book.

Tiddenfoot Waterside Park Mentmore Road

FARTHER AFIELD

Getting to some of these places without use of a vehicle can be a challenge but several clubs and societies run trips to places of interest e.g. W.I.s, U3A Theatre and Old Glory Groups.

Ascott House National Trust*, Nr. Wing – 01296 688242 or email info@ascotthouse.co.uk for opening times.

Ashridge Estate*, Nr. Berkhamsted HP4 1LT 01442 851227
Forest walks/picnics/visitor centre/cafe/Bridgewater monument

Ashridge House, Tours of House (August only) – 01442 843491
www.ashridgehouse.org.uk

Bletchley Park* 01908 640404 Gardens as well as codes, computers and WW2 exhibitions. For further info
www.bletchleypark.org.uk

Buckingham Railway Centre, Quainton* HP22 4BY off A41
North of Waddesdon 01296 655720 for details of 'steaming' days and other events.

College Lake Nature Reserve* 01442 826774 on B488. Near Tring HP23 5QG www.bbowl.org.uk Open daily 9.30am-4pm (last entry) Summer. 9.30am-3pm in Winter

Dunstable Downs Visitor Centre* Whipsnade Road, LU6 2GY 01582 500920 Kites, gliders, views, shop and displays.

Duxford Aircraft Museum* 01223 835000 CB22 4QR
Phone for news of flying days and other events.

Houghton Hall Park* Park Road N, Houghton Regis LU5 5FU
www.houghtonhallpark.org Visitor Centre.

Garden Centres – check for discounts/special days

Leighton Buzzard* Hockliffe Road 01525 850100

The Rye, Eaton Bray LU7 2BQ 01525 220104

Wyevale* Bulbourne, Tring HP23 5HF 01442 891393

Flitvale* Flitwick Road, Westoning, MK45 5AA 01525 712484

Frosts* Woburn Sands, Newport Rd MK17 8UE 01908 583511

Wyevale* Woburn Sands, Newport Rd MK17 8UF 01908 281161

Dobbies, Watling Street MK17 9JH 01908 364890

Grove 'Pick Your Own' fruit and vegetables

Ivinghoe LU7 9DZ 01296 668175 Ring to check availability.

Hitchin Lavender* Cadwell Farm, Ickleford, Hitchin, Herts SG5 3UR 01462 434343 www.hitchinlavender.com

Ivinghoe Beacon for walks and picnics LU7 9DJ

Marsworth* and Tring Reservoirs HP23 4LJ

Pitstone Windmill LU7 9ER – ring 01442 851227 for open days

Pitstone Green Museum, Vicarage Road LU7 9EY For open days and further info www.pitstonemuseum.co.uk

Jordan's Mill* 01767 603940 Langford Road, Broom, Near Biggleswade SG18 9JX info@jordansmill.com Tours of old mill. Riverside Cafe and gardens.

The Rex*, Berkhamsted - Art deco style for a different cinema experience. 01442 877759 www.therexberkhamsted.com

Shuttleworth House, Swiss Gardens, Vintage Aeroplanes and Cars Old Warden SG18 9EP* 01767 627927 Open April from 10am-5pm / Nov 10am-4pm. Occasional Flying Displays.

Stockwood Park and Discovery Centre*, London Road, Luton LU1 4LX Open Summer 10am-5pm, Winter 10am-4pm 01582 548600. Garden, Museum and Displays.

Totternhoe Nature Reserve off A489, Castle Hill Road, Totternhoe, LU6 1QQ Chalk Hills Site (SSI) Walking, picnics, scenery and wildlife 01234 364213

Theatres

Library Theatre, Lake Street, LB LU7 1RX Book 0300 300 8125

Waterside, Exchange St, Aylesbury HP20 1UG 0844 871 7607

Grove, Court Drive, Dunstable LU5 4GP 01582 602080

Milton Keynes, 500 Marlborough Gate MK9 3NZ 0844 871 7652

The Stables, Stockwell Lane, Wavendon MK17 8LU 01908 280800

Tring Natural History Museum* Akeman Street, Tring HP23 6AP Open 10am-5pm 2-5pm Sunday 020 7942 6171

Waddesdon Manor and Gardens* National Trust, Waddesdon, On A41 HP18 0JH Check for opening times/days 01296 820414

Whipsnade Zoo* 0344 225 1826 LU6 2LF

Open 10am-5.30pm Cars admitted – ring for details if disabled.

Woburn Abbey, Gardens, Tea Room, Shop and Deer Park*

Open April-Oct ring 01525 290333

Woburn Safari Park MK17 9QN* Open 10am-5pm Feb – Nov Limited through winter. To check call 01525 290407

Woburn Heritage Centre Open 2-4.30pm weekdays Old Church in centre of town. Ring to check opening 01525 290631 email greensinwoburn@gmail.com Wheelchair and mobility scooter access.

Wrest Park and Gardens*, Silsoe MK45 4HR 01525 860000 English Heritage property check www.english-heritage.org.uk for opening times and events.

MISCELLANY – HINTS AND SUGGESTIONS

Please note that where a private supplier is included, on recommendation, it may not be the only or best source (e.g. meals or footwear) it is the one we know about – other suggestions welcomed.

ACTION FRAUD – 0300 123 2040

UKs national fraud and cyber crime reporting centre
www.actionfraud.police.uk

THE 'BOBBY TEAM' Bedfordshire Police – 01234 842619

Free for 65+, carry out survey of house and identify vulnerable areas.

**Contact Central Bedfordshire Council to report -
Anti-social behaviour, Community Safety - 0300 300 8302
Bogus, callers and scams - Crimestoppers - 0800 555 111
Older Persons team (65+) - 0300 300 8303**

CINNAMON TRUST – 01736 757900

Charity for elderly people and their pets – volunteers visit housebound owners, walk dogs, foster pets if owner in hospital.
www.cinnamon.org.uk

COMPUTER HELP FOR BEGINNERS AT LIBRARY – 0300 300 8059 Free one hour 1-1 sessions. Call to book a session with a volunteer helper.

COMPUTING, ONLINE & DIGITAL SKILLS CLUB & DROP IN

01582 807152 www.communityonline.org.uk

Open to all. 1st Wednesday of Month 2pm-5pm LB Library.

HEALTHWATCH Central Beds Tel: **0300 303 8554**

Comments and concerns about health and social care services can be sent to Capability House, Wrest Park, Silsoe MK45 4HR.

LEGAL ASSISTANCE To find expert legal help for specific cases e.g. personal injury, planning disputes etc contact the Law Society www.lawsociety.org.uk 020 7320 5650 Mon-Fri 9-5.30pm

LETSBUZZ is the Local Exchange Trading Scheme. Members trade goods and services, including anything from home made cakes, garden watering to computer repairs. For information see our website www.letsbuzz.org.uk or email linfo@letsbuzz.org.uk or contact 01525 371837

MEALS – READY / DELIVERED

All the LB supermarkets supply frozen ready meals

Meals are also supplied/delivered by :

- Oakhouse Foods 0333 370 6700 www.oakhousefoods.co.uk
- Wiltshire Farm Foods 0800 077 3100 / 01525 242220
www.wiltshirefarmfoods.com
- Eg - Iceland delivers frozen meals and groceries - minimum spend £20 in shop and goods can be delivered to your home.

MONEY MATTERS To avoid loan sharks contact - LB **Credit Union**, which offers easy saving and affordable loans. Contact Tricia 01525 381184 or Head Office 01582 666877 for details or meet them at Barclays Bank 10am-12noon Tues or Sat. Debt advice also available from Citizen Advice Bureau or Age UK.

'MOTTS' OF AYLESBURY – DAYS OUT 01296 336666

For brochure www.mottsholidays.com

NEXTDOOR www.nextdoor.co.uk

Free local social network for your neighbourhood community - discuss your local area online, share practical advice, skills and resources.

ROGUE TRADERS Say NO to unexpected visitors and keep them out (use chain, back door locked) to avoid fraud, distraction burglary or intimidation. Suspect a rogue? Call Trading Standards 03454 040506, or in an emergency ring police 999. If making an appointment, arrange to have someone with you.

SCAMS beware. Never give passwords or bank details over the phone or at the door. If pressured, say you will wait until you have someone with you before agreeing to or signing anything.

'THE LITTLE BOOK OF BIG SCAMS' (Third Edition)

Comprehensive guide on fraud prevention by Metropolitan Police Service. If it sounds too good to be true – it probably is.

Download www.thamesvalley.police.uk or www.met.police.uk

SILVER TRAVEL ADVISOR www.silvertraveladvisor.com

Travel review and information for mature travellers

email service@silvertraveladvisor.com

TIDY TIPS

Leighton Linslade, Shenley Hill Road, LU7 3BT 0300 300 8302

open 9am-4.50pm every day except Xmas and N.Year days.

Thorn Turn off the A5. This tip has a reuse shop.

TIMEBANKING

Share skills and time. Typical exchanges range from gardening or small DIY jobs, dog-walking, baking, teaching crafts, to music and IT. All ages and ability are encouraged to get involved. Contact Gina on **01525 850559**

TRADING STANDARDS - Contact Central Beds **0300 300 8136**

For advice on assured (and Bogus) businesses.

or email trading.standards@centralbedfordshire.gov.uk

UNDELIVERED POST Ring 0345 6021021 Parcels can be collected from the centre.

WIDER FOOTWEAR For Problem Feet DB 'Wider Fit' Shoes Limited, Irchester Road, Rushden NN10 9XF 01933 311077

www.widerfitshoes.co.uk Also 'Cosy Feet' Shoes 01458 447275

www.cosyfeet.com Socks for diabetics or those with swollen

ankle problems www.expertverdict.com Enquiries 0344 482 6041

**Compiled and Edited by Bassett Road Surgery
Patient Participation Group**



Bandstand Drawing – P Holland

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**ROTARY CLUB OF
LEIGHTON LINSLADE**
