

Information for OLDER PEOPLE Leighton-Linslade Area



Grand Union Canal

Leighton-Linslade Area - **ISSUE 4**

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.

Compiled and edited by Leighton Buzzard Patient Participation Groups

All information included was gathered and checked by volunteers and is correct to the best of our knowledge at the time of printing. Details can quickly change, so we cannot be responsible for any errors or misinformation.

Please tell us about any corrections by emailing bassettroadppg@gmail.com

**Information for
OLDER PEOPLE
Leighton-Linslade Area
2024 – Issue 4**

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HEALTH SERVICES

GP SURGERIES

BASSETT ROAD SURGERY - 01525 373111/378387

29 Bassett Road, Leighton Buzzard LU7 1AR

www.bassettroadsurgery.co.uk

LEIGHTON ROAD SURGERY – 01525 372571

1 Leighton Road, Leighton Buzzard LU7 1LB
Unit 6,7,8, Ridgeway Court, Grovebury Road,
Leighton Buzzard LU7 4SF

www.leightonroadsurgery.nhs.uk

SALISBURY HOUSE SURGERY - 01525 243890

Lake Street, Leighton Buzzard LU7 1RS

www.salisburyhousesurgery.co.uk

LEIGHTON-LINSLADE HEALTH CONNECTIONS

01525 300780 25 Bassett Road, Leighton Buzzard LU7 1AR
(also working within the three practices). Details can be found on
your Practice website under the 'Leighton-Linslade Health
Connections' tab on the home page.

Working with the three Leighton Buzzard Practices and providing
services for the population. Services include: Phlebotomy, ECG,
Respiratory Testing, Physio Assessments, Social Prescribing,
Discharge Welfare Calls, Medication Reviews, Medication
Optimisation, Minor Illness Clinics, Learning Disability/Carers
Annual Health Checks, Care Home Visits.

BEDFORDSHIRE COMMUNITY HEALTH SERVICES

0345 602 4064 Email singlepoint.ofcontact@nhs.net

25 Bassett Road, Leighton Buzzard, Beds LU7 1AR

Can be contacted 24/7, 7 days a week for patients to call when
needed. Provide the following services for housebound patients
only: District Nursing, Community OT, Community Physio,
Chronic Fatigue Service, Warfarin and Phlebotomy Services,
Neuro Rehab, Community Matrons, Continence, Heart Failure,

Intermediate Care, Neurological Conditions (Parkinson's, MS, Epilepsy), Specialist Palliative Care, Wheelchairs, Tissue Viability Nurses and Podiatry and SALT.

Patients can self-refer for District Nursing, Physio, OT. Cancer psychology and other services are by GP or Healthcare professional referral. The Admiral Service (this is for the carer of the patient) - can be referred by anyone but the patient needs a confirmed diagnosis of dementia.

NHS111 – You can call 111 for help with an urgent medical problem 24 hours a day, 7 days a week or contact the service online at www.111.nhs.uk

LOCAL URGENT CARE SERVICES - If you feel very unwell and have an illness or an injury that requires urgent attention, but it's **not an emergency**:

MILTON KEYNES HOSPITAL URGENT CARE CENTRE

01908 303030 Standing Way, Eaglestone MK6 5NG
Open 24 hours, 365 days a year. To avoid an unnecessary journey, call 111 for medical advice.

LUTON URGENT TREATMENT CENTRE

Town Centre GP Surgery, 14-16 Chapel Street, Luton LU1 2SE
Open every day 8am-8pm (Doors close at 6pm daily, after 6pm access is via NHS111 appointment only).

BEDFORD URGENT TREATMENT CENTRE

Bedford Hospital, (Cauldwell Centre) Kempston Road MK42 9DJ
11am-11pm, 365 days a year.

In an emergency always call 999

LOCAL HOSPITALS WITH A&E 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 - 0300 330 0648
www.mind-blmk.org.uk or email hq@mind-blmk.org.uk

Supports positive mental health and wellbeing. Offers a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people.

BEDFORDSHIRE WELLBEING SERVICE

Call 01234 880 400 (from 9am-5pm Monday to Friday)

Email: elft.bedfordshiretalkingtherapies@nhs.net
www.bedfordshirewellbeing.nhs.uk

Unable to sleep, worried, low mood, tearful, anxious – Making a Positive Difference Through Talking Therapies.

PHARMACIES

Pharmacies/Chemists – can provide advice and 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

GROVEBURY - 01525 378993

Unit 2, Enterprise Court, Enterprise Way, Leighton Buzzard, Beds LU7 4SZ Open : Mon-Fri 9am-1pm 2pm-6pm

JARDINES - 01525 373391

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

PEAK PHARMACY - 01525 383686

17-19 Lake Street, Leighton Buzzard, Beds LU7 1RS
Open : Mon-Fri 9am-6pm Sat 9am-1pm

TESCO – 01525 441025 / 0345 677 9421

Vimy Road, Leighton Buzzard, Beds LU7 1ER
Open : Mon-Sat 8am-8pm Sunday 10am-4pm

TOUCHWOOD – 01525 370040

47 Coniston Road, Leighton Buzzard, Beds LU7 2PJ
Open : Mon-Fri 9am-5.30pm Sat 9am-1pm

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

PHARMACY FIRST This enables community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP. A record of the consultation will be made and shared with your GP. The conditions are, **sinusitis, sore throat, earache, infected insect bite, impetigo, shingles, uncomplicated urinary tract infections in women.**

LATE NIGHT PHARMACIES

BOOTS - 01908 585882

14 Winchester Circle, Kingston, Milton Keynes MK10 0BA
Mon-Sat 9am-9pm 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

QUEENSWAY PHARMACY – 01908 631699

143-145 Queensway, Bletchley MK2 2DY
Mon-Sat 7am-10pm Sun 10am-8pm

NHS DENTISTS

BRIDGE STREET DENTAL - 01525 376675

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

PREMIER CLINIC DENTAL PRACTICE - 01525 371000

10 Vandyke Road LU7 3HH www.premierclinicenterprises.co.uk

WEST STREET DENTAL PRACTICE - 01525 373205

West Street LU7 1DD www.weststreetdentalpractice.com

OUT OF HOURS DENTAL EMERGENCIES – Call NHS 111

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, Mandeville Road, Aylesbury, Bucks HP21 8AL www.fnhospice.org.uk Email buc-tr.fnh@nhs.net

KEECH HOSPICE CARE - 01582 492339

Great Bramingham Lane, Streatley, Luton, Beds LU3 3NT www.keech.org.uk Email letmehelp@keech.org.uk

SUE RYDER – ST. JOHNS HOSPICE CARE – 01767 642410

St John's Road, Moggerhanger, Bedford MK44 3RJ www.sueryder.org Email contact.stjohns@sueryder.org

WILLEN HOSPICE - 01908 663636 www.willen-hospice.org.uk

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

AIDS TO MOBILITY AND WELLBEING

THE DISABILITY RESOURCE CENTRE - 01582 470900

4 Mayfield Road, Dunstable LU5 4AP www.drcbeds.org.uk
Email info@drcbeds.org.uk. We offer support and advice for disabled people, carers, and individuals with long-term health conditions. Our advisors are available by phone and email: Mon-Thurs 9am-5pm and Fri 9am-4.30pm. We also offer a chat and collect service for mobility equipment and aids from our centre, no appointments required.

RED CROSS CONTACT - Shelia 01525 852259

For all Red Cross matters, call and be directed to the appropriate contact (including loan of mobility aids).

PERSONAL ALARM SERVICES

Help in an emergency - If you live or are often alone, being connected to an emergency helpline is important. It helps people to retain their independence and gives peace of mind to all concerned. There is a charge.

▪ **INDEPENDENT LIVING COMMUNITY ALARM SERVICE**

Emergency alarm service 24 hours a day

Contact 0300 300 5904

Email Lifeline@centralbedfordshire.gov.uk or visit www.centralbedfordshire.gov.uk/info/19/adults_and_older_people/305/help_to_live_at_home/6

▪ **TAKING CARE** - Age Co Personal Alarm Service. Personal Alarm Services for the elderly, working with Age UK.

www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/ **Contact 0800 011 3846**

WELLBEING WALKS/WALKING FOR HEALTH – Led by trained leaders, take place weekly and are free. Choice of short, intermediate or longer walks. **Leighton Buzzard** walks start at 10am from Bell Close car park, LU7 1RX. **Heath & Reach** walk starts at 10.30am from Bryants Lane Sports Ground car park LU7 1RX Email healthwalksLB@outlook.com or visit www.lbramblers.org.uk

FALLS PREVENTION - STRENGTH AND BALANCE SESSIONS

Improve strength and balance, avoid slips, trips and falls, build confidence and stay independent longer. Free 12-week programme at Tiddenfoot Leisure Centre - Tuesday 12.30pm.

You will need to be referred by your GP.

For info call **0300 300 6372** or email active.lifestyles@centralbedfordshire.gov.uk

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, Benefits, Blue Badge Scheme, Bus Passes,
Adult Learning, Care Homes, Carers Helpline, Council Tax,
Housing, Disability Resources, Elderly Safeguarding Matters,
Personal Alarms, Complaints and all other Enquiries.

Other services include :

Bulky Waste Items 0300 300 8302

Leighton Buzzard Library 0300 300 8059

Leighton Buzzard Theatre 0300 300 8125

Registrar (Births, Deaths, Marriages) 0300 300 8089

Bossard House, West Street, LU7 1DA

LEIGHTON-LINSLADE TOWN COUNCIL

The White House, Hockliffe Street, LU7 1HD

Town Clerk: Mark Saccoccio Tel: 01525 631920

Email info@leightonlinslade-tc.gov.uk

Offices open Mon-Fri 9.30am-3.30pm

Telephone enquiries Mon-Fri 8.30am-4.30pm

www.leightonlinslade-tc.gov.uk

Pick up a copy of **Leighton Buzzard and Linslade Official Town Guide & Map** from the White House.

The Council Committees are:

Cultural and Economic Services, Planning and Transport,
Policy and Finance, Partnership (with Central Beds),
Grounds and Environmental Services, Complaints

The public are invited to observe Council meetings to raise concerns or ask questions. For further details call 01525 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, June
Anglia in Bloom Committee - Plant Stalls and Open Gardens
Canal Festival – Last Saturday in July, Tiddenfoot Waterside Park
Living History Trail - permanent in Town, online App required
Christmas Festival and Shopping weekend – Nov/Dec

Also provided by Leighton-Linslade Town Council are :

Grants for voluntary organisations

National Award Winning Charter Markets – Tuesdays and Saturdays, Farmers Market on third Saturday

Open Spaces – include Ousel Valley Meadows, Bluebell Wood - Linslade, Tiddenfoot Waterside Park, Stanbridge Meadows and Peace Meadow – Linslade. Other nearby open spaces include Rushmere and Stockgrove Country Parks run by the Greensand Trust.

Green Flag Parks – Parson’s Close Recreation Ground, Pages Park, Linslade Recreation Ground, Linslade Memorial Playing Field and Garden of Remembrance. Other Parks include Astral Park and Pages Field.

Parking – see Town Map (available from the White House). Disabled spaces are available at West Street multi-storey car park, other pay car parks and Church Square.

Public Conveniences – at West Street car park, Parson’s 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.

Two important town events run by voluntary committees are the **May Fayre** and the **Carnival**. The May Fayre is organised by Leighton Linslade Rotary Club - contact Alan 01525 754820. The Carnival is held in July contact Mark 01525 379216 if you wish to help or take part. Both events fundraise to support local charitable groups and services.



Read more about the '55 Up' Town council initiatives; these include The Chatty Café (page 15), Community Agent (page 16) Movies for the More Mature (page 23) AbilityNet, previously Citizens Online (page 35), Legion Lunch Club (page 23)

BEDFORDSHIRE & LUTON ADULT CARE AND SUPPORT SERVICES DIRECTORY 2023/24

Information and advice about local care and support - Home Support - Specialist Care - Useful contacts - Care Homes.
Call **0300 300 8303** or **01234 276168** to obtain a free copy.
www.carechoices.co.uk

BEDFORDSHIRE POLICE - 01582 401212

Visit website www.bedfordshire.police.uk
Call 101 for non-emergency enquiries.

BEDFORDSHIRE FIRE AND RESCUE SERVICE provides Home Fire Safety Visits to people aged over 65 and those who live alone or who might be vulnerable. These free visits include fire safety advice, installation of smoke alarms and carbon monoxide monitors where needed, plus additional guidance on health, wellbeing and crime prevention. Book a visit at www.bedsfire.gov.uk or leave your contact details on Freephone 0800 043 5042.

FOR EMERGENCIES dial 999 for fire, police or ambulance.

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.

ALZHEIMERS SOCIETY (DEMENTIA) – General Support Line 0333 150 3 456 www.alzheimers.org.uk

TIBBS DEMENTIA SUPPORT – is a Bedfordshire charity that offers a range of activity and support groups for those living with dementia and their family carers. They currently offer a weekly cognitive stimulation therapy group, twice monthly walking group, and a twice monthly activity group, with more groups planned in the future. **Call Louise on 07483 951733** or email louise.evans@tibbsdementia.co.uk for more information, or to register your interest in joining a group.

To request **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.

ATAXIA UK - Ataxia, Friedrich's Ataxia, Spinocerebellar Ataxia, are rare neurological conditions that affect mobility, hand control, swallowing and clarity of speech. These result in progressive disability. For further info www.ataxia.org Tel: 020 7582 1444

AUTISM Beds - 01234 350704 Please check website www.autismbedfordshire.net Helpline and support for individuals with autism and their carers, families and associated professionals.

LEIGHTON LINSLADE CANCER SUPPORT GROUP - a local charity for and run by people in the area who have received a cancer diagnosis. Weekly meetings held on Friday mornings between 10.30am-12.30pm at The Salvation Army Hall, Lammas Walk, Leighton Buzzard LU7 1LB - everyone welcome to stay for a couple of hours or simply drop in for a coffee and a chat. There is always someone there to listen, understand and support.
Tel: Hilary or John 07905 553929 www.leighton-linslade-csg.org
Email llcsg@leighton-linslade-csg.org

• **MACMILLAN CANCER SUPPORT** - www.macmillan.org.uk
Emotional, practical and financial support to anyone affected.

• **MARIE CURIE - HELPLINE 0800 090 2309**
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

Website www.carersinbeds.org.uk

Provides essential support for those who look after a family member or friend with an illness, disability, dementia, a mental health condition or an addiction, who couldn't cope without them. The charity helps unpaid carers to look after their own wellbeing through one-to-one support, groups, events and activities, as well as giving information and advice, and access to Carer's Grants.

CRUSE BEREAVEMENT SUPPORT –

HELPLINE 0808 808 1677 Please see website for full details www.cruse.org.uk. Trained volunteers give support and information for the bereaved. Your GP may recommend Cruse.

THE CENTRE FOR HEALTH, HEALING AND COUNSELLING

supports people with life threatening and chronic illness, including Cancer, MS and Parkinson's. We meet Thursdays at Sacred Heart Church Hall, 5 Beaudesert. Contact Elaine on 01525 838859.

DIABETES UK - 0345 123 2399 Mon-Fri 9am-6pm

Email helpline@diabetes.org.uk www.diabetes.org.uk

• INDEPENDENT DIABETES TRUST - 01604 622837

Confidential helpline offering support to anyone affected by Diabetes - patients or relatives. Free quarterly newsletter, booklets and leaflets. Email enquiries@iddtinternational.org
www.iddt.org

NATIONAL HEART HELPLINE - 0300 330 3311

Call for medical enquires weekdays 9am-5pm www.bhf.org.uk

MILTON KEYNES COMMUNITY CARDIO-PULMONARY GROUP (MKCCG)

offers a free 6-week exercise rehabilitation course to people who have a heart or lung condition. We also offer a membership option which provides cardiac maintenance classes and long-term conditions classes to those who have completed their rehabilitation. You can be referred by a medical professional or self-refer via our website www.mkccg.org or contact us on (01908) 632999 or email enquiries@mkccg.org

HOSPICE AT HOME VOLUNTEERS – 01525 854713

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

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.

MOTOR NEURONE ASSOCIATION (MND) - 0808 802 6262

Beds - Group contact Rita Beaumont (Group Chair)

Email r.beaumont3@ntlworld.com 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

PARKINSON'S UK – 0808 800 0303 www.parkinsons.org.uk

- Local Group Monthly social and chat at Linslade Memorial Pavilion, LU7 2NZ For more information contact 07712 760273 or email socialbparkinsons@gmail.com

ROYAL NATIONAL INSTITUTE OF BLIND PEOPLE (RNIB)

Helpline - 0303 123 9999 www.rnib.org.uk

For practical and emotional support for blind and partially sighted people. Email helpline@rnib.org.uk

ROYAL VOLUNTARY SERVICE – 0845 608 0122

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

SIGHT CONCERN - 01234 311555 (Bedford)

www.sightconcern.org.uk Supports the visually impaired community in Bedfordshire. Offers advice, support, telephone befriending service.

STROKE ASSOCIATION - HELPLINE 0303 3033 100

www.stroke.org.uk If someone is having a stroke dial 999

OTHER HELPFUL ORGANISATIONS

ADVICE CENTRAL BEDFORDSHIRE - 0300 303 6666

Helps residents find the best free advice on a number of topics.

www.advicecentral.org.uk

ADVOCACY

– POHWER 0300 456 2362 / 0300 456 2370

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

- VOICEABILITY - 0300 303 1660 www.voiceability.org

Supports people to be heard in decisions about their health, care and wellbeing. An independent charity and one of the UK's largest providers of advocacy and involvement services.

AGE UK Bedfordshire Enquiries - 01234 360510

Email: enquiries@ageukbedfordshire.org.uk

Please contact for details and charges. Open 9am-4pm Mon-Fri
www.ageukbedfordshire.org.uk

THE CHATTY CAFÉ bringing the community together for a natter with tea and cake. Free every Tuesday 10am-1pm at the **Tactic Centre, 17 Hockliffe Street, LU7 1EZ**

Contact Rose 07538 331443 or Tactic 01525 373838

www.leightonlinlade-tc.gov.uk/tactic-centre

CITIZENS ADVICE LEIGHTON LINSLADE

(Advice Line) 01525 373878 (Admin Line) 01525 374589

www.leightonlinladecab.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.

LEIGHTON-LINSLADE HELPING HANDS - 07581 799273

A group of local residents who would like to help the elderly, frail, sick or lonely people. Please leave your name and number and the volunteers will ring back.

INDEPENDENT AGE – Freephone Helpline 0800 319 6789

An older people's charity offering 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 LINSLADE HELPERS - Helpline 01525 837219

or 07543 540997 Email help@leightonlinladehelpers.org.uk

A collective of community volunteers who came together to support their community through the Covid 19 lockdown in their town and surrounding areas. Now established in Leighton Buzzard High Street and continues to support the community, other agencies and wider Bedfordshire.

www.leightonlinladehelpers.org.uk

▪ **COMMUNITY FRIDGE** is a space where everyone can share surplus food. Access is open to all in the community who wish to use it, either to donate surplus food or to access available food. It is run entirely by Leighton Linslade Helpers for the community, located at 30 Waterborne Walk, LU7 3DH.

LEIGHTON LINSLADE COMMUNITY AGENT- 07498 62526

or email leightonagent@bedsrcc.org.uk

Offering free support over a range of issues such as identifying benefits you may be entitled to, completing forms e.g. Blue Badge applications, making informed choices with regards to health & transport, support for carers, joining social and voluntary groups, signposting to other organisations. This service is part of Leighton-Linslade Town Council's 55Up Project.

LEIGHTON BUZZARD LIBRARY - 0300 300 8059

Lake Street opens Tues-Fri 9am-6pm Sat 9am-4pm

The library holds a wide range of local information. Services include free use of computers for two hours, jigsaw loans, CDs of the spoken word, also CDs and DVDs of films. Various charges apply but free loans for children under 16. People with audio or visual impairment have their status adjusted on their ticket.

Theatre - 0300 300 8125

THE LIGHTHOUSE a free community mental health safe space at Wichello's Wharf, The Elms, Stoke Road, Linslade.

To contact the service call 01234 880400

Email elt-tr.bedfordiapt@nhs.net or visit the website www.bedfordshirewellbeingsservice.nhs.uk

RECLAIM LIFE - 01525 375740

6-8 Bridge Street, Leighton Buzzard, Beds LU7 1AL

Promotes emotional wellbeing and offers five free sessions of life coaching to anyone suffering from depression, anxiety, panic attacks, trauma or anger.

Call to arrange a session or drop in Monday-Friday 10am-1pm

www.reclaimlife.net Email info@reclaimlife.net

RE-ENGAGE – Freephone 0800 716 543

Office 0207 240 0630 Dedicated to tackling loneliness and social isolation among older people. Provide social connections – tea parties, call companions, activity groups, community Christmas. www.reengage.org.uk

SAMARITANS – Free call 116 123

Central telephone number 0208 314 8300

Helps people through tough times – ring any time day or night. Email jo@samaritans.org www.samaritans.org

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

'TOOGOODTOGO' lets you buy and collect food at a great price. Every day fresh food goes to waste at cafes and shops – just because it hasn't sold in time. This app lets you buy and collect this food at a great price, so it is not wasted. Download the phone app www.toogoodtogo.co.uk Email info@toogoodtogo.uk

TOTALLY LEIGHTON BUZZARD (and REPAIR CAFE

LEIGHTON BUZZARD) Email: totallyleightonbuzzard@gmail.com

A community action group who run the monthly Repair Cafe LB, a volunteer led event focusing on repairing things (together). 4th Saturday of month (not August or December) from 10.30am to 1.30pm at the Royal British Legion, West Street, LU7 1DA.

We also run other events such as Great Big Green Week, the town Volunteering Fair and Fun Palaces and trying to set up a Library of Things. We are part of the Jo Cox Foundation "More in Common" Network and are passionate about sharing skills, creating connections and loving where you live. On social media

Website www.linktr.ee/leightonbuzzard or www.repaircafe.org.uk

WARM SPACES – Community spaces offering warm space to help residents – see website for list of venues, days and times.

www.leightonlinlade-tc.gov.uk/council_events/warm-spaces/

WIDOWS AND WIDOWERS GROUP

Are you suffering a loss? Would you like to connect with others? Join support group for Widows and Widowers – Run by Widows Every Saturday, United Services Club, Dunstable. Contact Sue Owen on 07811 700282

YOUR WELLBEING BEDFORDSHIRE – 01234 838771

(Social Prescribing) - Free support to adults 18+ who are ready to make positive changes. Help connecting with your local community, enabling you to be more active and empowering you to make decisions to support your health and wellbeing. You can refer yourself or another person by visiting the website www.ywb.org.uk

BEDS RURAL COMMUNITY CHARITY - 01234 838771

Supports and delivers a wide range of rural development and community projects. To find out more visit www.bedsrcc.org.uk

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

- **High Wycombe Hospital** - Take the X4 (was 150) to Aylesbury bus station. The X4 runs from LB railway station, West Street and in some cases the High Street. From Aylesbury take the 300 to High Wycombe bus station. From there it is a 10-minute walk to the hospital.
- **Stoke Mandeville Hospital** - As above, take the X4 (was 150) to Aylesbury bus station. Change to the 300 or number 9/10 and get off at Stoke Mandeville Hospital.
- **Luton and Dunstable Hospital** - The F70 and F77 run to Luton and the nearest stop to the hospital is Stanton Road which is a 10 minute walk to the hospital. The F70/77 has many pick up points in Linslade and Leighton Buzzard.

• **Milton Keynes Hospital** - Take the X4 (was 150) to Coffee Hall roundabout leaving a 10-minute walk to the hospital. Alternatively, take the F70 and F77 from West Street getting off at Coffee Hall roundabout.

There are two Coffee Hall roundabouts – South and North. The X4 stops at Coffee Hall South but then turns left to go to Coffee Hall. The F70 and F77 from LB stops at both roundabouts – the nearest stop to the hospital from LB is Coffee Hall Roundabout North.

BUSES Several bus companies serve LB so call **0871 200 2233** (calls cost 12p per minute from landlines. Mobiles also cost 12p per minute plus there may be a mobile access charge) or use the **Traveline** website www.traveline.info for information about routes and times.

LEIGHTON BUZZARD VOLUNTARY PATIENT TRANSPORT (LBVPT) - 07873 497633 For patients who do not qualify for NHS non-emergency transport and who are unable to use public transport or obtain lifts from friends and family. Vetted volunteer drivers can take you to outpatient appointments at Milton Keynes, Luton & Dunstable, Stoke Mandeville, High Wycombe, Amersham and Bedford Hospitals. The driver waits and brings you back home after your appointment. We ask for a voluntary donation to cover the driver's expenses.

To book a driver or for more information please telephone our friendly call handlers from 9am–5pm Mon to Fri. Or visit our website at www.lbvpt.co.uk. If you are interested in joining LBVPT, as a volunteer please give them a call.

BUZZER BUSES (Dial a Ride) for those unable to use public transport. Call **01525 853566** between 10am and 4pm for details of registration, fares and bookings within five miles radius. Medical bookings 'prioritised'.

TAXIS Try (01525) 636363 / 450000 / 372131 / 452525 / 850605 / 377777 / 217217

TRAINS National Rail Enquiries 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 24 hours ahead on 0800 024 8997 for people 60 and over. Disabled Person Railcards www.disabledpersons-railcard.co.uk Senior Citizen Railcards for over 60's www.senior-railcard.co.uk

LEIGHTON BUZZARD AND LINSLADE AREA TRAVEL GUIDE

Pick up a copy from the Library, call 0300 300 8308 or visit www.centralbedfordshire.gov.uk/bus for more info.

PLACES OF BELIEF AND WORSHIP

ALL SAINTS Church Square Office 01525 381418 (Tues–Fri 9.30am–2.30pm) Email parish@allsaintslb.org.uk
Spire Coffee shop open Tues, Fri & Sat 10am-2pm
Bereavement Cafe - a support group in a social setting on the first Sunday of the month 2.30-4.00pm at the coffee shop

CHURCH OF THE GOOD SHEPHERD Astral Park Community Centre. Contact Rev. Steve Marsh 01525 838450 or email info@goodshepherdsandhills.org.uk

FRIENDS, QUAKER MEETING HOUSE 25 North Street at the rear of 27 North Street. Further details contact Terry 07989 872809

HOCKLIFFE STREET BAPTIST CHURCH Delta House, No 33 Hockliffe Street. Office 01525 371312 Email office@hsb.church

HUMANIST For details of Humanist Meetings and Civil or Humanist Ceremonies contact Linda Marshall 07941 403445 or Elaine Lever 01908 265866 Email levere9938@btinternet.com

KINGDOM HALL OF JEHOVAH'S WITNESSES
Nearest is 56 French's Avenue, Dunstable, LU6 1BH

LINSLADE BAPTIST CHURCH New Road, Linslade LU7 2LS
Tel: 07919 118707 Email info@linsladebaptistchurch.co.uk
www.linsladebaptistchurch.co.uk

MOSQUES Nearest are the Luton Central Mosque, 2-12 Westbourne Road, Luton LU4 8JD Tel: 01582 250986 and the Milton Keynes Islamic & Cultural Association, South Row, Milton Keynes MK9 2PG Tel: 01908 308151.

SACRED HEART CATHOLIC CHURCH 5 Beaudesert
Contact Fr. John Danford 01525 372321 or email parish.sacredheartlb@northamptondiocese.org

SALVATION ARMY CITADEL Lammas Walk Tel: 01525 850825
Come and meet at Souper Tuesday on the first Tuesday of each month 1.30-2.30pm

SPIRIT AND TRUTH CHURCH Leighton Buzzard
The Recreation Rooms, Mentmore Road
Please contact revleet@spiritandtruth.co.uk or call 07712760273 for more info.

ST. BARNABAS CHURCH Waterloo Road/Vicarage Road Parish
Office 01525 371802 Rev. B Minton 01525 372149
www.stbarnabaslinlade.uk

ST. LEONARD'S CHURCH Leighton Road, Heath and Reach
Rev. Noel McGeeny Tel: 01525 237633
Office Open Mon,Wed,Thurs 10am-12noon on 07502 320025
www.saintleonardschurch.com
Ring for details of coffee mornings and meetings.

SYNAGOGUES

The nearest Synagogues are 656 Dunstable Road, Luton
Tel: 020 834 35851 or email info@lutonsynagogue.org.uk or at
1 Hainault Avenue, Milton Keynes Tel: 07484 215112
or email info@mkdrs.org.uk

TRINITY METHODIST CHURCH North Street LU7 1ES
Office 01525 371905 Rev. Seung-Wook Jung 01525 372289
www.trinitylb.org.uk

THINGS TO DO, TRY OR JOIN

A SELECTION OF CLUBS AND SOCIETIES

CONTACT THE LIBRARY – 0300 300 8059 for further details of clubs, societies, social and learning opportunities.

LEIGHTON LINSLADE ALLOTMENT ASSOCIATION

Contact email membership@ltaa.org.uk Website www.ltaa.org.uk
www.facebook.com/leightonlinsladeallotmentassociation

For requests for allotment plots at either Weston Avenue or Alwins Field : Town Council contact Mr Ian Haynes
Town Council Email ian.haynes@leightonlinslade-tc.gov.uk
Town Council Tel: 01525 631920

ARCHAEOLOGICAL AND HISTORICAL SOCIETY

Meets monthly. Activities include talks, walks, research and local digs. For further details see the website www.lbdahs.org.uk

LEIGHTON BUZZARD ART SOCIETY (LBAS) Meet regularly for professional artist demonstrations, to make art together, visit galleries or just chat. www.lbas.org.uk

BOOK GROUP A friendly group that loves discussing various genres of both fiction and non fiction, lots of recommendations, on the 3rd Saturday of every month from 10-11.30am approx. At The Picture House, Lake Street (opposite the library).

BUZZARDS 50+ SPORTS AND SOCIAL CLUB Tiddenfoot Leisure Centre Fridays 11am-12noon in studio for coffee and chat. Contact Mary Beard 01525 374462

CHOIRS There are many local choirs :

- **LEIGHTON BUZZARD FESTIVAL SINGERS** www.lbfs.org.uk
- **LINSDALE SINGERS** A small chamber choir. Contact info@linsdale.org.uk website www.linsdale.org.uk
- **PHOENIX SINGERS** small, friendly group meet every Tuesday 11am-12.30pm Friends Meeting House, North Street. For more details call Anne Stokes 01525 790316
- **GRAND UNION COMMUNITY CHOIR** Open to singers of all ages www.grandunioncommunitychoir.org.uk

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

INSPIRING MUSIC The Music Centre welcomes people of any age and musical abilities. For details call 0300 300 6604 or email inspiring.music@centralbedfordshire.gov.uk

LEGION LUNCH CLUB – for those aged 55 and over and a resident of Leighton-Linslade Parish. Each Friday 11am-2pm at The Royal British Legion, Bossard House – Hot lunch with tea or coffee for £2. To book ring 01525 631920 (Bookings are required by 12pm on the Monday before the Lunch Club) For more details see www.leightonlinslade-tc.gov.uk/55-up-legion-lunch-club/

MOVIES FOR THE MORE MATURE Leighton Buzzard Library Theatre provides Wednesday afternoon film shows for residents aged 55+. Membership is free to Leighton Linslade residents and entitles you to discounted prices. Call in to the White House with ID to register or ring 0300 300 8125 for further details.

LEIGHTON BUZZARD MUSIC Why travel to London when you can enjoy our concerts in the local Library Theatre and St Barnabas Church. There are eight concerts per season. 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.

MUSIC24 SINGING CAFÉ Expect tea, coffee and cake, lots of singing and dancing. Aimed at those aged 55+ who are looking to get out and be involved in their community, in a fun, interactive, welcoming setting. Focusing on using the many benefits of music and singing to enhance and maintain mental and physical health and wellbeing. Suggested donation of £3 per person. Second and fourth Fridays of each month, 2–3.30pm at Astral Park Sports and Community Centre, Johnson Drive, LU7 4AY. Tel: Teela Hughes 01582 250024 or Email info@music24.org.uk

LEIGHTON BUZZARD PHILATELIC AND POSTCARD SOCIETY
for stamp and postcard collecting. Contact Richard 01525 373869
or John 01525 370745 or email jowbspender@hotmail.com
website www.lbstamps.com Meet at Linslade Community Hall,
Waterloo Road, Linslade.

RE-ENGAGE – TEA PARTIES AND COMPANIONSHIP
For more details contact 0800 716 543 / 0207 240 0630

A network of volunteers organises monthly 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.reengage.org.uk

LEIGHTON/LINSLADE ROTARY CLUB

Organises the May Fayre, Santa Float in December, carol singing
on Christmas Eve, the Brains of Leighton Quiz and other local
fundraising events for the community. The funds are returned to
the community in the form of grants. New members welcome.

www.leightonlinsladerotary.com

LEIGHTON-LINSLADE u3a

For those who are semi or fully retired. There are many interest
groups which meet at various venues. Activities range from art
appreciation, card and board games, languages, genealogy,
music, science to sport and walking. Main Monthly Meetings
include a speaker and are held at Brooklands Hall, Garden Leys.
For groups information contact 07730 715838.

For all details see www.leighton-linslade.u3asite.uk

THE ROYAL BRITISH LEGION Contact office 01525 373972 for
opening times and activities at this community family club at the
Bossard Hall, West Street.

www.rblb.co.uk

SPANISH GROUP (BEDS AND BUCKS) The group meets
monthly at the Black Lion in the centre of Leighton Buzzard for a
drink and chat in Spanish. Anyone is welcome to come and
practise their conversational Spanish. The group is on Facebook –
Beds and Bucks Spanish Group or Helen Trebisacce can be
contacted on 07796 657912.

FOR CRAFTERS

- **THE PICTURE HOUSE** Lake Street for knitting, crocheting, cross stitch, embroidery etc; beginner [or want to learn] or experienced we will be happy to see you between 10am-12 noon on any or all of the following days Wednesday, Friday or Saturday. More information call 07771518055.
- **THE SHIP** Linslade 1st and 3rd Thursday of the month 10am-12 noon and beyond, will be absolutely delighted to see any crafter, or want to be crafter, on these days.
- **KNIT & NATTER** All are welcome on the 1st and 3rd Tuesdays of each month from 10am until around 11.30am at The Tree of Life Cafe at the Garden Centre, Leighton Buzzard.
- **TIME 2 CRAFT** Meets every Friday 10 - 12 am. Leighton Buzzard Library. For further details contact the library. 0300 300 8059

WOMEN'S INSTITUTE

- **Leighton Buzzard Morning Group** For further details Email leightonbuzzardwi@gmail.com
- **Leighton Buzzard Riverside** First Thursday of each month at 7.30-10pm at The Salvation Army Hall, Lammas Walk LU7 1JA Elaine Morphew 01525 634010 Email elainemorphew@yahoo.co.uk
- **Linslade Larks** Second Wednesday of each month 9.45am-12noon at The Bowls Club, Mentmore Road, Linslade Chris Daniels 01525 370831 Email linsladelarks@outlook.com

**For any other local WI groups contact WI House in Bedford
Tel: 01234 370831**

WORLD CIRCLE DANCE - Dancing in a circle is a tradition common to many cultures for marking special occasions and strengthening community, set to both classical and contemporary music. Small friendly group, new members welcome. Come along and give it a try. You don't need a partner or special shoes. Heath Village Barn, Heath and Reach LU7 0AA
7.30-9pm, 2nd Monday of the month - £5 per session
Contact Jane 01525 370250 Email stringallj@yahoo.com
or Jean 07732 857243 Email jeanvharding@gmail.com

THE LINSLEIGHDERS FOLK DANCE GROUP every Wednesday 8-10 pm Forster Institute, Waterloo Road, Linslade, LU7 2NR - a variety of styles, including English, Playford (older English) and American Contra Folk dances. Contact Ann Tracey 01525 376015 antracey2@aol.com

WEA (WORKERS' EDUCATIONAL ASSOCIATION) Run courses and study days for adults.

Email leightonbuzzard.branch@wea.ac.uk

For further details contact 01525 309580

LEIGHTON BUZZARD NWR (National Women's Register)

A group of lively minded women who meet regularly for coffee, meals, discussion, cards, outings and much more. The choice is yours. Visit nwr.org.uk/network/groups/leighton-buzzard/

SPORTS, FUN AND FITNESS

ANGLING Leighton Buzzard Angling Club

Contact: Secretary Steve Barrett Tel: 07869 285081.

Membership/Licence applications from Browns, Grovebury Road

ARCHERY

Silver Arrow Archery Club Sparrow Hall Farm, Edlesborough LU6 2ES Indoor and Outdoor Ranges. Information

www.silverarrowarchery.co.uk – Contact: Richard Coleman

Tel: 07544 889090 or Email secretary@silverarrowarchery.club

Dunstable Bowmen Club Outdoor Field at London Gliding Club, Tring Road, Dunstable LU6 2JP. Club Nights: (Summer) Wed & Fri evenings at outdoor field (Winter) Thurs evening at Manshead

School Dunstable. Email colincherry@hotmail.com

www.dunstablebowmen.org.uk

ATHLETICS Leighton Buzzard Athletic Club

Email enquiries@leightonbuzzardac.co.uk

BOWLS

Leighton Buzzard Bowling Club Grovebury Road, LU7 4SW
Visit www.lbbowling.co.uk or email lbbowling@yahoo.co.uk
Tel: 01525 621683 to leave a message.

Linslade Bowls Club Linslade Memorial Playing Fields, Mentmore Road LU7 2NZ Outdoor and Indoor Tel: 01525 371507

CANOEING Meet at boathouse rear of Cedars School on Saturday mornings all year round and Wednesday evenings in summer.
See www.lbcc.org.uk or Email info@lbcc.org.uk

CRICKET - Leighton Buzzard Town Cricket Club Bell Close Sports Centre, Lake Street, Leighton Buzzard LU7 1RX
Tel: 01525 375140 Email enquiries@lbtcc.co.uk

LEIGHTON LINSLADE CROQUET CLUB plays from March to September in Pages Park. Play for fun or take it more seriously, it's up to you. Tel Gwyn 07557360746
See www.leightonlinsladedcroquet.org.uk or Email croquet-enquiries@leightonlinsladedcroquet.org.uk

CYCLING

Buzzcycles Cycle Training (including beginners), road confidence, cycle sales, advice, repairs and cycle hire. Information www.buzzcycles.org.uk Email routes@buzzcycles.org.uk

Dorvics Cycles Bridge Street, Leighton Buzzard LU7 1AH
Information www.dorvicscycles.co.uk or www.facebook.com/dorvics Tel: 01525 373060

LEIGHTON FUN RUNNERS Bell Close Sports Centre, Lake Street, Leighton Buzzard. Meets Tuesdays 7.15pm and various places/times on Wednesday to Fridays.
Contact by email enquiries@leightonfunrunners.org.uk or chairman@leightonfunrunners.org.uk

GOLF

Leighton Buzzard Golf Club, Plantation Road, Leighton Buzzard LU7 3JF Tel: 01525 244800 or Email office@lbgc.co.uk

Three Locks Golf Club, Great Brickhill MK17 9BH
Tel: 01525 270050 or Email info@threelocksgolfclub.co.uk

Tilsworth Golf Club, Tilsworth LU7 9PU Tel: 01525 210721

LEIGHTON BUZZARD RAMBLERS Cater for all levels of fitness, offering walks from 5-10 miles+ on Sundays and weekdays. Friendly, welcoming and fun group. See www.lbramblers.org.uk for more info and to see varied monthly timetable of walks. Also visit their Facebook Group.

EVERYONE ACTIVE - TIDDENFOOT LEISURE CENTRE, Mentmore Road, Linslade LU7 2AF. Swimming and various activities. Falls Prevention Classes on Tuesday 12.30pm (GP referral). Tel: 01525 375765 www.everyoneactive.com

SWIMMING WOBURN LIDO, Crawley Road, Woburn MK17 9QG (Summer only) Senior citizens 1.30pm-2.30pm weekdays. Information <https://woburnlido.weebly.com> Contact Murray Heining Tel. 07517 461977 or Email murray@murrayheining.co.uk

TENNIS

Linslade Tennis Club Linslade Memorial Playing Field, Mentmore Road LU7 2NY www.linsladetennisclub.org.uk
Email chairman@linsladetennisclub.org.uk

Leighton Buzzard Tennis Club Bell Close Sports Centre, Lake Street, Leighton Buzzard LU7 1RX Tel: Petula 07962 806488 or Email leightonbuzzardtennis@outlook.com

WALKING FOOTBALL

Total Football Leagues Cedars Upper School, Mentmore Road, Linslade LU7 2AE Outdoor 3G pitch
Tel: 07719 078022 or Email info@totalfootballleagues.co.uk

Outdoor Walking Football Every Thursday 6-7pm
Bryants Lane Sports & Recreation Ground, Heath & Reach LU7 9LD – Same rules as football but with NO running, only walking
To book your space visit www.bookwhen.com/activelifestyles
or call 0300 300 4248

SHORT WALKS IN BEDFORDSHIRE AND SURROUNDING AREAS www.bedfordshirewalks.co.uk

YOGA

Chair Yoga The Yoga Factory www.theyogafactory.co.uk
Tel: Trish Munro 01525 240741 or 07912 627012 Email info@theyogafactory.co.uk

The Rocci Tree, Forster Institute, Waterloo Road, Linslade LU7 2NR. For older people 1-2pm Tuesdays. Information www.theroccitree.co.uk, Email admin@theroccitree.co.uk
Tel: 07790 986190

VOLUNTEERING - A FEW IDEAS

BEDFORDSHIRE FIRE AND RESCUE volunteers promote fire safety in the community, support the free Home Fire Safety Visits service (formerly called Safe & Well), enable vulnerable people to access online help with fuel bills, and more.

Call 07543 301604, visit www.bedsfire.gov.uk or email janet.brennan@bedsfire.gov.uk to find out more.

To book a Home Fire Safety call Freephone 0800 043 5042.

CHARITY SHOPS need helpers – If you would like to offer assistance call in and enquire about what help they need.

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 01525 631920.

www.leightonlinsladeinbloom.co.uk

FRIENDS OF TIDDENFOOT WATERSIDE PARK

Contact Tom on 01525 379261 or 07775 567261 or by email tomwise60@talktalk.net Work parties meet monthly to maintain hedges, foliage, fences in this country park.

HEALTHWATCH CENTRAL BEDFORDSHIRE – plays a vital role in helping to ensure local people have a say in important decisions about their health and social care service. Call 0300 303 8554 or visit www.healthwatch-centralbedfordshire.org.uk

HEATH BAND would like more people who play, or would like to learn a brass instrument to join.

Email heathbandsecretary@gmail.com

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.

LEIGHTON BUZZARD 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 PATIENT TRANSPORT (LBVPT) needs volunteers to make this community scheme a success, can you help? Call 07873 497633 to find out more.

PATIENT PARTICIPATION GROUPS 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.

TOTALLY LEIGHTON BUZZARD (and REPAIR CAFE LEIGHTON BUZZARD) Email: totallyleightonbuzzard@gmail.com

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

PLACES TO GO

LOCALLY

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** (near St. Barnabas Church).

LEIGHTON BUZZARD NARROW GAUGE RAILWAY, PAGES PARK Most Sundays and Wednesdays, more often in school holiday times. Contact 01525 373888 or email chairman@lbngr.org.uk www.buzzrail.uk

LINSLADE WOODS – Contact Visitor Centre 01525 234260 for directions.

MENTMORE PARK AND MEMORIAL GARDEN (watch football/tennis/bowls).

PARSON'S CLOSE Bands play in Summer Sundays 3-5pm. Timetable issued annually by Town Council.

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 Linslade Road LU7 0EB Heath and Reach respectively – enquire on 01525 234260. Parking charge on exit. Wheelchair available at Rushmere - phone to book.

TIDDENFOOT WATERSIDE PARK Mentmore Road.

FARTHER AFIELD

ASCOTT HOUSE NATIONAL TRUST Near Wing – 01296 688242 or email info@ascotthouse.co.uk for opening times.

ASHRIDGE ESTATE Near 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 see <https://bletchleypark.org.uk>

BUCKINGHAM RAILWAY CENTRE Quainton HP22 4BY off A41 North of Waddesdon, 01296 655720 for details of 'steaming' days and other events. www.bucksrailcentre.org

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.

HOUGHTON HALL PARK 0300 300 8586 Park Road North, 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

Tring, Tring HP23 5HF 01442 891393

NuYard, Flitwick Road, Westoning, MK45 5AA 01525 712484

www.nuyardwestoning.co.uk

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

www.frostsgardencentres.co.uk

The Emporium 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.

www.grovefarmpyo.co.uk

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 www.nationaltrust.org.uk/pitstone-windmill

PITSTONE GREEN MUSEUM Vicarage Road LU7 9EY for open days and further info www.pitstonemuseum.co.uk
Museum Manager 07944 357715

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. www.shuttleworth.org

STOCKWOOD PARK AND DISCOVERY CENTRE London Road, Luton LU1 4LX Open Summer 10am-5pm, Winter 10am-4pm 01582 548600. Garden, Museum and Displays.
www.lutonculture.com

TOTTERNHOE NATURE RESERVE off A489, Castle Hill Road, Totternhoe, LU6 2BY Chalk Hills Site (SSI) Walking, picnics, scenery and wildlife 01234 364213

THEATRES

Library Theatre, Lake Street, Leighton Buzzard LU7 1RX
0300 300 8125

Waterside, Exchange St, Aylesbury HP20 1UG 0333 009 6690

Grove, Court Drive, Dunstable LU5 4GP 01582 602080

Milton Keynes, 500 Marlborough Gate MK9 3NZ 0333 009 6690

The Stables, Stockwell Lane, Wavendon MK17 8LU 01908 280814

TRING NATURAL HISTORY MUSEUM Akeman Street, Tring HP23 6AP Open 10am-5pm 2-5pm Sunday 020 7942 6171
www.nhm.ac.uk/visit/tring.html

WADDESDON MANOR AND GARDENS National Trust, Waddesdon, HP18 0JH. On A41. Check for opening times/days 01296 820414 www.waddesdon.org.uk

WHIPSNADE ZOO 0344 225 1826 LU6 2LF
Open 10am-5.30pm Cars admitted – ring for details if disabled.
www.whipsnadezoo.org

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.

WOBURN SAFARI PARK MK17 9QN Open 10am-5pm Feb–Nov
Limited through winter. To check call 01525 290407
www.woburnsafari.co.uk

WREST PARK AND GARDENS Silsoe MK45 4HR 01525 860000
English Heritage property check www.english-heritage.org.uk for
opening times and events.

MISCELLANY

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.

ACTION FRAUD – 0300 123 2040

UK's national fraud and cyber crime reporting centre
www.actionfraud.police.uk

THE 'BOBBY TEAM' Bedfordshire Police – 01234 842619

The Bobby Scheme is offered by Bedfordshire Police Partnership Trust. It provides home safety checks and can provide and fit home safety devices such as new locks, door chains and door viewers free of charge for vulnerable victims of crime/domestic abuse. www.bedsdv.org.uk/gt-help/bobby-scheme

GOVERNMENT BACKED BOILER GRANT SCHEME FOR PENSIONERS www.freeboilergrantscheme.co.uk/pensioners
CONTACT CENTRAL BEDFORDSHIRE COUNCIL TO REPORT -
Anti-social behaviour, Community Safety - 0300 300 8302
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

CRIMESTOPPERS UK – 0800 555 111

Visit www.crimestoppers-uk.org to use anonymous online form.

COMPUTING

- ABILITYNET (previously known as Citizens Online)

0300 180 0028 Email enquiries@abilitynet.org.uk

To help older residents get connected, anything from how to get on the web, search information, keep in touch with family and friends, book GP appointments or online shopping. If you need help give them a call. This service is part of Leighton-Linslade Town Council's 55Up Project.

- 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

Email apnavirsaproject@gmail.com www.communityonline.org.uk

Open to all. First Wednesday of month 2pm-5pm LB Library.

ENERGY SUPPLIERS PRIORITY SERVICES REGISTER

You'll be able to get a range of extra help should you need it – check the website to see if you are eligible to register.

www.ofgem.gov.uk/join-your-suppliers-priority-services-register

HEALTHWATCH Central Beds - 0300 303 8554

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

www.healthwatch-centralbedfordshire.org.uk or email

info@healthwatch-centralbedfordshire.org.uk

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 9am-5pm

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 370250

MEALS – READY / DELIVERED

- Oakhouse Foods 0333 370 6700 www.oakhousefoods.co.uk
- Wiltshire Farm Foods 0800 077 3100 / 01525 242220 www.wiltshirefarmfoods.com
- E.g. - 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. Email hello@money mattersbank.com or call Head Office 01582 666877 for details. Debt advice also available from Citizens Advice 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.

To report a Rogue Trader call 101.

Citizens Advice consumer helpline 0808 223 1133

www.citizensadvice.org.uk

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' (4th/5th 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

• **TO REPORT A SPAM TEXT** – Most phone providers are part of a scheme that allows customers to report suspicious text messages by **forwarding the text to 7726** (chosen as it spells 'SPAM' on alphanumeric keypad)

▪ **REPORT AND CHECK FINANCIAL SCAMS** – if you or anyone you know receives a call or message claiming to be from a trusted organisation and who suggests money should be transferred is being urged to **stop, hang up and call 159** to be connected to their bank's fraud prevention service.

SILVER TRAVEL ADVISOR 0800 412 5678

www.silvertraveladvisor.com Travel review and information for mature travellers Email service@silvertraveladvisor.com

TIDY TIPS

Leighton Linlade, Shenley Hill Road, LU7 3BT 0300 300 8302
open 9am-4.50pm every day except Christmas and New Year.
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 Bex on **07392 722296**

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

For advice on assured (and bogus) businesses.
or email trading.standards@centralbedfordshire.gov.uk

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

FOR NOTES

This booklet is available online at

www.leightonlinslade-tc.gov.uk
www.bassettroadsurgery.co.uk
www.leightonroadsurgery.nhs.uk
www.salisburyhousesurgery.co.uk

Front Cover Drawing
Tricia Lunt, Leighton Buzzard Art Society

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**Thanks to Leighton-Linslade Town Council for
funding the printing of this booklet.**