

# Information for **OLDER PEOPLE** Leighton Buzzard Area



**2016 - Issue 1**

**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.**

The information in this booklet was gathered and checked by volunteers and is correct to the best of our knowledge at the time of printing, but we cannot be responsible for any errors or misinformation. We trust you will find it helpful.

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

**Information for  
OLDER PEOPLE  
Leighton Buzzard Area  
2016 – Issue 1**

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.

## **Contents**

|  |    |
|--|----|
| HEALTH SERVICES .....                    | 2  |
| AIDS TO MOBILITY .....                   | 5  |
| LOCAL AUTHORITY SERVICES .....           | 7  |
| A) CENTRAL BEDFORDSHIRE COUNCIL .....    | 7  |
| B) LEIGHTON-LINSLADE COUNCIL.....        | 7  |
| SPECIALISED SUPPORT GROUPS .....         | 9  |
| OTHER HELPFUL ORGANISATIONS.....         | 11 |
| TRANSPORT.....                           | 13 |
| PLACES OF WORSHIP.....                   | 14 |
| THINGS TO DO .....                       | 16 |
| A SELECTION OF CLUBS AND SOCIETIES.....  | 16 |
| SOME SPORTS CLUBS .....                  | 18 |
| VOLUNTEERING.....                        | 19 |
| PLACES TO GO.....                        | 20 |
| Part One – Locally.....                  | 21 |
| Part Two – Farther Afield .....          | 21 |
| MISCELLANY – HINTS AND SUGGESTIONS ..... | 23 |

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# **HEALTH SERVICES**

## **GP SURGERIES**

### **BASSETT ROAD SURGERY - 01525 373111**

29 Bassett Road, Leighton Buzzard LU7 1AR

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

### **GROVEBURY ROAD SURGERY - 01525 851888**

Ridgeway Court, Grovebury Road, Leighton Buzzard LU7 4SF

[www.groveburyroadsurgery.org.uk](http://www.groveburyroadsurgery.org.uk)

### **LEIGHTON ROAD SURGERY - 01525 372571**

1 Leighton Road, Leighton Buzzard LU7 1LB

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

### **SALISBURY HOUSE SURGERY - 01525 243890**

Lake Street, Leighton Buzzard LU7 1RS

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

### **BASSETT ROAD CLINIC – 01525 751100**

Bassett Road, Leighton Buzzard, Beds LU7 1AR

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

## **OUT OF HOURS SERVICE**

If you need a doctor when the surgery is closed call your GPs normal telephone number and you will be put through to a Doctors Out Of Hours Call Adviser who will provide advice and assistance.

## **CALLING FOR NHS ADVICE**

If you are feeling unwell and need a telephone health assessment, please call the NHS **111** service free of charge from any phone.

You can check your symptoms on [www.nhs.uk](http://www.nhs.uk)

An annual **Flu Vaccination** is recommended for Patients aged 65 or over – Ask your GP when they are running clinics (from October onwards).

## **URGENT CARE CENTRES**

### **MILTON KEYNES HOSPITAL - 01908 303030**

Standing Way, Eaglestone, Milton Keynes MK6 5NG

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

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

### **LUTON AND DUNSTABLE HOSPITAL**

Lewsey Road, Luton, Beds LU4 0DZ

Open Daily 08.00–23.59 Call at A&E reception.

### **LUTON WALK IN CENTRE**

14-16 Chapel Street, Luton, Beds LU1 2SE

01582 709290 Open Daily 8am-8pm

**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

**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. The two systems available are :

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

Information from 0300 300 8146 [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Or **AID CALL** help at hand when you need it. This service is provided by Age UK Contact 01364 651555  
[www.ageuk.org.uk/alarm](http://www.ageuk.org.uk/alarm)

## **PHARMACIES**

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

### **LLOYDS - 01525 372175**

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

### **ROSEHILL (JARDINES) - 01525 373391**

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

### **TESCO - 0345 6779421**

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

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

## **NHS DENTISTS**

### **BRIDGE STREET DENTAL - 01525 376675**

17a Bridge Street LU7 1AH [www.bridgestreetdental.co.uk](http://www.bridgestreetdental.co.uk)

### **LEIGHTON BUZZARD DENTAL CENTRE - 01525 850058**

8a North Street LU7 1EN [www.lb dentalcentre.com](http://www.lb dentalcentre.com)

**PREMIER CLINIC ENTERPRISES LTD - 01525 371000**

10 Vandyke Road LU7 3HH (offers Mobile Dentistry – Private Patients only).

**WEST STREET DENTAL PRACTICE - 01525 373205**

West Street LU7 1DD [www.weststreetdentalpractice.com](http://www.weststreetdentalpractice.com)

**EMERGENCY DENTIST** – Call 0845 4647 to receive details of the out-of-hours dental service in your area.

**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](http://www.fnhospice.org.uk)

**KEECH HOSPICE CARE - 01582 492339**

Gt. Bramingham Lane, Luton, Beds LU3 3NT  
Email [info@keech.org.uk](mailto:info@keech.org.uk) [www.keech.org.uk](http://www.keech.org.uk)

**SUE RYDER – ST. JOHNS HOSPICE CARE – 01767 640622**

St Johns Lane, Moggerhanger, Beds MK44 3RJ [www.sueryder.org](http://www.sueryder.org)

**WILLEN HOSPICE - 01908 663636**

Milton Road, Willen, Milton Keynes, Bucks MK15 9AB  
[www.willen-hospice.org.uk](http://www.willen-hospice.org.uk)

**AIDS TO MOBILITY**

**BRITISH RED CROSS – 07834 525345**

For Mobility Aids (see Red Cross in Other Helpful Organisations for further information – page 12)

## **THE DISABILITY RESOURCE CENTRE**

Information, equipment and services for disabled people, their families and carers.

Poynters Road, Dunstable, Beds LU5 4TP

01582 470900 (9am-5pm Weekdays Closed Sat/Sun)

Wednesday's open to view and try aids and equipment.

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

## **SEATED EXERCISE – Call Lauren 0300 300 5125**

Tudor Court, Water Lane on Fridays 1.30-2.30pm Fee £2.00

**WALKING** - Walks for beginners, 20-45 minutes from Library  
10am Thursdays Contact Robin Osborn 0300 300 4621.

## **WALKING FOR HEALTH**

Walks for people who would like to take more exercise. These are regular, short walks led by trained walk leaders - free and at your own pace. Meet at Bell Close opposite Morrisons Garage –

Mondays 10am - Choice of 30, 60, 90 minute walks.

Contact Edith 376551 or [edithgriffith@btinternet.com](mailto: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 (CCG). The main office is at Capability House, Wrest Park, Silsoe, Beds MK45 4HR 01525 864430 email [enquiries@bedfordshireccg.nhs.uk](mailto:enquiries@bedfordshireccg.nhs.uk)

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

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

The Leighton Buzzard Locality CCG, represents the four local GP Practices and is part of the Beds CCG which commissions (i.e. arranges contracts with) the services needed to look after the health of local patients. The LB CCG can be contacted via Andrea 01582 557248 or at Matthew House, Matthew Street, Dunstable LU6 1SD.



# LOCAL AUTHORITY SERVICES

## A) CENTRAL BEDFORDSHIRE COUNCIL

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

Tel : 0300 300 8000 or [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

email [customer.services@centralbedfordshire.gov.uk](mailto: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

Day Centre – Duncombe Drive 01525 372676

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

Central Beds Council also works with the Greensand Trust to manage the Country Parks.

## 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.

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.

## B) LEIGHTON-LINSLADE COUNCIL

The White House, Hockliffe Street, LU7 1HD

Open Mon-Thurs 9am-5pm, Fri 9am-4.30pm

Town Clerk Mark Saccoccio For information Tel: 631920 or email

[info@leightonlinslade-tc.gov.uk](mailto:info@leightonlinslade-tc.gov.uk)

The Council Committees are :  
Leisure and Community / Planning and Transport / Policy and Finance / Partnership (with Central Beds) / Complaints

Further information regarding Committee Chairmen and meetings call 631920.

The public are invited to observe Council meetings to raise concerns or ask questions. For further details call 631916.

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

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

The May Day Fayre, High Street and Parson's Close

The Carnival Queen, procession and activities

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

The Big Lunch – High Street, 1<sup>st</sup> Sunday in June

Anglia in Bloom, Plant Stalls and Open Gardens May/June

Canal Festival – Last Saturday in July, Tiddenfoot Waterside Park

Living History Heritage Day – October, in Town

Christmas Festival and Shopping weekend – November

The Town Council also provide :

**Grants** for voluntary organisations

**Local Information** – e.g. Town Guide and maps, bi-monthly, About Town newsletter (includes Cllr's names)

**Markets** – Tuesdays/Saturdays, Farmers Market 3<sup>rd</sup> Saturday's

**Open Spaces** – such as Rushmere and Stockgrove Country Parks, Ousel Valley Meadows, Linslade's Bluebell Wood, Tiddenfoot Park and Stanbridge Meadows

**Parks** – include 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 shopper's and most other car parks

**Public Conveniences** – at West Street car park

**Sports 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 the White House 631920 for details

# SPECIALISED SUPPORT GROUPS

If you, or someone you know, are affected by a particular problem or condition you may well find this list includes a useful organisation to contact.

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

## **ALZHEIMERS SOCIETY (DEMENTIA) - 01234 327380**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk) Sociable Activity Groups at Delta House, 33 Hockliffe Street (opposite entrance to Library car park) and fun 'Singing for the Brain' Group at Trinity Methodist Church, North Street (opposite car park) Carers Welcome.

## **AUTISM Beds - 01234 350704 [www.autismbeds.org](http://www.autismbeds.org)**

Helpline for people with Autism and their carers – also local special film shows.

## **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 - 0808 808 0000**

Mon-Fri 9am-8pm [www.macmillan.org.uk](http://www.macmillan.org.uk)

Emotional, practical and financial support to anyone affected.

### **Marie Curie Helpline 0800 0902309**

Mon-Fri 9am-5pm [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

Care and support through terminal illnesses.

## **CARERS in Bedfordshire - 0300 111 1919**

Email [contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk) Arden House, West Street Support for those who look after a friend or relation with health, addiction or disability problems and who couldn't manage without them. Ask about Carers Cafe, 'Understanding Dementia' courses and other support group activities.

**CRUSE - BEREAVEMENT CARE - 841415**

[www.cruse.org.uk](http://www.cruse.org.uk) Offers Counselling and one to one support.

**DAY CENTRE - DUNCOMBE DRIVE**

**Contact Lorraine - 372676**

Offers whole day care once a week, upon referral by a social worker. Assessed charge for meals etc. Offers respite to carers of very dependent relatives. Transport arranged.

**DEAF SUPPORT - Contact Sandra 875191**

Email [sdowe@globalnet.co.uk](mailto:sdowe@globalnet.co.uk)

Offers help and taster courses in sign language. Leaflet available from [www.deafsupport.org.uk](http://www.deafsupport.org.uk)

**Lip Reading Classes – TEXT ONLY 07741 095921**

Can help anyone with hearing loss, Molly Berry (ATLA)  
[mb.lipreading@gmail.com](mailto:mb.lipreading@gmail.com)

**DIABETES – The Independent Diabetes Trust - 01604**

**622837** Email [enquiries@iddinternational.org](mailto:enquiries@iddinternational.org) also

**DIABETES UK 0345 1232399** email [info@diabetes.org.uk](mailto:info@diabetes.org.uk)

**HEARTBEAT – British Heart Foundation 01582 788650**

**HOSPICE AT HOME VOLUNTEERS**

**Volunteer co-ordinator 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](http://www.hospiceathomevolunteers.org.uk)

**ISOLATION/LONELINESS** See 'Other Helpful Organisations' (page 12) e.g. **Helping Hands** and **Age UK** and **Silver Line** (page 11)

**MIND – Community Mental Health 01525 382847**

Email [lbwc@mind-blmk.org.uk](mailto:lbwc@mind-blmk.org.uk) Ground Floor, Arden House, West Street LU7 1DD [www.mind.org.uk](http://www.mind.org.uk)

Leighton Buzzard Wellbeing Centre aims to promote mental health recovery and well-being for older people. It offers activities such as crafts, quizzes, discussion and relaxation.

**MOTOR NEURONE ASSOCIATION (MNDA) - 01582 613052**

Offers phone contact or visits by trained association visitors from the Luton based branch. Advice, equipment and support to patient and carers. [www.mndassociation.org](http://www.mndassociation.org)

**MULTIPLE SCLEROSIS THERAPY CENTRE - 01234 325781**

155 Barker's Lane, Bedford MK41 9RY

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. Georges Court, St Georges Close LU7 1BF

**R.N.I.B. Helpline - 0303 123 9999**

For practical and emotional support for sight loss, including talking books. Email [helpline@rnib.org.uk/talkingbooks](mailto:helpline@rnib.org.uk/talkingbooks)

**SAMARITANS – 08457 909090**

Helps people through tough times – ring any time.

**SIGHT CONCERN - 01582 655554**

Offers advice and occasionally a befriending service.

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

Offers confidential information, friendship and advice for older people [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**STROKE ASSOCIATION Central Beds co-ordinator - 01582 690984** for local support

Main Helpline is 0303 3033 100 [www.stroke.org.uk](http://www.stroke.org.uk)

## **OTHER HELPFUL ORGANISATIONS**

**ADVICE CENTRAL - 0300 303 6666**

Advice in Central Bedfordshire – Free & Confidential  
[www.AdviceCentral.org.uk](http://www.AdviceCentral.org.uk)

**AGE UK Bedfordshire Enquiries 01234 360510**  
**Welfare Services 01234 360562**

78-82 Bromham Road, Bedford MK40 2QH Age UK offers a range of services Gardener, Handyperson, Home Help, Money Advice, Personal Alarm, Housing Matters and Insurances. Contact them for full details and charges. Open 9.30am-4.30pm.

[www.ageuk.org.uk](http://www.ageuk.org.uk)

**CITIZENS ADVICE LEIGHTON LINSLADE (C.A.L.L)**  
**(Advice Line) 01525 373878 (Admin. Line) 01525 374589**

Online advice at [www.leightonlinsladecab.org.uk](http://www.leightonlinsladecab.org.uk)

Bossard House, West Street, Leighton Buzzard, Beds LU7 1DA  
Provides a free, confidential and independent advice service on debt, welfare benefits, housing, employment, consumer and many other issues.

**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.

**THE LIBRARY - 0300 300 8059**

Lake Street opens Mon-Thurs 9am-6pm Fri 2-6pm Sat 9am-5pm  
Services, include free use of computers for 2 hours, jigsaw loans, CDs and Cassettes of the spoken word, also CDs and DVDs of films and music to hire. The Library holds a wide range of local information.

**RED CROSS CENTRE - Shelia 852259**

Clipper House, Leighton Industrial Park, Billington Road, Leighton Buzzard LU7 4AJ - Mobility Aid Loans, short first-aid courses, opportunities to volunteer. Centre open weekdays 10am-1pm but please check before visiting.

**SENIOR CITIZENS ASSOCIATION - Myrna Green 372936**

The group meets at the Duncombe Drive Centre. A sociable evening with musical entertainment and a 'cuppa'. Charge £1. Transport can be arranged if necessary for an extra £1.

# TRANSPORT

Please check before planning any journeys mentioned below as timetables and even routes change.

**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 90 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 Winston Churchill pub 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'.

## HOSPITAL ACCESS

- a) **High Wycombe** No.150 bus LB High St. to Aylesbury Bus station then Bay 4 for No. 300 to H.Wycombe - through shops to hospital
- b) **Luton and Dunstable** No. 70 bus (not 70F) from High Street, stops outside hospital
- c) **Milton Keynes** No. 150 from High Street to MK station then local bus, every few minutes, to hospital
- d) **Stoke Mandeville** No. 150 bus to Aylesbury bus station then Bay 4 for bus to Outpatients at hospital

**HOSPITAL TRANSPORT** is limited to patients meeting stringent criteria. Ask the hospital concerned for details of how to contact the service.

**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.

**TAXIS** Try (01525) 456567/ 636363/ 850605/ 375588/ 450450/ 371666/ 303477

**TRAINS** National information line 03457 484950. Call at station for advice and timetables. MOBILITY LIFTS at the N. end of 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.

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](http://www.senior-railcard.co.uk) or by phone 0345 300 0205.

Many places of interest can be reached by train e.g. Berkhamsted (castle) via Watford for St.Albans (Abbey) and Kensington - (Olympia) Milton Keynes and, of course, Birmingham and London.

## PLACES OF WORSHIP

**ALL SAINTS** Church Square

Services : Sun 9.30am, 6pm Thurs 10am Office 381418  
Lunch Club 1<sup>st</sup> Wed of month contact Sheila Willett 370874  
Coffee shop open Tues, Fri, Sat 10am-3pm

**CHURCH OF THE GOOD SHEPHERD** Greenleas School, Kestrel Way. Services : Sunday 9.45am Other activities/events contact Rev. Paul Niemiec 385897.

**FRIENDS, QUAKER MEETING HOUSE** Rear of 27/9 North Str.  
Services 10.45am 2<sup>nd</sup> 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](mailto:paul.peros@leightonbaptists.org.uk)  
Services: Sun 10.30am, Ladies Fellowship 2<sup>nd</sup> Thursday of month. Open door cafe Tuesdays at 10am, Men's Fellowship group monthly – breakfasts and barbecues. Pastor Peter Chilvers



**LINSLADE METHODIST CHAPEL** Mentmore Road  
Service: 10.30am 2<sup>nd</sup> Sunday of month, Coffee Stop 10-12noon  
Wednesdays. Contact Rev. Wright 372289

**SACRED HEART CATHOLIC CHURCH** 5 Beaudesert Road  
Services : Sat 6pm, Sun 9am, 10.30am, 6pm  
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 Just come along.

**ST. BARNABAS CHURCH** Waterloo Road  
Services : Sun 8am and 10am, 6pm. Mon and Tues 9.30am and  
Thurs 10am Parish Office 01525 371802  
Rev. B Minton 372149, Rev. G Jones 371638

**ST LEONARD'S CHURCH** Leighton Road, Heath and Reach  
Services : Sunday Communion at 7.30 or 8.00am and Parish  
service 11am. Communion on Tuesday at 7.30pm  
Office 07502 320025 Open Tues/Thurs 10am-12noon Fri 2-4pm  
Ring for details of coffee mornings (lifts can be arranged) and  
monthly Men's Group Meetings.

**SYNAGOGUES** The nearest Synagogues are Dunstable Road,  
Luton via 020 8340 7655 or [info@lutonhebrew.co.uk](mailto:info@lutonhebrew.co.uk) or at Milton  
Keynes, Hainault Avenue [info@mkdrs.org.uk](mailto:info@mkdrs.org.uk)

**MOSQUES** Nearest are the Central Mosque, Westbourne Road,  
Luton LU4 8JD 01582 488287 and The Islamic Cultural Centre,  
South Row MK9 2PG 07957 128099.

**TRINITY METHODIST CHURCH** North Street LU7 1ES  
Office 371905 Rev. Nigel Wright  
Services : Sun 9.15am, 10.30am and 6pm. Tuesday Shopper's  
Service and Coffee 10am. Fellowship, Sewing Circle etc ring  
Debbie in office for days and times.

If you need a lift or other assistance, do 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**' 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.

The lists which follows are only a selection of those available in the Town.

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

**LEIGHTON BUZZARD U3A** Open to those over 50 not in full time employment - meets monthly at Brooklands Hall, Garden Leys, with a speaker. Contact Membership Secretary, 375855 for details or email [membership@llu3a.org.uk](mailto:membership@llu3a.org.uk). There are over 70 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.leightonlinladeu3a.org.uk](http://www.leightonlinladeu3a.org.uk)

## THINGS TO DO

### A SELECTION OF CLUBS AND SOCIETIES

**ALLOTMENT SOCIETY** contact secretary for details of membership and meetings [sec@lbaa.org.uk](mailto:sec@lbaa.org.uk) or [simon810@sky.com](mailto:simon810@sky.com)

**ARCHAEOLOGICAL AND HISTORICAL SOCIETY** Sec. Bernard 376550 Meet at St. Barnabas, Waterloo Road 2<sup>nd</sup> Wednesday of month 8pm. Activities include talks, walks research and local 'digs'.

**AMATEUR DRAMATICS LEIGHTON MASQUERADERS** Contact Emma 839185 or email [emma\\_whalley@hotmail.uk](mailto:emma_whalley@hotmail.uk) for details.

**L.B. DRAMA GROUP** Bob 07710 472196 or email [jo@lbdg.org.uk](mailto:jo@lbdg.org.uk) for details of membership, rehearsals etc. 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** Some Churches have a choir as one of their social activities. Diane Jackson 373924 runs Mentmore Chapel Choir opposite Mentmore Road Park at 2.30pm on Tuesdays.

**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 a session for free.

**FRIENDS OF TIDDENFOOT WATERSIDE PARK** Contact David 634826 or by email [david.ayers@btinternet.com](mailto:david.ayers@btinternet.com) Work parties maintain the hedges, foliage, fences in this country park.

**FRIDAY CLUB – FOR THE OVER 59’s** Call in for a taster session at this very popular club which meets at the Sports Hall, off Lake Street opposite Morrisons garage on Fridays 10.30am-12.30pm.

**GARDENING CLUB** Linslade Horticultural Society Lesley Cervantes 376466 email [cervantes528@btinternet.com](mailto:cervantes528@btinternet.com) Newsletter, holds produce shows and other events for gardeners.

### **HAPPY OLDIES OVER SIXTIES CLUB**

Social Club for the over sixties in Leighton Buzzard and Linslade at Bedford Street Community Centre (opposite East Street) at 1.30pm – Sylvia 852755.

**LEIGHTON BUZZARD SOCIETY** Aims to protect the local environment, past, present and future. Meets at The Gables, 132 Wing Road - Contact Chm. Maurice 375217 or email [macandwendy@hotmail.com](mailto:macandwendy@hotmail.com) for further details.

**LEIGHTON BUZZARD MUSIC** Arranges concerts and recitals at the Library Theatre Contact Alan 01908 643091 or David 237369. Details in local press.

**LEIGHTON/LINSLADE ROTARY CLUB** Meet at the L.B. Golf club Contact Alan 754820 or [info@leighton-linsladerotary.com](mailto:info@leighton-linsladerotary.com)

**STAMP COLLECTING (PHILATELY)** Contact Richard 373869 or John 370745 or email [jowbspencer@hotmail.com](mailto:jowbspencer@hotmail.com) Meet at St Barnabas Hall.

**STITCHER'S 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 (WORKER'S EDUCATIONAL ASSOCIATION)** Run courses and study days for adults. Ken Prosser Sec. of Branch 210294.

**WOMEN'S INSTITUTE'S** Ring WI House 01234 359538 for details of places and times in Leighton-Linslade and who to contact.

## **SOME SPORTS CLUBS**

**ANGLING** L.B. Club email [david.ayers@btinternet.com](mailto:david.ayers@btinternet.com) Luton Club (fish locally) Gary on 07810 803581

**ARCHERY** Taster Sessions Sue/Jo at Silver Arrow 229374 at Edlesborough. Over 50's group on Thursday and people with disabilities catered for [www.silverarrowarchery.co.uk](http://www.silverarrowarchery.co.uk)

**ATHLETICS** Rob email [bennets-3@tiscali.co.uk](mailto:bennets-3@tiscali.co.uk) or Tom on 07968 966091 Meet Wednesday evenings for runs.

**BOWLS** Outdoor L.B. Bowling Club call 372033  
Indoors U3A bowl at Bletchley on Friday's ring Laurence 377291  
U3A also run short-mat bowls.

**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.

**CRICKET** Leighton Town Club email [allanwhatmore@yahoo.co.uk](mailto:allanwhatmore@yahoo.co.uk)

**CROQUET** - Judith 374620 email [judith.cundell@btinternet.com](mailto:judith.cundell@btinternet.com)  
Lawns at Pages Park sessions most days April to October.

**CYCLING** Buzzcycles Sam on 07736 474410 Weekly rides – road or mountain. Or ring Chris 382343 for cycle training (including beginners) road confidence and cycle maintenance.

**FUN RUNNERS** Laura email [laurandavid@yahoo.com](mailto:laurandavid@yahoo.com) Meet 7.15pm Tues and Thurs Bell Close, Sports Centre off Lake Street.

**GOLF CLUBS** Plantation Road 244800 / Tilsworth 210722 / Three Locks 270470

**PETANQUE** Group meets at the Axe and Compass, Heath and Reach. Contact Cindy email [cindyspencer@life.co.uk](mailto:cindyspencer@life.co.uk)

**SWIMMING WOBURN LIDO** (summer only) call 29061

**TAI CHI** Gill on 01908 310661 Thursdays at St. Barnabas, Waterloo Road also Trinity Church Hall on Friday.

**TENNIS L.B. CLUB** email [kirsty.neary@homecall.co.uk](mailto:kirsty.neary@homecall.co.uk)  
Linslade Club email [Richard.braithwaits@sky.com](mailto:Richard.braithwaits@sky.com)

**TIDDENFOOT LEISURE CENTRE – 01525 375765**  
Mentmore Road, LU7 2AF. For news of current activities, such as Senior Aquafit, 50+ Swim Club. Leisure card – free for over 60s, entitles the user to reduced charges.

**WALKING FOOTBALL** meets Wednesdays 6-7pm Cedars School, Mentmore Road. Call Lauren 01582 567718 email [lauren.impey@bedfordshireFA.com](mailto:lauren.impey@bedfordshireFA.com)

**YOGA** Mon/Wed 7.30pm Cedars School Dee 377542 or Trinity Methodist Church, North Street Tues 9.45am Alison 210553, or Tiddenfoot Thurs check times on 375765.

## **VOLUNTEERING**

**VOLUNTARY AND COMMUNITY ACTION - 01525 850559**  
Find out more about voluntary and community action groups Bossard House, West Street LU7 1DA [www.voluntaryworks.org](http://www.voluntaryworks.org)

Here are a few ideas :

Heath Band would like more people who play or who would like to learn a brass instrument to join. Call Simon 377275.

Work Aid Chesham collects and restores tools to help people in African countries make a living. Could you collect, work on tools and sewing machines or pack them up? Contact 01494 775020 [www.workaid.org](http://www.workaid.org)

Some schools ask for people to listen to children practising their reading – Contact Voluntary and Community Action 850559.

The Charity Shops need helpers – could you check jigsaws donated, work the till, sort the toys or tidy the stock?

Administration – Do you have accounting, committee, clerical or fund-raising skill which you could offer a charity?

The Leighton in Bloom campaign needs even more people to help and also to keep the Community Garden in Pages Park in tip-top condition. Call David on 370279.

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

Friends of Tiddenfoot Waterside Park - Help to maintain the area (see page 17).

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 373888.

## **PLACES TO GO**

This selection of places of interest and enjoyment is in two parts; the first is about those which are in or near the Town whilst the second means going farther afield.

## **Part One – 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. A \* indicates refreshment facility available.

**Canal-side walks**/cycle rides and \*pubs.

**Community garden – Pages Park** (possibly watch cricket or croquet).

**Garden Centre\*** Hockliffe Road 850100

**Linslade Woods** – Friends of Group. John on 237760 or email [johncreasey@greensandtrust.org](mailto:johncreasey@greensandtrust.org) for directions.

**Mentmore Park and Memorial Garden** (possibly watch tennis/bowls).

**Parson's Close\*** Bands play on Summer Sundays 3-5pm.

**L.B. Narrow Gauge Railway, Pages Park** (\*when trains run). Most Sundays and Wednesdays, more often in holiday times. Contact 373888 or email [chairman@lbngr.org.uk](mailto: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 0BE Heath and Reach respectively – enquire on 237760. Parking charge on exit.

## **Stanbridge Meadows and Orchard**

**Tiddenfoot Waterside Park** Mentmore Road

## **Part Two – Farther Afield**

Getting to some of these places without use of a vehicle can be a problem but several clubs and societies run trips to places of interest e.g. W.I.s, U3A's Theatre and Old Glory Groups. A \*indicates refreshments available.

Just a few ideas!

**Ascott House National Trust\***, Nr. Wing – 01296 688242

**Ashridge Forest\***, Nr. Berkhamsted 01442 851227 Walks and picnics

**Ashridge House**, Tours of House – 01442 843491

**Bletchley Park\*** 01908 640404 Gardens as well as codes, computers and WW2 exhibitions.

**College Lake Nature Reserve\*** 01442 826774 on B488. HP23 5QG Open 9.30am-4.30pm [www.bbowt.org.uk](http://www.bbowt.org.uk)

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

**Duxford Aircraft Museum\*** 01223 835000 CB2 4QR  
Phone for news of flying days and other events.

### **Garden Centres**

The Rye, Eaton Bray LU7 2BQ

Wyevale\* Bulbourne, Tring HP23 5HF 0844 2885152

Flitvale\* Flitwick Road, Westoning 712484

Woburn Sands, Newport Road, MK17 8UE

Frosts\* 01908 583511 and Wyevale\* 0844 2885051

### **Grove 'Pick Your Own' fruit and vegetables**

LU7 9DZ 01296 668175 Ring to check availability.

**Ivinghoe** – Beacon, Windmill and reservoirs at Marsworth HP23 4LJ. **Pitstone Windmill** – ring 01442 851227 for opening days. **Pitstone Green Museum**, Vicarage Road LU7 9EY Call 01582 605464

**Jordan's Mill\*** 01767 603940 Langford Road, Broom, Near Biggleswade [info@jordansmill.com](mailto:info@jordansmill.com) Riverside Cafe.

**Quanton Heritage Railway\*** HP22 4BY off A41 North of Waddeson 01296 655720 for details of 'steaming' days and other events

**Shuttleworth Aircraft Collection, Displays and Gardens\*** Old Warden SG18 9EP 01767 627927 Open April 10am-5pm / Nov 10am-4pm



**Stockwood Park and Museum\***, London Road, Luton LU1 4LX  
Open 10am-4pm, Sunday 11am-4pm 01582 738714

**Totternhoe Knolls Nature Reserve** off A489 West of Dunstable  
Chalk Hills Site (SSI) Walking, picnics, scenery and wildlife

### **Theatres**

Waterside, Exchange Street, Aylesbury HP201UG 0844 871 7607  
Grove, Dunstable 01582 602080  
Library Theatre Box Office 3000 300 8125  
Milton Keynes, Marlborough Gate 0844 871 7652  
The Stables, Stockwell Lane, Wavendon 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,  
A41 HP18 0JH Check for opening times/days 01296 653226.

**Whipsnade Zoo and Safari Park\*** 0344 225 1826 LU6 2LF  
Open 10am-6pm Cars admitted – ring for details if disabled.

**Woburn Abbey and Deer Park\*** Open 10am-5.30pm ring  
290333 **Woburn Safari Park\*** Open 10am-5pm 290407  
**Woburn Heritage Centre** Open 2-4.30pm weekdays Old Church  
in centre of town. Ring to check opening 290631.

**Wrest Park and Gardens**, Silsoe English Heritage property  
Open 8.30-6.30pm Closed Sundays. Enquire regarding special  
events 0146 674671.

## **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.

### **ADVOCACY – POHWER 0300 456 2362**

Email [pohwer@pohwer.net](mailto:pohwer@pohwer.net)  
Helps patients with complaints about health-service care or  
treatment.

**ANTI-SOCIAL BEHAVIOUR/CRIMESTOPPERS – Central Beds  
0300 300 8302**

If damage or assault call 999 or 101 to report. Pass information regarding bogus callers/collectors to free call 0800 555 111.

**COMPUTER HELP**

Free one hour 1-1 sessions on Mon, Tues and Thurs afternoons for beginners at the Library. Ring 0300 300 8059 or call in to book your sessions with the volunteer helpers.

**DAYS OUT WITH 'MOTTS' OF AYLESBURY** 01296 336666  
[www.mottsholidays.com](http://www.mottsholidays.com)

**GARDEN CENTRE DISCOUNTS** – Leighton Buzzard 10% Wednesdays for Senior Citizens. Most garden centres offer membership with discounts and offers.

**HEALTH WATCH** Central Beds Tel: 0300 303 8554  
Feedbacks and concerns about health and social care services can be sent to Capability House, Wrest Park, Silsoe MK45 4HR.

**LEGAL ASSISTANCE** Finding expert legal help for specific cases e.g. personal injury, planning disputes etc contact the Law Society 0870 606 6575 or [www.lawsociety.org.uk](http://www.lawsociety.org.uk) for local 'panel members' in that speciality.

**LetsBuzz The Local Exchange Trading Scheme for LB area**  
[www.letsbuzz.org.uk](http://www.letsbuzz.org.uk) or email [lbinfo@letsbuzz.org.uk](mailto:lbinfo@letsbuzz.org.uk)

**MAIL OFFICE – UNDELIVERED POST 03456 021021**

Firbank Way, Leighton Buzzard LU7 4WW  
Open Mon,Tue,Thurs,Fri 7am-6pm, Wed 7am-8pm, Sat 7am-1pm

**MEALS – READY / DELIVERED**

All the LB supermarkets supply frozen ready meals. Meals are also supplied/delivered by Dial-a-Shopper 01296 425873  
Oakhouse Foods 0845 6432050 or Wiltshire Farm Foods 242220 – all available 9am-5pm Mon-Fri.

**MONEY MATTERS** To avoid the loan sharks contact LB **Credit Union**, which offers easy saving and affordable loans. Contact Tricia 381184 for details or call in to see them at Barclays Bank 10am-12noon Tues or Sat.

**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 0845 4040506 or in an emergency ring police 999. If making an appointment arrange to have someone with you.

**SCAMS** beware ever changing attempts to trick. No-one should be given passwords or bank details over the phone, the internet or at the door. If pressured, say you will wait until you have someone with you before agreeing to or signing anything.

**STREETLIFE** [www.streetlife.com](http://www.streetlife.com)

Free local social network site - discuss your local area, share practical advice, skills and resources.

**TRADING STANDARDS** Advice on assured (and Bogus) businesses. Contact Central Beds 0300 300 8136 or email [trading.standards@centralbedfordshire.gov.uk](mailto:trading.standards@centralbedfordshire.gov.uk)

**TRAVEL INSURANCE** Over 50s with medical issues – enquire 0845 070 8904 Mature Times Call Centre.

**WIDER FOOTWEAR** For Problem Feet 'Wider Fit' Shoes Limited Irchester Road, Rushden NN10 9XF 01933 311 077  
Socks for diabetics or those with swollen ankle problems  
[www.expertverdict.com](http://www.expertverdict.com) Enquiries 0344 482 9698  
Also 'Cosy Feet' Shoes 01908 644133.

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

**Market Cross Drawing – P Holland**



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