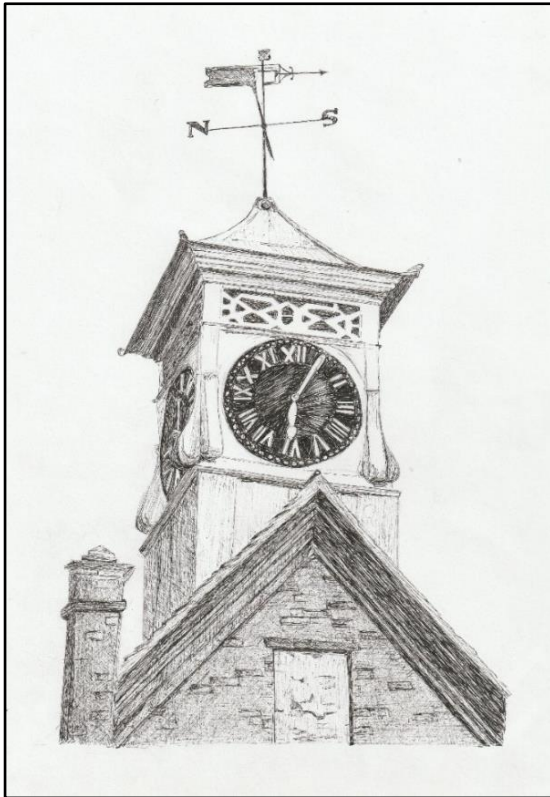


# Information for **OLDER PEOPLE** Leighton-Linslade Area



*The Clock Tower, Old Fire Station*

**2022 - Issue 3**

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.

**Information for  
OLDER PEOPLE  
Leighton-Linslade Area  
2022 – Issue 3**

## **Contents**

HEALTH SERVICES .....	3
GP SURGERIES.....	3
LOCAL URGENT CARE SERVICES.....	3
LOCAL HOSPITALS WITH A&E DEPARTMENTS.....	4
COMMUNITY MENTAL HEALTH SERVICES .....	4
PHARMACIES.....	5
NHS DENTISTS.....	6
HOSPICES.....	6
AIDS TO MOBILITY AND WELLBEING.....	7
LOCAL AUTHORITY SERVICES .....	8
CENTRAL BEDFORDSHIRE COUNCIL .....	8
LEIGHTON-LINSLADE TOWN COUNCIL.....	8
SPECIALISED SUPPORT GROUPS .....	10
OTHER HELPFUL ORGANISATIONS.....	13
TRANSPORT.....	16
PLACES OF BELIEF AND WORSHIP.....	17
THINGS TO DO, TRY OR JOIN .....	19
A SELECTION OF CLUBS AND SOCIETIES.....	19
SPORTS, FUN AND FITNESS.....	23
VOLUNTEERING - A FEW IDEAS.....	25
PLACES TO GO .....	27
LOCALLY.....	27
FARTHER AFIELD .....	27
MISCELLANY.....	30

# HEALTH SERVICES

## GP SURGERIES

### **BASSETT ROAD SURGERY - 01525 373111/378387**

29 Bassett Road, Leighton Buzzard LU7 1AR

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

### **LEIGHTON ROAD SURGERY – 01525 372571/851888**

1 Leighton Road, Leighton Buzzard LU7 1LB

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

[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)

## **BEDFORDSHIRE COMMUNITY HEALTH SERVICES**

**0345 602 4064** Email [singlepoint.ofcontact@nhs.net](mailto: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. Other services are by GP referral.

**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](http://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  
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](http://www.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: [elt-tr.bedfordiapt@nhs.net](mailto:elt-tr.bedfordiapt@nhs.net)

[www.bedfordshirewellbeingsservice.nhs.uk](http://www.bedfordshirewellbeingsservice.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

### **LLOYDS - 01525 372175**

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

### **PEAK PHARMACY - 01525 383686**

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

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

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

### **TESCO – 01525 441025**

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

### **TOUCHWOOD – 01525 370040**

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

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

## **LATE NIGHT PHARMACIES**

### **BOOTS - 01908 585882**

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

### **HOUGHTON REGIS PHARMACY - 01582 866315**

Peel Street, Houghton Regis LU5 5EZ  
Mon-Thurs 8am-midnight Fri-Sat 8am-11pm Sun 10-4pm

## **NHS DENTISTS**

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

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

### **PREMIER CLINIC DENTAL PRACTICE - 01525 371000**

10 Vandyke Road LU7 3HH [www.premierclinicenterprises.co.uk](http://www.premierclinicenterprises.co.uk)

### **WEST STREET DENTAL PRACTICE - 01525 373205**

West Street LU7 1DD [www.weststreetdentalpractice.com](http://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](http://www.fnhospice.org.uk) Email [buc-tr.fnh@nhs.net](mailto:buc-tr.fnh@nhs.net)

### **KEECH HOSPICE CARE - 01582 492339**

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

### **SUE RYDER – ST. JOHNS HOSPICE CARE – 01767 642410**

St John's Road, Moggerhanger, Bedford MK44 3RJ  
[www.sueryder.org](http://www.sueryder.org) Email [contact.stjohns@sueryder.org](mailto:contact.stjohns@sueryder.org)

### **WILLEN HOSPICE - 01908 663636 [www.willen-hospice.org.uk](http://www.willen-hospice.org.uk)**

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

## **AIDS TO MOBILITY AND WELLBEING**

### **THE DISABILITY RESOURCE CENTRE - 01582 470 900**

4 Mayfield Road, Dunstable LU5 4AP [www.drcbeds.org.uk](http://www.drcbeds.org.uk)  
WhatsApp and Text 07826 366477. Support for disabled people, carers and people with long term health conditions. Help with advice and disability equipment. Advisors are available via phone: Mon-Thurs 9am-5pm and Fri 9am-4.30pm. The retail shop is open Mon and Fri 9am-3pm (no need for appointments), however an appointment is required Tues-Thurs.

### **RED CROSS CONTACT - Shelia 01525 852259**

For all Red Cross matters, call and be directed to a 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.

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

Information from **0300 300 8146**

[www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Email [lifeline@centralbedfordshire.gov.uk](mailto:lifeline@centralbedfordshire.gov.uk)

- **TAKING CARE** Personal Alarm Services for the elderly, working with Age UK. [www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/](http://www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/)

**Contact 01364 651555 / 0800 011 3846 / 0800 085 7371**

**WELLBEING WALKS** – Led by trained leaders, take place weekly and are free. Choice of short, intermediate or longer walks. All walks start at 10am from Bell Close car park, LU7 1RX  
Tel: Julian 07770 344914 Email: [healthwalksLB@outlook.com](mailto:healthwalksLB@outlook.com)

### **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 more info call **0300 300 6372** or

email [active.lifestyles@centralbedfordshire.gov.uk](mailto: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](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, Benefits, Blue Badge Scheme, Bus Passes, Care Homes, Carers Helpline, Council Tax, Housing, Disability Resources, Elderly Safeguarding Matters, Personal Alarms, Complaints and all other Enquiries.

Other services include :

Adult Learning	0300 300 8110
Bulky Waste Items	0300 300 8302
Leighton Buzzard Library	0300 300 8059
Leighton Buzzard Theatre	0300 300 8125
Registrar (Births, Deaths, Marriages)	0300 300 8089

Bossard House, West Street, LU7 1DA  
(call for an appointment)

## LEIGHTON-LINSLADE TOWN COUNCIL

The White House, Hockliffe Street, LU7 1HD  
Town Clerk: Mark Saccoccio Tel: 01525 631920  
Email [info@leightonlinlade-tc.gov.uk](mailto:info@leightonlinlade-tc.gov.uk)  
Offices open Mon-Fri 9.30am-3.30pm  
Telephone enquiries Mon-Fri 8.30am-4.30pm  
[www.leightonlinlade-tc.gov.uk](http://www.leightonlinlade-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, first Sunday in 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 LL 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.

## **BEDFORDSHIRE & LUTON ADULT CARE AND SUPPORT SERVICES DIRECTORY 2021/22**

Information and advice about local care and support - Home Support - Specialist Care - Useful contacts - Care Homes.  
Call **0300 300 8303** or **01234 267422** to obtain a free copy.  
[www.carechoices.co.uk](http://www.carechoices.co.uk)

## **BEDFORDSHIRE POLICE - 01582 401212**

Visit website [www.bedfordshire.police.uk](http://www.bedfordshire.police.uk)  
Call 101 for non-emergency enquiries.

## **BEDFORDSHIRE FIRE AND RESCUE SERVICE**

Offer FREE **Safe and Well Visits** to the most vulnerable people in our community. If you are aged over 65, disabled or entitled to free prescriptions and would like to arrange a convenient time for a visit please email [wendy.williams@bedsfire.gov.uk](mailto:wendy.williams@bedsfire.gov.uk) or telephone Leighton Buzzard Fire Station on **01525 372342**

**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 3456** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

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](mailto:dementia@bedfordshire.pnn.police.uk) or call 101.

**AUTISM Beds - 01234 350704** Please check website [www.autismbedfordshire.net](http://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](http://www.leighton-linslade-csg.org)  
Email [lscsg@leighton-linslade-csg.org](mailto:lscsg@leighton-linslade-csg.org)

▪ **MACMILLAN CANCER SUPPORT** - [www.macmillan.org.uk](http://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](http://www.mariecurie.org.uk)  
Respite nursing care overnight and support through terminal illnesses.

**CARERS in Bedfordshire - 0300 111 1919**

Email [contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk)

Website [www.carersinbeds.org.uk](http://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 consult website for full details [www.cruse.org.uk](http://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](mailto:helpline@diabetes.org.uk) [www.diabetes.org.uk](http://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](mailto:enquiries@iddtinternational.org)  
[www.iddt.org](http://www.iddt.org)

**NATIONAL HEART HELPLINE - 0300 330 3311**

Call for medical enquires weekdays 9am-5pm [www.bhf.org.uk](http://www.bhf.org.uk)

**- MILTON KEYNES COMMUNITY CARDIAC-PULMONARY GROUP – 01908 632999** (Referral from GP or Practice Nurse).

For more information see website [www.mkccg.org](http://www.mkccg.org)

**HOSPICE AT HOME VOLUNTEERS**

Email [info@hospiceathomevolunteers.org.uk](mailto: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](http://www.hospiceathomevolunteers.org.uk)

**MOTOR NEURONE ASSOCIATION (MND)**

Beds - Group contact Rita Beaumont (Group Chair)

Email [r.beaumont3@ntlworld.com](mailto: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](http://www.mndassociation.org)

**MULTIPLE SCLEROSIS THERAPY CENTRE - 01234 325781**

155 Barker's Lane, Bedford MK41 9RX

[www.mscentrebedsandnorthants.com](http://www.mscentrebedsandnorthants.com) Patients may self refer, ask to be assessed for therapy and/or counselling.

**PARKINSON'S UK – 0808 800 0303** [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**ROYAL NATIONAL INSTITUTE OF BLIND PEOPLE (RNIB)**

**Helpline - 0303 123 9999** [www.rnib.org.uk](http://www.rnib.org.uk)

For practical and emotional support for blind and partially sighted people. Email [helpline@rnib.org.uk](mailto: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](http://www.royalvoluntaryservice.org.uk)

**SIGHT CONCERN - 01234 311555 (Bedford)**

[www.sightconcern.org.uk](http://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](http://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](http://www.advicecentral.org.uk)

**ADVOCACY – POHWER 0300 456 2362 / 0300 456 2370**

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

**AGE UK Bedfordshire Enquiries - 01234 360510**

Email: [enquiries@ageukbedfordshire.org.uk](mailto:enquiries@ageukbedfordshire.org.uk)

Please contact for details and charges. Open 9am-4pm Mon-Fri  
[www.ageukbedfordshire.org.uk](http://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

**CITIZENS ADVICE LEIGHTON LINSLADE**

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

[www.leightonlinsladecab.org.uk](http://www.leightonlinsladecab.org.uk) Bossard House, West Street, Leighton Buzzard, Beds LU7 1DA

Provides free, confidential and independent advice on debt, welfare benefits, housing, employment, consumer and other issues.

**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](http://www.independentage.org)

**LEIGHTON LINSLADE HELPERS - Helpline 01525 837219 or 07517 851 382**

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.

Email [help@leightonlinsladehelpers.org.uk](mailto:help@leightonlinsladehelpers.org.uk)

[www.leightonlinsladehelpers.org.uk](http://www.leightonlinsladehelpers.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 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.

**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](mailto:elt-tr.bedfordiapt@nhs.net) or visit the website

[www.bedfordshirewellbeing.nhs.uk](http://www.bedfordshirewellbeing.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](http://www.reclaimlife.net) Email [info@reclaimlife.net](mailto: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](http://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](mailto:jo@samaritans.org) [www.samaritans.org](http://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](http://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](http://www.toogoodtogo.co.uk)

**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 on 07811 700282

**YOUR WELLBEING BEDFORDSHIRE – 07498 625574**

(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](http://www.ywb.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 150 to Aylesbury bus station. The 150 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 ten minute walk to the hospital.
- **Stoke Mandeville Hospital** - As above, take the 150 to Aylesbury bus station. Change to the 300 or number 9 and get off at Stoke Mandeville Hospital.
- **Milton Keynes Hospital** - Take the 150 to Coffee Hall roundabout leaving a 10 minute walk to the hospital. Alternatively, the F70 and F77 from the High Street getting off at Coffee Hall roundabout.
- **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.

**BUSES** Several bus companies serve LB so contact **Traveline - 0871 200 22 33** 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](http://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'.

**SOUTH BEDS DIAL-A-RIDE** can provide lifts to hospital from LB in cases of serious difficulty – check for charges and availability or make enquiries about hiring an electric scooter for use at designated shopping centres call **01525 220044**.

**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](http://www.disabledpersons-railcard.co.uk)  
Senior Citizen Railcards for over 60's [www.senior-railcard.co.uk](http://www.senior-railcard.co.uk)

## **PLACES OF BELIEF AND WORSHIP**

**ALL SAINTS** Church Square

Office 01525 381418 weekdays email [parish@allsaintslb.org.uk](mailto:parish@allsaintslb.org.uk)

Coffee shop open Tues and Sat 10am-2pm Fri 10am-12pm

**CHURCH OF THE GOOD SHEPHERD** Astral Park Community Centre. Contact Rev. Steve Marsh 01525 838450 or email [info@goodshepherdsandhills.org.uk](mailto: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 contact Ian Watson 01525 371312  
Email [operations.manager@leightonbaptists.org.uk](mailto:operations.manager@leightonbaptists.org.uk)  
Pastor Peter Chilvers Open door café Tuesday 10am.

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

**KINGDOM HALL OF JEHOVAH'S WITNESSES** 48a High Street, Leighton Buzzard LU7 1EA Tel: 01525 379481

**LINSLADE BAPTIST CHURCH** New Road, Linslade LU7 2LS  
Tel: 07919 118707 Email [info@linsladebaptistchurch.co.uk](mailto:info@linsladebaptistchurch.co.uk)  
[www.linsladebaptistchurch.co.uk](http://www.linsladebaptistchurch.co.uk)

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

**SACRED HEART CATHOLIC CHURCH** 5 Beaudesert  
Contact Fr. John Danford 01525 372321

**SALVATION ARMY CITADEL**, Lammas Walk  
Major Doug Back Tel: 01525 373780  
Come and meet each other at Souper Tuesday on the first Tuesday of each month 1.30-2.30pm

**ST. BARNABAS CHURCH** Waterloo Road/Vicarage Road  
Parish Office 01525 371802 Rev. B Minton 01525 372149, Rev. W Jones 01525 373638 [www.stbarnabaslinslade.uk](http://www.stbarnabaslinslade.uk)

**ST. LEONARD'S CHURCH** Leighton Road, Heath and Reach  
Rev. Noel McGeeney Tel: 01525 237633  
Office Open Mon,Wed,Thurs 10am-12noon on 07502 320025  
[www.saintleonardschurch.com](http://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](mailto:info@lutonsynagogue.org.uk)  
or at 1 Hainault Avenue, Milton Keynes email [info@mkdrs.org.uk](mailto:info@mkdrs.org.uk)

**TRINITY METHODIST CHURCH** Rev. Weung-Wook Jung  
North Street LU7 1ES Office 01525 371905

# 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](mailto:membership@ltaa.org.uk) Website [www.ltaa.org.uk](http://www.ltaa.org.uk)  
[www.facebook.com/leightonlinsladeallotmentassociation](https://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](mailto: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](http://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](http://www.lbas.org.uk)

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

• **LINSDALE SINGERS** A small chamber choir. Contact [info@linsdale.org.uk](mailto:info@linsdale.org.uk) website [www.linsdale.org.uk](http://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](http://www.grandunioncommunitychoir.org.uk)

**LEIGHTON BUZZARD DRAMA GROUP** For details of membership, rehearsals etc contact the website [www.lbdg.org.uk](http://www.lbdg.org.uk)  
The group produces several shows and the annual pantomime at the Library Theatre.

**THE GOOD COMPANIONS CLUB** meets in the Parish Hall, Great Brickhill on alternate Wednesday afternoons 2.30-4.30pm - friendly and welcoming club. Interesting speakers, in-house quizzes and other activities. Email [mary-hooper@hotmail.co.uk](mailto:mary-hooper@hotmail.co.uk) or [rogerblo@aol.com](mailto:rogerblo@aol.com) to find out more.

**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](mailto:inspiring.music@centralbedfordshire.gov.uk)

**LEIGHTON BUZZARD SOCIETY** Formed in 1965, the Society campaigns, questions and speaks out against changes to the Green Belt, flight paths, proposed housing, transport links, mineral extraction, the state of pavements, roads and the land South of the High Street. Membership is £10 a year, with nine meetings a year on a range of local subjects. Email [societylb2@gmail.com](mailto:societylb2@gmail.com) [www.leightonbuzzardsociety.com](http://www.leightonbuzzardsociety.com)  
[www.twitter.com/LeightonBuzzSoc](https://www.twitter.com/LeightonBuzzSoc)  
[www.facebook.com/leightonbuzzardsociety](https://www.facebook.com/leightonbuzzardsociety)

**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 01525 631920 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](http://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](mailto: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 [jowbescencer@hotmail.com](mailto:jowbescencer@hotmail.com) website [www.lbstamps.com](http://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](http://www.reengage.org.uk)

### **LEIGHTON/LINSLADE ROTARY CLUB**

Contact [secretary@leightonlinsladerotary.com](mailto:secretary@leightonlinsladerotary.com) for details.

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.

**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](http://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.

**STITCH AND CHAT STITCHERS' CLUB** Meets monthly (second Saturday of the month 2-3.45pm) in the Library. All kinds of knitting, crochet and needlepoint in a friendly group. Contact 0300 300 8059 (Library) or call in for dates of sessions.

### **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 website [www.u3asites.org.uk/leighton-linslade](http://www.u3asites.org.uk/leighton-linslade)

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

Email [leightonbuzzard.branch@wea.ac.uk](mailto:leightonbuzzard.branch@wea.ac.uk)

For further details contact the secretary on 07795 145657

### **WOMEN'S INSTITUTE**

**Leighton Buzzard Morning Group** Second Tuesday of each month 10am-12noon at the Cricket Club opposite Morrison's garage. Vanessa Bates 07906 584819

Email [leightonbuzzardwi@gmail.com](mailto: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](mailto: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](mailto:linsladelarks@outlook.com)

For any other local WI groups contact WI House in Bedford  
Tel: 01234 359538

**WORLD CIRCLE DANCES** with simple steps in a friendly supportive atmosphere. Meet at Leighton Middle School, Leighton Buzzard second Monday of each month 8-9.30pm. Contact Jane 01525 370250 [stringallj@yahoo.com](mailto:stringallj@yahoo.com) or Jean 07732 857243

[jeanvharding@gmail.com](mailto:jeanvharding@gmail.com)

## **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](http://www.silverarrowarchery.co.uk) – Contact: Richard Coleman  
Tel: 07544 889090 or Email [secretary@silverarrowarchery.club](mailto:secretary@silverarrowarchery.club)

### **ATHLETICS Leighton Buzzard Athletic Club**

Email [enquiries@leightonbuzzardac.co.uk](mailto:enquiries@leightonbuzzardac.co.uk)

### **BOWLS**

**Leighton Buzzard Bowling Club** Grovebury Road, LU7 4SW  
Outdoor - Tel: 01525 372033 or Email [lbbowling@yahoo.co.uk](mailto:lbbowling@yahoo.co.uk)  
**Linslade Bowls Club** Linslade Memorial Playing Fields, Mentmore  
Road LU7 2NZ Outdoor and Indoor Tel: 01525 371507  
The **Leighton-Linslade u3a** also runs various indoor bowls  
sessions on winter Fridays in Bletchley - Contact John Beaveridge  
Tel: 01525 838696. Short-mat bowling at Linslade Memorial Park  
Bowling Centre on some weekdays. Information  
[www.u3asites.org.uk/leighton-linslade](http://www.u3asites.org.uk/leighton-linslade) or  
Contact Lorna Richardson Tel: 07730 715838

**CANOEING** Meet at boathouse rear of Cedars School on Saturday  
mornings all year round and Wednesday evenings in summer.  
See [www.lbcc.org.uk](http://www.lbcc.org.uk) or Email [info@lbcc.org.uk](mailto: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@lbcc.co.uk](mailto:enquiries@lbcc.co.uk)

**CROQUET** Lawns at Pages Park, Billington Road, Leighton  
Buzzard. Sessions most days April to October. Wear flat shoes, all  
equipment supplied. Gentle, sociable exercise to serious  
competitive levels. Contact Judith Cundell Tel: 01525 374620  
Email [Judith.cundell@btinternet.com](mailto:Judith.cundell@btinternet.com)



## **CYCLING**

**Buzzcycles** Cycle Training (including beginners), road confidence, cycle sales, advice, repairs and cycle hire. Information [www.buzzcycles.org.uk](http://www.buzzcycles.org.uk) Email [buzzcycles@aol.com](mailto:buzzcycles@aol.com)

**Dorvics Cycles** Bridge Street, Leighton Buzzard LU7 1AH  
Information [www.dorvicscycles.co.uk](http://www.dorvicscycles.co.uk) or  
[www.facebook.com/dorvics](http://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](mailto:enquiries@leightonfunrunners.org.uk) or  
[chairman@leightonfunrunners.org.uk](mailto:chairman@leightonfunrunners.org.uk)

## **GOLF**

**Leighton Buzzard Golf Club**, Plantation Road, Leighton Buzzard LU7 3JF Tel: 01525 244800 or Email [office@lbgc.co.uk](mailto:office@lbgc.co.uk)

**Three Locks Golf Club**, Great Brickhill MK17 9BH  
Tel: 01525 270050 or Email [info@threelocksgolfclub.co.uk](mailto:info@threelocksgolfclub.co.uk)

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

**LEIGHTON BUZZARD RAMBLERS** Offer a varied walks programme on Sundays and during the week. An ideal way to retain your fitness level. Information [www.lbramblers.org.uk](http://www.lbramblers.org.uk)  
Contact Julian Tel: 07770 344914

**LIFESTYLES TIDDENFOOT LEISURE CENTRE**, Mentmore Road, Linslade LU7 2AF. Swimming and various activities. Fall Prevention Classes 12.30-1.15pm on Tuesdays (GP referral).  
Tel: 01525 375765 or Email [enquiries.tiddenfoot@sll.co.uk](mailto:enquiries.tiddenfoot@sll.co.uk)

**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](mailto:murray@murrayheining.co.uk)

**TAI CHI** Linslade Community Hall, St Barnabas Church, Waterloo Road, Linslade. Sessions 10am Thursdays.

## **TENNIS**

**Linslade Tennis Club** Linslade Memorial Playing Field, Mentmore Road LU7 2NY [www.linsladetennisclub.org.uk](http://www.linsladetennisclub.org.uk)  
Tel: 01525 384086 or Email [chairman@linsladetennisclub.org.uk](mailto:chairman@linsladetennisclub.org.uk)  
**Leighton Buzzard Tennis Club** Bell Close Sports Centre, Lake Street, Leighton Buzzard LU7 1RX  
[www.leightonbuzzardtennis.com](http://www.leightonbuzzardtennis.com) Tel: Petula 07962 806488 or Email [leightonbuzzardtennis@outlook.com](mailto: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](mailto: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](http://www.bookwhen.com/activelifestyles)  
or call 0300 300 4248

## **SHORT WALKS IN BEDFORDSHIRE AND SURROUNDING AREAS** [www.bedfordshirewalks.co.uk](http://www.bedfordshirewalks.co.uk)

## **YOGA**

**Chair Yoga** The Yoga Factory, 5 Baker Street, Leighton Buzzard LU7 1BL [www.theyogafactory.co.uk](http://www.theyogafactory.co.uk) Tel: Trish Munro 01525 240741 or 07912 627012 Email [info@theyogafactory.co.uk](mailto: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](http://www.theroccitree.co.uk) Email [admin@theroccitree.co.uk](mailto:admin@theroccitree.co.uk)  
Tel: 07790 986190

## **VOLUNTEERING - A FEW IDEAS**

Call **VOLUNTARY AND COMMUNITY ACTION – 01525 850559** Bossard House, West Street LU7 1DA to find out more about voluntary and community action groups in your area.

**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](http://www.leightonlinsladeinbloom.co.uk)

**FRIENDS OF TIDDENFOOT WATERSIDE PARK**

Contact Tom on 01525 379261 or 07775 567261 or by email [tomwise60@talktalk.net](mailto:tomwise60@talktalk.net) Work parties meet monthly to maintain hedges, foliage, fences in this country park. For more details visit our website [www.tiddenfoot.org.uk](http://www.tiddenfoot.org.uk)

**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](http://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](mailto: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](http://www.buzzrail.co.uk) Email [station@lbngrs.org.uk](mailto: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.

**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](http://www.workaid.org) or email [admin@workaid.org](mailto: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](mailto:chairman@lbngr.org.uk) [www.buzzrail.uk](http://www.buzzrail.uk)

**LINSLADE WOODS** – Contact Jennifer Curtis 01525 237760 or email [jennifer.curtis@greensandtrust.org](mailto:jennifer.curtis@greensandtrust.org) 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 Leighton 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](mailto: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](http://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](http://www.bucksrailcentre.org)

**COLLEGE LAKE NATURE RESERVE** 01442 826774 on B488.

Near Tring HP23 5QG [www.bbowt.org.uk](http://www.bbowt.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](http://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 Garden Centre**, Tring HP23 5HF 01442 891393

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

[www.flitvalegardencentre.com](http://www.flitvalegardencentre.com)

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

[www.frostsgardencentres.co.uk](http://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](http://www.grovefarmpyo.co.uk)

**HITCHIN LAVENDER** Cadwell Farm, Ickleford, Hitchin, Herts

SG5 3UR 01462 434343 [www.hitchinlavender.com](http://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](http://www.nationaltrust.org.uk/pitstone-windmill)

**PITSTONE GREEN MUSEUM** Vicarage Road LU7 9EY for open days and further info [www.pitstonemuseum.co.uk](http://www.pitstonemuseum.co.uk)  
Museum Manager 07944 357715

**THE REX, BERKHAMSTED** Art deco style for a different cinema experience. 01442 877759 [www.therexberkhamsted.com](http://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](http://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](http://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](http://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](http://www.waddesdon.org.uk)

**WHIPSNADE ZOO** 0344 225 1826 LU6 2LF

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

[www.zsl.org/zslwhipsnade-zoo](http://www.zsl.org/zslwhipsnade-zoo)

**WOBURN ABBEY, GARDENS, TEA ROOM, SHOP AND DEER**

**PARK** Open April-Oct ring 01525 290333

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

**WOBURN HERITAGE CENTRE** Open 2-4.30pm weekdays. Old Church in centre of town. Ring to check opening 01525 290631 email [greensinwoburn@gmail.com](mailto: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](http://www.woburnsafari.co.uk)

**WREST PARK AND GARDENS** Silsoe MK45 4HR 01525 860000 English Heritage property check [www.english-heritage.org.uk](http://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](http://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](http://www.bedsdv.org.uk/gt-help/bobby-scheme)

**GOVERNMENT BACKED BOILER GRANT SCHEME FOR PENSIONERS** [www.freeboilergrantscheme.co.uk/pensioners](http://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](http://www.cinnamon.org.uk)

## **COMPUTING**

**- CITIZENS ONLINE – FREE HELPLINE 0808 196 5883** 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.

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

**- COMPUTING, ONLINE & DIGITAL SKILLS CLUB & DROP IN 01582 807152 / 07598 533336** [www.communityonline.org.uk](http://www.communityonline.org.uk)  
Open to all. First Wednesday of month 2pm-5pm LB Library.

## **CRIMESTOPPERS UK – 0800 555 111**

Visit [www.crimstoppers-uk.org](http://www.crimstoppers-uk.org) to use anonymous online form.

## **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](http://www.healthwatch-centralbedfordshire.org.uk) or email [info@healthwatch-centralbedfordshire.org.uk](mailto: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](http://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](http://www.letsbuzz.org.uk) or email [linfo@letsbuzz.org.uk](mailto:linfo@letsbuzz.org.uk) or contact 01525 371837



## **MEALS – READY / DELIVERED**

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

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

## **'MOTTS' OF AYLESBURY – DAYS OUT 01296 336666**

For brochure [www.mottsholidays.com](http://www.mottsholidays.com)

## **NEXTDOOR [www.nextdoor.co.uk](http://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](http://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' (4<sup>th</sup>/5<sup>th</sup> 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](http://www.thamesvalley.police.uk) or [www.met.police.uk](http://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](http://www.silvertraveladvisor.com) Travel review and information for mature travellers Email [service@silvertraveladvisor.com](mailto: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 Gina on **01525 850559**

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

For advice on assured (and bogus) businesses.  
or email [trading.standards@centralbedfordshire.gov.uk](mailto: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](http://www.widerfitshoes.co.uk) Also 'Cosy Feet' Shoes 01458 447275  
[www.cosyfeet.com](http://www.cosyfeet.com) Socks for diabetics or those with swollen ankle problems [www.expertverdict.com](http://www.expertverdict.com) Enquiries 0344 482 6041

# **FOR NOTES**

***'This booklet is dedicated to Margaret Brown, who did so much for our town and was the driving force in producing our earlier editions.'***

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 and we cannot be responsible for any errors or misinformation.

Please tell us about any corrections 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

This booklet is available online at  
[www.leightonlinlade-tc.gov.uk](http://www.leightonlinlade-tc.gov.uk)  
[www.bassettroadsurgery.co.uk](http://www.bassettroadsurgery.co.uk)  
[www.leightonroadsurgery.co.uk](http://www.leightonroadsurgery.co.uk)  
[www.salisburyhousesurgery.co.uk](http://www.salisburyhousesurgery.co.uk)

Front Cover Drawing  
Tricia Lunt, Leighton Buzzard Art Society

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