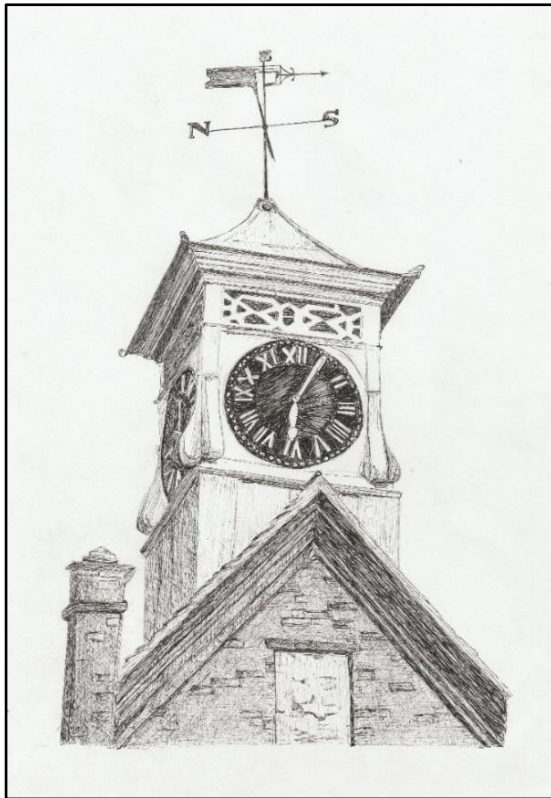


Information for **OLDER PEOPLE** Leighton-Linslade Area



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**

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HEALTH SERVICES

GP SURGERIES

BASSETT ROAD SURGERY - 01525 373111/378387

29 Bassett Road, Leighton Buzzard LU7 1AR

www.bassettroadsurgery.co.uk

LEIGHTON ROAD SURGERY – 01525 372571/851888

1 Leighton Road, Leighton Buzzard LU7 1LB

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

www.leightonroadsurgery.co.uk

SALISBURY HOUSE SURGERY - 01525 243890

Lake Street, Leighton Buzzard LU7 1RS

www.salisburyhousesurgery.co.uk

BEDFORDSHIRE COMMUNITY HEALTH SERVICES

0345 602 4064 Email singlepoint.ofcontact@nhs.net

25 Bassett Road, Leighton Buzzard, Beds LU7 1AR

Can be contacted 24/7, 7 days a week for patients to call when needed. Provide the following services for housebound patients only: District Nursing, Community OT, Community Physio, Chronic Fatigue Service, Warfarin and Phlebotomy Services, Neuro Rehab, Community Matrons, Continence, Heart Failure, Intermediate Care, Neurological Conditions (Parkinson's, MS, Epilepsy), Specialist Palliative Care, Wheelchairs, Tissue Viability Nurses and Podiatry and SALT.

Patients can self-refer for District Nursing, Physio, OT. 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

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

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

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

PREMIER CLINIC DENTAL PRACTICE - 01525 371000

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

WEST STREET DENTAL PRACTICE - 01525 373205

West Street LU7 1DD www.weststreetdentalpractice.com

OUT OF HOURS DENTAL EMERGENCIES – Call NHS 111

HOSPICES

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

FLORENCE NIGHTINGALE HOSPICE - 01296 332600

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

KEECH HOSPICE CARE - 01582 492339

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

SUE RYDER – ST. JOHNS HOSPICE CARE – 01767 642410

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

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

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

AIDS TO MOBILITY AND WELLBEING

THE DISABILITY RESOURCE CENTRE - 01582 470 900

4 Mayfield Road, Dunstable LU5 4AP 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

Email 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/

Contact 01364 651555 / 0800 011 3846 / 0800 085 7371

WELLBEING WALKS/WALKING FOR HEALTH – 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

Email healthwalksLB@outlook.com or visit www.lbramblers.org.uk

FALLS PREVENTION - STRENGTH AND BALANCE SESSIONS

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

You will need to be referred by your GP. For info call **0300 300 6372** or email active.lifestyles@centralbedfordshire.gov.uk

LOCAL AUTHORITY SERVICES

CENTRAL BEDFORDSHIRE COUNCIL

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

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

email customer.services@centralbedfordshire.gov.uk

Contact the above for information on the following :

Adult Social Care, Benefits, Blue Badge Scheme, Bus Passes, 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

Offices open Mon-Fri 9.30am-3.30pm

Telephone enquiries Mon-Fri 8.30am-4.30pm

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

BEDFORDSHIRE POLICE - 01582 401212

Visit website 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 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 3 456 www.alzheimers.org.uk

- **TIBBS DEMENTIA SUPPORT** – is a charity who offer a range of activity and support groups for those living with dementia and their carers. Leighton-Linslade currently has a weekly Cognitive Stimulation Group on Monday mornings at St George’s Court supported living scheme. Fortnightly Walking Group, every other Tuesday 2pm, gentle stroll followed by refreshments.
Call **Louise on 07483 951733** or email louise.evans@tibbsdementia.co.uk for further info or contact Tibbs head office on 01234 210993 or email contact@tibbsdementia.co.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 or call 101.

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

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

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

• **MARIE CURIE - HELPLINE 0800 090 2309**
Mon-Fri 8am-6pm Sat 11am-5pm www.mariecurie.org.uk
Respite nursing care overnight and support through terminal illnesses.

CARERS in Bedfordshire - 0300 111 1919

Email contact@carersinbeds.org.uk

Website www.carersinbeds.org.uk

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

CRUSE BEREAVEMENT SUPPORT –

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

THE CENTRE FOR HEALTH, HEALING AND COUNSELLING

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

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

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

• INDEPENDENT DIABETES TRUST - 01604 622837

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

NATIONAL HEART HELPLINE - 0300 330 3311

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

• MILTON KEYNES COMMUNITY CARDIAC-PULMONARY

GROUP – 01908 632999 (Referral from GP or Practice Nurse).

For more information see website www.mkccg.org

HOSPICE AT HOME VOLUNTEERS

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

MOTOR NEURONE ASSOCIATION (MND)

Beds - Group contact Rita Beaumont (Group Chair)

Email r.beaumont3@ntlworld.com Offers phone contact or visits by trained association visitors from the Luton based group - advice, equipment and support to patient and carers.

www.mndassociation.org

MULTIPLE SCLEROSIS THERAPY CENTRE - 01234 325781

155 Barker's Lane, Bedford MK41 9RX

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

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

ROYAL NATIONAL INSTITUTE OF BLIND PEOPLE (RNIB)

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

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

ROYAL VOLUNTARY SERVICE – 0845 608 0122

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

SIGHT CONCERN - 01234 311555 (Bedford)

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

STROKE ASSOCIATION - HELPLINE 0303 3033 100

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

OTHER HELPFUL ORGANISATIONS

ADVICE CENTRAL BEDFORDSHIRE - 0300 303 6666

Helps residents find the best free advice on a number of topics. www.advicecentral.org.uk

ADVOCACY – POHWER 0300 456 2362 / 0300 456 2370

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

AGE UK Bedfordshire Enquiries - 01234 360510

Email: enquiries@ageukbedfordshire.org.uk

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

THE CHATTY CAFÉ bringing the community together for a natter with tea and cake. Free every Tuesday 10am-1pm at the **Tactic Centre, 17 Hockliffe Street, LU7 1EZ**
Contact Rose 07538 331443 or Tactic 01525 373838

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

LEIGHTON-LINSLADE HELPING HANDS - 07581 799273
A group of local residents who would like to help the elderly, frail, sick or lonely people. Please leave your name and number and the volunteers will ring back.

INDEPENDENT AGE – Freephone Helpline 0800 319 6789
An older people's charity offering impartial advice on care, support, money, benefits, health and mobility. Call for advice, to order advice guides or register for their Friendship Services.
www.independentage.org

LEIGHTON LINSLADE HELPERS - Helpline 01525 837219 or 07517 851 382 Email help@leightonlinsladehelpers.org.uk
A collective of community volunteers who came together to support their community through the Covid 19 lockdown in their town and surrounding areas. Now established in Leighton Buzzard High Street and continues to support the community, other agencies and wider Bedfordshire.
www.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 LINSLADE COMMUNITY AGENT- 07498 625526

or email leightonagent@bedsrcc.org.uk

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

LEIGHTON BUZZARD LIBRARY - 0300 300 8059

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

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

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

To contact the service call 01234 880400

Email elt-tr.bedforddiapt@nhs.net or visit the website

www.bedfordshirewellbeingsservice.nhs.uk

RECLAIM LIFE - 01525 375740

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

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

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

www.reclaimlife.net Email info@reclaimlife.net

RE-ENGAGE – Freephone 0800 716 543

Office 0207 240 0630

Dedicated to tackling loneliness and social isolation among older people. Provide social connections – tea parties, call companions, activity groups, community Christmas.

www.reengage.org.uk

SAMARITANS – Free call 116 123

Central telephone number 0208 314 8300

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

Email jo@samaritans.org www.samaritans.org

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

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

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

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

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. 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
Senior Citizen Railcards for over 60's www.senior-railcard.co.uk

PLACES OF BELIEF AND WORSHIP

ALL SAINTS Church Square

Office 01525 381418 weekdays email 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

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
Pastor Peter Chilvers

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

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
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

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

SYNAGOGUES The nearest Synagogues are 656 Dunstable Road, Luton Tel: 020 834 35851 or email info@lutonsynagogue.org.uk or at 1 Hainault Avenue, Milton Keynes email 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 Website www.ltaa.org.uk
www.facebook.com/leightonlinsladeallotmentassociation
For requests for allotment plots at either Weston Avenue or Alwins Field : Town Council contact Mr Ian Haynes
Town Council Email ian.haynes@leightonlinslade-tc.gov.uk
Town Council Tel: 01525 631920

ARCHAEOLOGICAL AND HISTORICAL SOCIETY

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

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

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

CHOIRS There are many local choirs :

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

LEIGHTON BUZZARD DRAMA GROUP For details of membership, rehearsals etc contact the website www.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 or 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

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 www.leightonbuzzardsociety.com www.twitter.com/LeightonBuzzSoc 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 Pick up a brochure at the theatre, or call David 01525 237369 or Brian 01908 644255 for details.

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

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

RE-ENGAGE – TEA PARTIES AND COMPANIONSHIP

For more details contact 0800 716 543 / 0207 240 0630

A network of volunteers organises monthly tea parties for small groups of people aged 75 and over, who live alone. Offering a friendship link with a regular group of people.

www.reengage.org.uk

LEIGHTON/LINSLADE ROTARY CLUB

Contact 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

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

WEA (WORKERS' EDUCATIONAL ASSOCIATION) Run courses and study days for adults.
Email leightonbuzzard.branch@wea.ac.uk
For further details contact 01525 309580

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

Leighton Buzzard Riverside First Thursday of each month at 7.30-10pm at The Salvation Army Hall, Lammas Walk LU7 1JA
Elaine Morpew 01525 634010
Email elainemorpew@yahoo.co.uk

Linslade Larks Second Wednesday of each month 9.45am-12noon at The Bowls Club, Mentmore Road, Linslade
Chris Daniels 01525 370831
Email linsladelarks@outlook.com

For any other local WI groups contact WI House in Bedford
Tel: 01234 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 or Jean 07732 857243
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 - Contact: Richard Coleman
Tel: 07544 889090 or Email secretary@silverarrowarchery.club

Dunstable Bowmen Club Outdoor Field at London Gliding Club, Tring Road, Dunstable LU6 2JP. Club Nights: (Summer) Wed & Fri evenings at outdoor field (Winter) Thurs evening at Manshead School Dunstable. Email colincherry@hotmail.com
www.dunstablebowmen.org.uk

ATHLETICS Leighton Buzzard Athletic Club

Email enquiries@leightonbuzzardac.co.uk

BOWLS

Leighton Buzzard Bowling Club Grovebury Road, LU7 4SW
Outdoor - Tel: 01525 372033 or Email 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 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 or Email info@lbcc.org.uk

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

CYCLING

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

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

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

GOLF

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

Three Locks Golf Club, Great Brickhill MK17 9BH

Tel: 01525 270050 or Email info@threelocksgolfclub.co.uk

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

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

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

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

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
Tel: 01525 384086 or Email chairman@linsladetennisclub.org.uk

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

WALKING FOOTBALL

Total Football Leagues Cedars Upper School, Mentmore Road, Linslade LU7 2AE Outdoor 3G pitch

Tel: 07719 078022 or Email info@totalfootballleagues.co.uk

Outdoor Walking Football Every Thursday 6-7pm

Bryants Lane Sports & Recreation Ground, Heath & Reach LU7 9LD – Same rules as football but with NO running, only walking

To book your space visit www.bookwhen.com/activelifestyles or call 0300 300 4248

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

YOGA

Chair Yoga The Yoga Factory www.theyogafactory.co.uk

Tel: Trish Munro 01525 240741 or 07912 627012 Email info@theyogafactory.co.uk

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

VOLUNTEERING - A FEW IDEAS

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

THE FRIENDS OF LEIGHTON-LINSLADE IN BLOOM welcome new volunteers to join in with activities around the town which include the upkeep of two Community Gardens in the town's parks. If interested call 01525 631920.
www.leightonlinsladeinbloom.co.uk

FRIENDS OF TIDDENFOOT WATERSIDE PARK

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

HEATH BAND would like more people who play, or would like to learn a brass instrument, to join
Email heathbandsecretary@gmail.com

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

LEIGHTON BUZZARD NARROW GAUGE RAILWAY needs people to help from repairing and operating engines to serving in the shop or assisting with administration. Call Terry 01525 373888 www.buzzrail.co.uk Email station@lbngrs.org.uk

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

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

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

PLACES TO GO

LOCALLY

ASTRAL PARK CENTRE AND THE MEADOWS AND COMMUNITY ORCHARD BEYOND

CANAL-SIDE WALKS cycle rides and pubs.

COMMUNITY GARDENS – PAGES PARK (watch cricket or croquet) and **LINSLADE RECREATION GROUND** (near St. Barnabas Church).

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

LINSLADE WOODS – Contact Jennifer Curtis 01525 237760 or email 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 Linslade Road LU7 0EB Heath and Reach respectively – enquire on 01525 234260. Parking charge on exit. Wheelchair available at Rushmere - phone to book.

TIDDENFOOT WATERSIDE PARK Mentmore Road.

FARTHER AFIELD

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

ASHRIDGE ESTATE Near Berkhamsted HP4 1LT 01442 851227 Forest walks/picnics/visitor centre/cafe/Bridgewater monument

ASHRIDGE HOUSE Tours of House (August only) 01442 843491 www.ashridgehouse.org.uk

BLETCHLEY PARK 01908 640404 Gardens as well as codes, computers and WW2 exhibitions. For further info see <https://bletchleypark.org.uk>

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

COLLEGE LAKE NATURE RESERVE 01442 826774 on B488. Near Tring HP23 5QG www.bbwt.org.uk
Open daily 9.30am-4pm (last entry) Summer. 9.30am-3pm in Winter.

DUNSTABLE DOWNS VISITOR CENTRE Whipsnade Road, LU6 2GY 01582 500920 Kites, gliders, views, shop and displays.

HOUGHTON HALL PARK 0300 300 8586 Park Road North, Houghton Regis LU5 5FU www.houghtonhallpark.org Visitor Centre.

GARDEN CENTRES – check for discounts/special days

Leighton Buzzard, Hockliffe Road 01525 850100

The Rye, Eaton Bray LU7 2BQ 01525 220104

Tring Garden Centre, Tring HP23 5HF 01442 891393

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

www.flitvalegardencentre.com

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

www.frostsgardencentres.co.uk

The Emporium Woburn Sands, Newport Rd MK17 8UF
01908 281161

Dobbies, Watling Street MK17 9JH 01908 364890

GROVE 'PICK YOUR OWN' FRUIT AND VEGETABLES

Ivinghoe LU7 9DZ 01296 668175 Ring to check availability.

www.grovefarmpyo.co.uk

HITCHIN LAVENDER Cadwell Farm, Ickleford, Hitchin, Herts SG5 3UR 01462 434343 www.hitchinlavender.com

IVINGHOE BEACON for walks and picnics LU7 9DJ

MARSWORTH AND TRING RESERVOIRS HP23 4LJ

PITSTONE WINDMILL LU7 9ER – ring 01442 851227 for open days www.nationaltrust.org.uk/pitstone-windmill

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

THE REX, BERKHAMSTED Art deco style for a different cinema experience. 01442 877759 www.therexberkhamsted.com

SHUTTLEWORTH HOUSE, SWISS GARDENS, VINTAGE AEROPLANES AND CARS Old Warden SG18 9EP 01767 627927
Open April from 10am-5pm / Nov 10am-4pm. Occasional Flying Displays. www.shuttleworth.org

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

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

THEATRES

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

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

Grove, Court Drive, Dunstable LU5 4GP 01582 602080

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

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

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

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

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

WOBURN ABBEY, GARDENS, TEA ROOM, SHOP AND DEER PARK Open April-Oct ring 01525 290333
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 Wheelchair and mobility scooter access.

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

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

MISCELLANY

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

ACTION FRAUD – 0300 123 2040

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

THE 'BOBBY TEAM' Bedfordshire Police – 01234 842619

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

GOVERNMENT BACKED BOILER GRANT SCHEME FOR PENSIONERS www.freeboilergrantscheme.co.uk/pensioners

CONTACT CENTRAL BEDFORDSHIRE COUNCIL TO REPORT - Anti-social behaviour, Community Safety - 0300 300 8302
Older Persons team (65+) - 0300 300 8303

CINNAMON TRUST – 01736 757900

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

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

CRIMESTOPPERS UK – 0800 555 111

Visit 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 or email info@healthwatch-centralbedfordshire.org.uk

LEGAL ASSISTANCE To find expert legal help for specific cases e.g. personal injury, planning disputes etc contact the Law Society
www.lawsociety.org.uk 020 7320 5650 Mon-Fri 9am-5pm

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

MEALS – READY / DELIVERED

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

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

'MOTTS' OF AYLESBURY – DAYS OUT 01296 336666

For brochure www.mottsholidays.com

NEXTDOOR www.nextdoor.co.uk

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

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

To report a Rogue Trader call 101.

Citizens Advice consumer helpline 0808 223 1133

www.citizensadvice.org.uk

SCAMS

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

▪ 'THE LITTLE BOOK OF BIG SCAMS' (4th/5th Edition)

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

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

- **TO REPORT A SPAM TEXT** – Most phone providers are part of a scheme that allows customers to report suspicious text messages by **forwarding the text to 7726** (chosen as it spells 'SPAM' on alphanumeric keypad)
- **REPORT AND CHECK FINANCIAL SCAMS** – if you or anyone you know receives a call or message claiming to be from a trusted organisation and who suggests money should be transferred is being urged to **stop, hang up and call 159** to be connected to their bank's fraud prevention service.

SILVER TRAVEL ADVISOR 0800 412 5678

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

TIDY TIPS

Leighton Linlade, Shenley Hill Road, LU7 3BT 0300 300 8302
open 9am-4.50pm every day except Christmas and New Year.
Thorn Turn off the A5. This tip has a reuse shop.

TIMEBANKING

Share skills and time. Typical exchanges range from gardening or small DIY jobs, dog-walking, baking, teaching crafts, to music and IT. All ages and ability are encouraged to get involved.
Contact Bex on **07392 722296**

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

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

WIDER FOOTWEAR For Problem Feet DB 'Wider Fit' Shoes

Limited, Irchester Road, Rushden NN10 9XF 01933 311077
www.widerfitshoes.co.uk Also 'Cosy Feet' Shoes 01458 447275
www.cosyfeet.com Socks for diabetics or those with swollen
ankle problems www.expertverdict.com 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 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
www.bassettroadsurgery.co.uk
www.leightonroadsurgery.co.uk
www.salisburyhousesurgery.co.uk

Front Cover Drawing
Tricia Lunt, Leighton Buzzard Art Society

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