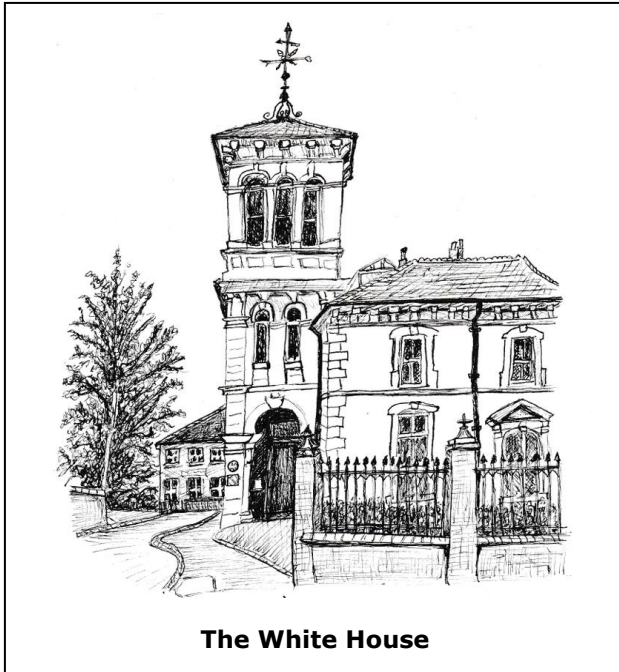


Information for OLDER PEOPLE Leighton-Linslade Area



2026 - ISSUE 5

To retain health and fitness we are told it is important to keep MOVING, LEARNING, BEING CREATIVE, INTERESTED and IN TOUCH with other people, so that we REMAIN and FEEL USEFUL.

We hope that information included in this booklet will help you to achieve this.

Compiled and edited by Leighton Buzzard Patient Participation Groups

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

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

**Information for
OLDER PEOPLE
Leighton-Linslade Area
2026 – Issue 5**

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HEALTH SERVICES

GP SURGERIES

BASSETT ROAD SURGERY - 01525 373111/378387

29 Bassett Road, Leighton Buzzard LU7 1AR

www.bassettroadsurgery.co.uk

LEIGHTON ROAD SURGERY – 01525 372571

1 Leighton Road, Leighton Buzzard LU7 1LB and

Unit 6,7,8, Ridgeway Court, Grovebury Road,

Leighton Buzzard LU7 4SF

www.leightonroadsurgery.nhs.uk

SALISBURY HOUSE SURGERY - 01525 243890

Lake Street, Leighton Buzzard LU7 1RS

www.salisburyhousesurgery.co.uk

LEIGHTON-LINSLADE HEALTH CONNECTIONS -

01525 300780 25 Bassett Road, Leighton Buzzard LU7 1AR

Working with Bassett Road Surgery, Leighton Road Surgery and Salisbury House Surgery.

Services include: Phlebotomy, ECG, Respiratory Testing, First Contact Physio Assessments, Social Prescribing, Discharge Welfare Calls, Medication Reviews, Medication Optimisation, Minor Illness Clinics, Learning Disability/Carers/NHS Annual Health Checks, Cancer Care Reviews and Dementia Reviews.

Details about Leighton-Linslade Health Connections can be found on your practice website under the Leighton-Linslade Health Connections tab.

BEDFORDSHIRE COMMUNITY HEALTH SERVICES

0345 602 4064 email singlepoint.ofcontact@nhs.net

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 Physio, Warfarin, Phlebotomy Services, Community Matrons, Specialist Palliative Care. Patients can self-refer for District Nursing, Physio, Occupational Therapy, Warfarin, Community Matrons, Phlebotomy, Neuro conditions (if confirmed diagnosis).

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 – are for when patients need urgent medical treatment but it is **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.
www.miltonkeynesurgentcare.com

LUTON URGENT TREATMENT CENTRE

Town Centre GP Surgery, 14-16 Chapel Street, Luton LU1 2SE
Open every day 8am-8pm (Doors close at 6pm daily, after 6pm access is via NHS111 appointment only).
www.hucweb.co.uk/patients/luton-urgent-care-centre

BEDFORD URGENT TREATMENT CENTRE

Bedford Hospital, (Cauldwell Centre) Kempston Road MK42 9DJ
11am-11pm, 365 days a year.
www.bedfordshirehospitals.nhs.uk/our-services/urgent-treatment-centre-utc

PUTNOE MEDICAL CENTRE WALK-IN - 01234 319992

93 Queens Drive, Bedford MK41 9JE
Open Mon-Fri 8am-2pm Sat-Sun and B/H 8am-5pm
www.putnoemedicalcentre.co.uk

In an emergency always call 999

LOCAL HOSPITALS WITH A&E DEPARTMENTS

LUTON AND DUNSTABLE - 01582 491166

Lewsey Road, Luton, Beds LU4 0DZ

MILTON KEYNES - 01908 660033

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

STOKE MANDEVILLE - 01296 315000

Mandeville Road, Aylesbury, Bucks HP21 8AL

COMMUNITY MENTAL HEALTH SERVICES

MIND BLMK Mental Health and Wellbeing Services

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

or email hq@mind-blmk.org.uk

Supports positive mental health and wellbeing. Offers a number of activities in Leighton Buzzard, such as peer support, peer mentoring and recovery lounges. To find out more information, please visit the website.

BEDFORDSHIRE TALKING THERAPIES

01234 880 400 (from 9am-5pm Mon-Fri)

email elft.bedfordshiretalkingtherapies@nhs.net

www.elft.nhs.uk/bedfordshire-talking-therapies

This service provides help to those experiencing common mental health problems such as depression and anxiety disorders.

Making a Positive Difference Through Talking Therapies.

PHARMACIES

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

Pharmacy First - This service enables community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP. A record of the consultation will be made and shared with your GP. The conditions are, **sinusitis, sore throat, earache, infected insect bite, impetigo, shingles, uncomplicated urinary tract infections in women (aged 16-64).**

Please note that pharmacies do not allow medication to be dispensed when the pharmacist is on a lunch break or not on the premises.

BOOTS - 01525 373703

49-53 High Street, Leighton Buzzard, Beds LU7 1DN

Open : Mon-Sat 8.30am-5.30pm Sun 10am-4pm

GROVEBURY (JARDINES) - 01525 378993

Unit 2, Enterprise Court, Enterprise Way, Leighton Buzzard, Beds

LU7 4SZ Open : Mon-Fri 9am-6pm

ROSEHILLS (JARDINES) - 01525 373391

41 High Street, Leighton Buzzard, Beds LU7 7DN

Open : Mon-Fri 9am-5.30pm Sat 9am-2pm

PEAK PHARMACY - 01525 383686

17-19 Lake Street, Leighton Buzzard, Beds LU7 1RS

Open : Mon-Fri 9am-6pm Sat 9am-1pm

TESCO - 01525 441025 / 0345 677 9421

Vimy Road, Leighton Buzzard, Beds LU7 1ER

Open : Mon-Sat 8am-8pm Sun 10am-4pm

TOUCHWOOD - 01525 370040

47 Coniston Road, Leighton Buzzard, Beds LU7 2PJ

Open : Mon-Fri 9am-5.30pm Sat 9am-1pm

LATE NIGHT PHARMACIES**BOOTS - 01908 585882**

14 Winchester Circle, Kingston, Milton Keynes MK10 0BA

Mon-Sat 9am-9pm Sun 10am-4pm

HOUGHTON REGIS PHARMACY - 01582 866315

Peel Street, Houghton Regis LU5 5EZ

Mon-Fri 8.30am-9.30pm Sat 9am-9pm Sun 10am-4pm

QUEENSWAY PHARMACY - 01908 631699

143-145 Queensway, Bletchley MK2 2DY

Mon-Sat 7am-10pm Sun 10am-8pm

If you need an urgent prescription completed out of hours call NHS 111, which can directly authorise emergency prescriptions at on-call pharmacies or direct you to the nearest open service.

AIDS TO MOBILITY AND WELLBEING

THE DISABILITY RESOURCE CENTRE - 01582 470900

4 Mayfield Road, Dunstable LU5 4AP www.drcbeds.org.uk
email info@drcbeds.org.uk. We offer support and advice for disabled people, carers, and individuals with long-term health conditions. Our current opening hours are Mon-Thurs 10am-3pm. We also offer a chat and collect service for mobility equipment and aids from our centre.

RED CROSS – 0300 456 1914

Whether it's for recovery, travel or extra support, the British Red Cross wheelchair hire service offers fast, flexible rental near you – delivered straight to your door. Click [Hire a wheelchair | Easy and affordable](#)

PERSONAL ALARM SERVICES

Help in an emergency – These provide a response and support service, which assists people to live independently with dignity, safety and reassurance and can give peace of mind to all concerned. There is a charge.

- **TAKING CARE** - Age Co Personal Alarm Service. Personal Alarm Services for the elderly, working with Age UK. Independence when you want it, help when you need it. www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/

Contact 0800 011 3846 Mon-Fri 9am-6pm

- **INDEPENDENT LIVING COMMUNITY ALARM SERVICE (at present for existing customers only)**

Emergency alarm service 24 hours a day

Contact 0300 300 5904 or email

Lifeline@centralbedfordshire.gov.uk or visit

www.centralbedfordshire.gov.uk/info/19/adults_and_older_people/305/help_to_live_at_home/6

- **MEDEQUIP CONNECT** – 24 Hour Monitored Service and Emergency Response **Contact 0800 910 1390**
<https://www.medequip-connect.com/>

WELLBEING WALKS/WALKING FOR HEALTH – Led by trained leaders, take place weekly and are free. Choice of short, intermediate or longer walks. **Leighton Buzzard** walks start at 10am from Bell Close car park, LU7 1RX. **Heath and Reach** walk starts at 10am from Bryants Lane Sports Ground car park LU7 9LD 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 – Tuesday or Thursday 12.30pm at Leighton Leisure and Community Centre, Pursuit Way, Leighton Buzzard LU7 3SS. You will need to be referred by your GP.

For info call **0300 300 6372** or

email active.lifestyles@centralbedfordshire.gov.uk

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 info@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

If you live in Bedfordshire and need advice or support with palliative or end-of-life care, you can now call NHS 111 (Option 4) at any time, day or night. This 24/7 single point of contact for patients, carers, families, and healthcare professionals links you directly to specialist support for symptom management, psychological care, signposting to other services, advance care planning and more.

A GUIDE TO PALLIATIVE CARE Members of the three Leighton Linlade Patient Participation Groups are putting together a new booklet '*A Guide to Palliative Care*' which is aimed at patients and their loved ones and will provide information and signposting about what is available in our area. The guide will be available online and at key locations around the town. It is due to be published in Autumn 2026.

LOCAL AUTHORITY SERVICES

CENTRAL BEDFORDSHIRE COUNCIL (CBC)

Priory House, Monk's Walk, Chicksands, Shefford SG17 5TQ
Tel: 0300 300 8000 or www.centralbedfordshire.gov.uk

Contact the above for information on the following :
Adult Social Care, Benefits, Blue Badge Scheme, Bus Passes,
Adult Learning (BESA), Care Homes, Carers Helpline, Council Tax,
Housing, Disability Resources, Elderly Safeguarding Matters,
Personal Alarms, Complaints and all other Enquiries.

Other services include :

Leighton Buzzard Library	0300 300 8059
Leighton Buzzard Theatre	0300 300 8125
Registrar (Births, Deaths, Marriages) (option 6, option 1)	0300 300 8000
Waste Services (option 2)	0300 300 8000

LEIGHTON-LINSLADE TOWN COUNCIL

The White House, Hockliffe Street LU7 1HD

Town Clerk: Mark Saccoccio Tel: 01525 631920

email info@leightonlinslade-tc.gov.uk

Offices open Mon-Fri 9.30am-3.30pm

Telephone enquiries Mon-Fri 8.30am-4.30pm

www.leightonlinslade-tc.gov.uk

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

The main Council Committees are :

Cultural and Economic Services, Planning and Transport, Policy and Finance, Partnership (with Central Beds) and Grounds and Environmental Services. These are in addition to meetings of the full Council and meetings of several sub-committees and working parties. Members of the public may observe most meetings and may raise concerns or ask questions relating to agenda items. Meeting schedules, agenda and minutes are published on the Town Council website or call 01525 631920 for information.

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

Allotments, Cemeteries, Markets, Parks and Pavilions, TACTIC Centre, Christmas Illuminations, Grants for Voluntary Organisations and Community Events.

Community Events include :

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

The Big Lunch – High Street, June

Pride Festival – High Street, June

Canal Festival – Tiddenfoot Waterside Park, July

Last Night of the Proms in the Park – Parson's Close, September

Christmas Festival – Nov/Dec

Town Trails – Children's Trail, Curiosity Spotter Trail, Living

History Trail – from the Library or on the Buzzard Trail app

Charter Markets – Every Tuesday and Saturday with a Farmers Market on third Saturday and Craft Market on fourth Saturday of the month.

Parks and Open Spaces – Green flag parks include Parson’s Close Recreation Ground, Pages Park, Linslade Recreation Ground, Linslade Memorial Playing Field and Garden of Remembrance and Vandyke Cemetery. Other LLTC managed parks and green spaces include Astral Park, Pages Field, Ousel Valley Meadows and Peace Meadow, Linslade.

Other nearby open spaces include Rushmere and Stockgrove Country Parks run by the Greensand Trust and Bluebell Wood – Linslade, Tiddenfoot Waterside Park and Stanbridge Meadows, managed by CBC.

Public Conveniences – at West Street car park, Parson’s Close Rec (summer only), local supermarkets (Tesco and Morrisons) and in most premises serving food.

Sports and Exercise Facilities – the town parks include Green Gym equipment and free to use tennis court, basketball court and table tennis tables.

Parking – Town car parks are managed by Central Bedfordshire Council and include Duncombe Drive, Hockliffe Street, West Street multi-storey and Baker Street. Parking is also available on the High Street and in Church Square. Restrictions apply, check signage. Disabled parking spaces are available in West Street multi-storey car park. CBC operates a cashless system for all council run car parks.

Two important town events run by voluntary committees are the **May Fayre** and the **Carnival**. The May Fayre is organised by Leighton Linslade Rotary Club – contact Alan 01525 754820 www.leightonlinsladerotary.com . The Carnival is held in July – contact Mark 07930 152026 www.leightoncarnival.co.uk if you wish to help or take part. Both events fundraise to support local charitable groups and services.



Read more about the '55up' Town Council initiatives; these include The Chatty Café (page 17), Community Agent (page 18) 55up Film Club (page 26), 55up Lunch Club (page 26) AbilityNet (page 39)

BEDFORDSHIRE & LUTON ADULT CARE AND SUPPORT SERVICES DIRECTORY 2026

Information and advice about local care and support - Home Support - Specialist Care - Useful contacts - Care Homes.
Call **0300 300 8000** or **01234 276168** to obtain a free copy.
www.carechoices.co.uk

BEDFORDSHIRE POLICE - 01582 401212

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

BEDFORDSHIRE FIRE AND RESCUE provides free Home Fire Safety Visits (HFSV).

These visits encompass assessment of your home for fire safety, including gas and electrical appliances, access and escape routes, smoke and carbon monoxide alarms. The free visits are especially valuable to vulnerable people such as those aged 65 and older, who live alone, have a disability or reduced mobility, take medications that cause drowsiness, or have adult social care needs. Requesting a visit is easy – visit www.bedsfire.gov.uk/home-fire-safety-visits, email homefiresafetyvisit@bedsfire.gov.uk or leave your name, phone number and post code on Freephone **0800 043 5042**.

FOR EMERGENCIES dial 999 for fire, police or ambulance.

SPECIALISED SUPPORT GROUPS

The following charities and voluntary organisations provide information, advice and support relating to their specific core interest. Some also offer practical help, meetings, training and social group activities.

ALZHEIMERS SOCIETY (DEMENTIA) – General Support Line
0333 150 3456 www.alzheimers.org.uk

TIBBS DEMENTIA SUPPORT – is a Bedfordshire charity that offers a range of activity and support groups for those living with dementia and their family carers. They currently offer a weekly cognitive stimulation therapy group, twice monthly walking group, and a twice monthly activity group. For more information, or to register your interest in joining a group either email contact@tibbsdementia.co.uk or call the main office on 01234 210993.

The **HERBERT PROTOCOL** is designed to prevent people with dementia or other memory problems going missing and to improve response for locating them if they do. Police forces and emergency services use this protocol as a kind and proactive way to help when someone with dementia is reported missing, email dementia@bedfordshire.pnn.police.uk or call 101 see website for more details www.herbertprotocol.com

AUTISM Beds - 01234 350704 Please check website www.autismbedfordshire.net email enquiries@autismbeds.org 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

Visit website www.carersinbeds.org.uk or email contact@carersinbeds.org.uk

Carers in Bedfordshire will no longer be delivering Adult Carer Support Services in Central Bedfordshire and Bedford Borough with exception of our Henry Smith funded wellbeing Support Services which will continue. Adult Carer Support services provided by Blue Sky Carers Support.

BLUE SKY CARERS SUPPORT - 01234 673810

Visit website www.blueskycarerssupport.uk or email info@blueskycarerssupport.uk

Blue Sky provides support for unpaid carers who look after a family member, friend or loved one. Whether you're new to caring or have been supporting someone for years, we're here to help you feel informed, confident and supported.

CRUSE BEREAVEMENT SUPPORT –

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

THE CENTRE FOR HEALTH, HEALING AND COUNSELLING

supports people with life threatening and chronic illness, including Cancer, MS and Parkinson's. We meet 11am-3pm on Thursdays (term time only) 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 enquiries weekdays 9am-5pm www.bhf.org.uk

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

HOSPICE AT HOME VOLUNTEERS – 01525 854713

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 or email info@hospiceathomevolunteers.org.uk

BEDFORD MULTIPLE SCLEROSIS THERAPY CENTRE - 01234 325781 155 Barker's Lane, Bedford MK41 9RX

At the Bedford MS Therapy Centre, we provide a welcoming and supportive space for people living with Multiple Sclerosis and Parkinson's. Whether you are newly diagnosed or have been living with your condition for some time, you are always welcome here. We offer a range of therapies, support, and a caring community for people with MS and Parkinson's, as well as their carers and families. Our aim is to help people feel empowered, better manage their health, and live well with their condition. For more information find us at www.mscentre.org or email hello@mscentre.org

MOTOR NEURONE ASSOCIATION (MND) - 0808 802 6262

MND changes everything. We're here for everyone affected by MND in England, Wales and Northern Ireland. Speak to our advisers, find information, connect with others and find local support by visiting the website www.mndassociation.org or email mndconnect@mndassociation.org

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

• **Local Group** Monthly social 2nd Tuesday of the month at Linslade Memorial Pavilion, LU7 2NZ. For more information contact Debra Goss 07843 421842 or email fitnessbparkinsons@gmail.com NB: no monthly social in August

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

SIGHT CONCERN - 01234 311555 (Bedford)

www.sightconcern.org.uk email office@sightconcern.org.uk

Supports the visually impaired community in Bedfordshire. Offers advice, support, telephone befriending service.

ROYAL VOLUNTARY SERVICE

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

STROKE ASSOCIATION - HELPLINE 0303 3033 100

www.stroke.org.uk Central Beds have a Stroke Recovery Service, providing anyone affected by stroke with personalised practical support and information. A Stroke Support Coordinator will work with you. We offer • Tailored one-to-one support through home visits, telephone calls and online contact • Someone to talk to who understands • Advice and information about stroke • Tips and links to support recovery • Support to access local leisure and social activities, other organisations, return to work, and much more. Contact us by email bedfordshireandluton@stroke.org.uk or by phone 01582 342692.

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 email advicecentral@drcbeds.org.uk

ADVOCACY

– **PohWer 0300 456 2370** www.pohwer.net or email pohwer@pohwer.net

Help people who, because of disability, illness, social exclusion and other challenges, find it difficult to express their views or get the support they need. Our mission is to deliver high quality advocacy, information and advice services empowering people to have a voice and to make a real difference to their lives.

- VOICEABILITY - 0300 303 1660 www.voiceability.org

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

AGE UK Bedfordshire Enquiries - 01234 360510

Age UK Bedfordshire offers a wide range of services for older people and their carers across Bedfordshire, including:

- Information, Advice and Community Support
- Energy Efficiency and Benefits Advice
- Home Help Support (housework, shopping, etc.)
- Gardening and Handyperson Services
- Key Safe Supply and Installation
- Telephone Friendship Network (TTFN)
- Carers' Respite Service
- Support for socially isolated older people

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

THE CHATTY CAFÉ bringing the community together for a natter with tea and cake. Free every Tuesday 10am-1pm
Contact Rose 07538 331443 for more information.
www.leightonlinlade-tc.gov.uk This is part of Leighton-Linslade Town Council's 55Up Project.

THE CHATTY CAFÉ CuriosiTEA at Leighton Buzzard Railway, Pages Park - Weekly "chatter and natter" table every Wednesday, 11am-12noon. A friendly space to meet others, especially if you're feeling a bit isolated after a bereavement, a move, or simply because life has shifted. A simple chat can brighten anyone's day email curiositearooms@gmail.com

CITIZENS ADVICE LEIGHTON LINSLADE

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

www.leightonlinladedcab.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 visit elderly, frail, sick or lonely people in the Leighton Linslade Area. Please provide your name and number and a volunteer will ring back.

INDEPENDENT AGE – Freephone Helpline 0800 319 6789

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

LEIGHTON LINSLADE HELPERS - Helpline 01525 837219 or 07543 540997 email help@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 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 AGENTS - 07498 625526/07392 722296 or email leightonagent@bedsrcc.org.uk

Offering free support with 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 and transport, support for carers, joining social and voluntary groups, signposting to other organisations. This service is part of Leighton-Linslade Town Council's 55Up Project.

LEIGHTON BUZZARD LIBRARY - 0300 300 8059

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

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

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

To contact the service call 01234 880400 email

elft.thelighthouse@nhs.net or visit the website

www.bedfordshirewellbeingsservice.nhs.uk

MIDLIFE, MENOPAUSE & BEYOND (MMB) A friendly, supportive space for women in midlife, menopause and post-menopause who want to feel clearer, healthier and more confident as their bodies change. MMB offers simple, evidence-based ways to improve energy, mood, sleep and day-to-day wellbeing, helping women work with their bodies, not against them. Meets monthly as a group, or for 1:1 support. For more information email jackie.elliott@jaxell.co.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

Dedicated to tackling loneliness and social isolation for people aged 75 and over. Offering monthly tea parties in Leighton Buzzard. New volunteers always welcome.

www.reengage.org.uk

BEDS RURAL COMMUNITY CHARITY - 01234 838771

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

SAMARITANS – Free call 116 123

Central telephone number 0208 314 8300

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

www.samaritans.org

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

Offers friendship, conversation and support - confidential information and advice to older people by telephone or letter.

www.thesilverline.org.uk

TOTALLY LEIGHTON BUZZARD is a community action group who organise the **"REPAIR CAFE LB"** - a free, volunteer-led monthly event where we help fix everyday items to save waste. Bring small electricals, toys, tools, clothing or household bits. We meet on the 4th Saturday (except August and December), 10.30am–1.30pm, at the Royal British Legion, West Street, LU7 1DA. We also organise community events like Great Big Green Week and Fun Palaces.

Coming soon: the Borrow & Buzz Library of Things — watch this space. We're passionate about sharing skills and building connections. Get in touch to volunteer or bring an item for repair. Find us on social media or online <https://linktr.ee/leightonbuzzard> <https://repaircafe.leightonbuzzard.org> or email totallyleightonbuzzard@gmail.com

WARM SPACES – Community spaces offering warm space to help residents – see website for list of venues, days and times. [Warm Spaces | Central Bedfordshire Council](#)

WIDOWS AND WIDOWERS GROUP

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

YOUR WELLBEING BEDFORDSHIRE – 01234 838771

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

SUPPORT FOR VETERANS DIRECTORY An online directory listing organisations that provide support to veterans of the UK armed forces and their families. Open Monday to Sunday, 8.00am to 8.00pm. Tel: 0808 802 1212 or visit website www.gov.uk/support-for-veterans

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 with the individual bus operator, as timetables and even routes are subject to change.**

ACCESS HOSPITALS

• **Wycombe General Hospital** - Take bus X4* to Aylesbury bus station. Change to bus number 130 ** get off at High Wycombe bus station (Bay 16, Bridge Street, High Wycombe, which is 12-30 mins walk to hospital. *Arriva Beds and Bucks Tel: 0344 8004411 www.arrivabus.co.uk/beds-and-bucks

**Redline Tel: 01296 426786 www.redlinebuses.com

• **Stoke Mandeville Hospital** - Take bus X4 to Aylesbury bus station. Change to bus 130 or bus number 9 and get off at Stoke Mandeville Hospital. Arriva Beds and Bucks Tel: 0344 8004411 www.arrivabus.co.uk/beds-and-bucks

• **Luton and Dunstable Hospital** - The X3, X2 and CS1 run to Luton and the nearest stop to the hospital is Stanton Road which is a 10-30 minute walk to the hospital. Arriva Beds and Bucks Tel: 0344 8004411 www.arrivabus.co.uk/beds-and-bucks

• **Milton Keynes Hospital** - Board bus X2 or X3. Get off at Coffee Hall Roundabout South (northbound) Saxon Street V7, Coffee Hall. Walk to the hospital 10-30 mins. Arriva Beds and Bucks Tel: 0344 8004411 www.arrivabus.co.uk/beds-and-bucks

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

LEIGHTON BUZZARD VOLUNTARY PATIENT TRANSPORT (LBVPT) - 07873 497633

For patients who do not qualify for NHS non-emergency transport and who are unable to use public transport or obtain lifts from friends and family. Vetted volunteer drivers can take you to outpatient appointments at Milton Keynes, Luton & Dunstable, Stoke Mandeville, High Wycombe, Amersham and Bedford Hospitals. The driver waits and brings you back home after your appointment. We ask for a voluntary donation to cover the driver's expenses, these are very competitive (approximately 75% cheaper than a taxi i.e. Luton & Dunstable return trip £15). 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

BUZZER BUSES 01525 853566 Call between 10am–3pm Mon–Fri. Buzzer Buses is a local charity that provides door to door transport for the people in and around Leighton Buzzard and Linslade. Our fleet of seven minibuses transports members to shops, social events, GP appointments, dentists, family and friends within a ten-mile radius of Leighton Buzzard. Our vehicles are fully adapted to take wheelchairs, and our friendly drivers can assist members to and from the vehicle, as necessary.
www.buzzerbuses.co.uk

TRAINS National Rail Enquiries 03457 484950. Call at station for advice and timetables. MOBILITY LIFTS at the North end of the platform give access to/from car park and all platforms. Parking is free for Blue Badge holders. Extra help required should be booked at least 24 hours ahead on 0800 024 8997 for people 60 and over. Disabled Person Railcards www.disabledpersons-railcard.co.uk Senior Citizen Railcards for over 60's www.senior-railcard.co.uk

LEIGHTON BUZZARD AND LINSLADE AREA TRAVEL GUIDE

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

PLACES OF BELIEF AND WORSHIP

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

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

FRIENDS, QUAKER MEETING HOUSE 25 North Street. Further details contact Terry Tel: 07989 872809

HOCKLIFFE STREET BAPTIST CHURCH Delta House, No 33 Hockliffe Street. Office Tel: 01525 371312 or email office@hsb.church

HUMANIST For details of Humanist Meetings and Civil or Humanist Ceremonies contact Linda Marshall Tel: 07941 403445 email imm.marshall@gmail.com or lindammarshall@hotmail.co.uk

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

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

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

POTTERS HOUSE CHRISTIAN FELLOWSHIP CHURCH
Leighton Buzzard Youth Club, Vandyke Road LU7 3FU
Every Sunday 11am and 6.30pm, Thursday 7pm
Tel: 07852 251248

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

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

SPIRIT AND TRUTH CHURCH Leighton Buzzard
The Recreation Rooms, Mentmore Road
Please email admin@spiritandtruth.co.uk

ST. BARNABAS CHURCH Waterloo Road/Vicarage Road. Parish
Office 01525 371802 Rev. B Minton Tel: 01525 372149 or
email linsladeparishoffice@gmail.com
www.stbarnabaslinlade.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
Ring for details of coffee mornings and meetings.

SYNAGOGUES

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

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

THINGS TO DO, TRY OR JOIN

A SELECTION OF CLUBS AND SOCIETIES

CONTACT THE LIBRARY – 0300 300 8059 for further details of
clubs, societies, local events and access to the internet.

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 contact the Town Council -

allotments@leightonlinslade-tc.gov.uk Tel: 01525 631923 direct number for allotments.

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) Meets regularly for professional artist demonstrations, to make art together, visit galleries or just chat. www.lbas.org.uk

BUZZARDS 50+ SPORTS AND SOCIAL CLUB Leighton Leisure and Community Centre, Pursuit Way LU7 3SS
Fridays 10.30am-12noon. Contact Mary Beard 01525 374462

CHOIRS There are many local choirs :

- **LEIGHTON BUZZARD FESTIVAL SINGERS** www.lbfs.org.uk

- **LINSDALE SINGERS** A friendly chamber choir of about 30 voices, who rehearse on Thursday evenings in Linslade, and sing a wide variety of mainly unaccompanied secular and sacred music. New singers of any age are welcome especially if they have some experience of choral singing. For more information visit the website www.linsdale.org.uk or email info@linsdale.org.uk

- **PHOENIX SINGERS** small, friendly group meet every Tuesday 11am-12.30pm Friends Meeting House, North Street. For more details email Anne Stokes annejen69@hotmail.com

- **GRAND UNION COMMUNITY CHOIR** Open to singers of all ages www.gucc.org.uk

- **SONGBIRDS** Monday morning singing for wellbeing group. Based in Stewkley but Leighton Buzzard residents attend www.thesongbirds.co.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.

INSPIRING MUSIC welcomes people of any age and musical ability. For details call 0300 300 6604 or visit the website www.inspiringmusic.co.uk

55up FILM CLUB Leighton Buzzard Library Theatre provides Wednesday afternoon film shows for residents aged 55+. Membership is free to Leighton Linlade residents and entitles you to discounted prices. Call in to the White House with ID to register or ring 0300 300 8125 for further details.

55up LUNCH CLUB for those aged 55 and over and a resident of Leighton-Linslade Parish. A hot lunch with tea or coffee and entertainment. To find out more and to book a place, ring 01525 631920, option 1, option 4. Bookings are taken one month in advance, on the first Thursday of the month. For more details see www.leightonlinslade-tc.gov.uk/55-up-legion-lunch-club/

THE LEIGHTON BUZZARD & DISTRICT MEN'S SHED promotes the preservation and protection of men's wellbeing for the public benefit. The Shed provides facilities for a wide range of activities. As well as working on their own projects members can get involved in a variety of community-based projects. The Shed's workshop is open 10am-12noon every Tuesday and Wednesday morning. In addition, a weekly 'cuppa and a chat' drop-in session takes place at the Pages Park Pavillion between 2-4pm. Everyone welcome, see www.lbshed.org for more details or email hello@lbshed.org or call 07734 105060.

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 £5 per person. Second and fourth Fridays of each month, 2–3.30pm at Astral Park Sports and Community Centre, Johnson Drive, LU7 4AY. Tel: Jen Harris 01582 250024 or email info@music24.org.uk www.music24.org.uk/singing-cafes

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.

LEIGHTON BUZZARD PHILATELIC AND POSTCARD SOCIETY for stamp and postcard collecting. Contact Richard 01525 373869 or email John jowbespencer@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

THE LEIGHTON BUZZARD SOCIETY (protecting the environment past, present and future)
We are people who care about the town, take an active interest in it and wish to improve the town's environment. We hold regular meetings, at The Community Room, Marigold House Care Home, on topics of local interest and arrange visits to local sites. For more details and how to join email societylb2@gmail.com or see www.leightonbuzzardsociety.com for more info on our group.

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

THE ROYAL BRITISH LEGION Contact Mike 07881 103886 for activities at this community family club at Bossard Hall, West Street. <http://www.britishlegion.org.uk/>
<https://branches.britishlegion.org.uk/branches/Leighton-Buzzard>

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 full details see www.leighton-linslade.u3a.org.uk

SPANISH GROUP (BEDS AND BUCKS) The group meets on the third Wednesday of each month at 8pm at the Black Lion in the centre of Leighton Buzzard for a drink and chat in Spanish. Anyone is welcome to come and practise their conversational Spanish. The group is on Facebook–Beds and Bucks Spanish Group or Helen Trebisacce can be contacted on 07796 657912.

FOR CRAFTERS

• **THE PICTURE HOUSE** Lake Street for knitting, crocheting, cross stitch, embroidery etc; beginner [or want to learn] or experienced we will be happy to see you between 10am-12 noon on any or all of the following days Wednesday, Friday or Saturday. More information call 07771 518055.

• **THE SHIP** Linslade 1st and 3rd Thursday of the month 10am-12noon and beyond, will be absolutely delighted to see any crafter, or want to be crafter, on these days.

• **KNIT & NATTER** All are welcome. Currently meets on the 1st and 3rd Tuesdays of each month from 10am until around 11.30am at The Tree of Life Cafe at the Garden Centre, Leighton Buzzard.

• **TIME 2 CRAFT** Meets every Friday 10am-12noon. Leighton Buzzard Library. For further details contact the library on 0300 300 8059

WOMEN'S INSTITUTE

• **Leighton Buzzard Morning Group** Meet Tuesday morning the early part of each month at the Scout Hut, Grovebury Road email leightonbuzzardwi@gmail.com

• **Leighton Buzzard Riverside** First Thursday of each month from 7.30-9.30pm at The Salvation Army Hall, Lammas Walk LU7 1JA Elaine Morpew 07399 570967

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

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

THE LINSLEIGHDERS FOLK DANCE GROUP Folk Dance Group has been dancing together as a group for over forty years. Meets every Wednesday at the Forster Institute, Waterloo Road, Linslade, LU7 2NR from 8-10pm - a range of dances, Playford (older English dances), English Country dances and American dances. New members are welcome either seasoned dancers or those who have never danced before. First session is free, then £3 per week. If you would like to give it a try either come along or contact Ann Tracey 01525 376015 email anntracey2@aol.com

LEIGHTON BUZZARD NWR (National Women's Register)
A group of lively minded women who meet regularly for coffee, meals, discussion, cards, outings and much more. The choice is yours. Visit nwr.org.uk/network/groups/leighton-buzzard/

SPORTS, FUN AND FITNESS

ANGLING Leighton Buzzard Angling Club

Contact: Secretary Steve Barrett Tel: 07869 285081.

Membership/Licence applications from Browns, Grovebury Road

ARCHERY

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

www.silverarrowarchery.co.uk – Contact Richard Coleman

Tel: 07544 889090 or email secretary@silverarrowarchery.club

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

ATHLETICS Leighton Buzzard Athletic Club

Meet on a Wednesday and Thursday night.

www.leightonbuzzardac.co.uk or

email enquiries@leightonbuzzardac.co.uk

BOWLS

• **Leighton Buzzard Bowling Club** Grovebury Road, LU7 4SW

Visit www.lbbowling.co.uk or email lbbowling@yahoo.co.uk

Tel: 01525 621683 to leave a message.

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

CANOEING Meet at boathouse rear of Cedars School on Saturday mornings all year round and Wednesday evenings in summer.

See www.lbcc.org.uk or email info@lbcc.org.uk

CRICKET - Leighton Buzzard Town Cricket Club Bell Close

Sports Centre, Lake Street, Leighton Buzzard LU7 1RX

Tel: 01525 375140 email enquiries@lbtcc.co.uk

LEIGHTON LINSLADE CROQUET CLUB play from March to September in Pages Park. Play for fun or take it more seriously, it's up to you. Tel: Gwyn 07557 360746

See www.leightonlinsladecroquet.org.uk or email croquet-enquiries@leightonlinsladecroquet.org.uk

CYCLING

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

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

LEIGHTON FUN RUNNERS Bell Close Sports Centre, Lake Street, Leighton Buzzard. Meets Tuesdays 7.15pm and various places/times on Wednesday to Fridays.

www.leightonfunrunners.org.uk

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

LBNC WALKING NETBALL CLUB offers a friendly and inclusive way for adults to stay active, meet new people and enjoy netball at a relaxed pace. Walking netball is a low-impact version of the game, making it suitable for all abilities-whether you're returning to the sport or trying it for the first time. Sessions include gentle warm-ups, skill activities and informal games in a supportive, social environment. We meet every Monday evening from 6.30-8.00pm at Vandyke Upper School, and new participants are always welcome to come along and give it a try. Come along, get moving and be part of a friendly local group. For details email LBNC1@outlook.com

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

EVERYONE ACTIVE – LEIGHTON LEISURE AND COMMUNITY CENTRE, Pursuit Way, Leighton Buzzard LU7 3SS.

[Leighton Leisure and Community Centre - Everyone Active](#)

The new centre will feature a 150-station gym, three swimming pools, a group cycling studio, a Reformer Studio, as well as wellness, group exercise studios and squash courts. Offers GP referral memberships, Fall Prevention, GP Circuit, Forever Fit and New Reformer Classes. Also available will be a Community Studio, two meeting rooms and Café.

Tel: 01525 375765 www.everyoneactive.com

SWIMMING WOBURN LIDO, Crawley Road, Woburn MK17 9QG (Summer only) Senior citizens 1.30pm-2.30pm weekdays. Cold water lane swimming, open all year round Oct-May Adults only. Information <https://woburnlido.weebly.com> Contact Murray Heining Tel: 07517 461977 or email murray@murrayheining.co.uk

TENNIS

- **Linslade Tennis Club** Linslade Memorial Playing Field, Mentmore Road LU7 2NY www.linsladetennisclub.org.uk
email chairman@linsladetennisclub.org.uk
- **Leighton Buzzard Tennis Club** Bell Close Sports Centre, Lake Street, Leighton Buzzard LU7 1RX Tel: Petula 07962 806488 or email leightonbuzzardtennis@outlook.com

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

WALK AND TALK FOR MENTAL HEALTH helps tackle isolation by bringing men together through regular walks, games nights, and social activities. With at least two organised walks each month, we provide a welcoming environment where men can make friends, stay active, and support their wellbeing through connection and conversation, email talktous@walkandtalk.org.uk
Website www.walkandtalk.org.uk
Facebook <https://www.facebook.com/walkandtalklb>

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
- **Chair Yoga** classes on Tuesdays at 11am at QPlace, 48A High Street, Leighton Buzzard and Wednesdays at 11.15am at Heath and Reach Barn, Leighton Road, Eastern Way, Leighton Buzzard LU7 0AA. In our classes, we will be working on breath practice, stretches, body strengthening and relaxation. Yoga Helps Mobility, Balance and general health. Website: ewayogastudio.co.uk or email Ewaprzy9@gmail.com

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 three Community Gardens in the town's parks and North Street roundabout. If interested call 01525 631920 or email info@leightonlinsladeinbloom.co.uk or www.facebook.com/LeightonLinsladeinBloom

FRIENDS OF TIDDENFOOT WATERSIDE PARK Work parties meet monthly to maintain hedges, foliage, fences in this country park email fotwp@proton.ne to find out more.

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 or email leightonlinsladehh@gmail.com

LEIGHTON-LINSLADE HEALTH MATTERS campaigning for improved and permanent local healthcare services in Leighton Linslade, to support the growing population – new members welcome. See our facebook Leighton Linslade Health Matters to keep up to date with the latest news and developments or email lbhealthprovision@gmail.com

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.uk email station@lbng.rs.org.uk Office manned every day from 10am-12noon.

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

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

TOTALLY LEIGHTON BUZZARD (and REPAIR CAFE LEIGHTON BUZZARD) email: totallyleightonbuzzard@gmail.com
If you've a fix-it mentality, come along to see if you can help out others in your community and share your knowledge.
<https://linktr.ee/leightonbuzzard>
<https://repaircafe.leightonbuzzard.org>

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

See Leighton-Linslade Town Council website for more local volunteering opportunities www.leightonlinslade-tc.gov.uk/?s=volunteering

PLACES TO GO

LOCALLY

ASTRAL PARK SPORTS AND COMMUNITY CENTRE AND THE MEADOWS BEYOND

CANAL-SIDE WALKS cycle rides and pubs.

COMMUNITY GARDENS – PAGES PARK Billington Road LU7 4TG (watch cricket or croquet) and **LINSLADE RECREATION GROUND** (near St. Barnabas Church).

LEIGHTON BUZZARD NARROW GAUGE RAILWAY, PAGES PARK Runs Sunday's from March to October and Wed and Thurs in school holidays. More details of times and special events at www.buzzrail.uk or email station@buzzrail.org.uk

LINSLADE WOODS Stoke Road, LU7 2TA

LINSLADE MEMORIAL PLAYING FIELD AND GARDEN OF REMEMBRANCE Mentmore Road (watch football/ tennis/bowls).

PARSON'S CLOSE RECREATION GROUND Bands play on 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 Pub.

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 – Small car park. Surfaced path around site.

FARTHER AFIELD

ASCOTT HOUSE NATIONAL TRUST Near Wing – 01296 688242 or email ascott@nationaltrust.org.uk for opening times.

ASHRIDGE HOUSE HP4 1NS Tours of House (August only) 01442 843491 www.ashridgehouse.org.uk

BLETCHLEY PARK 01908 640404

Bletchley Park is a museum and heritage attraction, open daily. Discover the incredible achievements of Britain's World War Two Codebreakers, in the place where it happened.

Please note, for some local visitors, there is a discount for entry, see link below and scroll down the page

<https://www.bletchleypark.org.uk/plan-a-visit/>

BUCKINGHAMSHIRE 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 Open daily 10am-5pm
www.bbwt.org.uk/nature-reserves/college-lake-nature-reserve
email collegelake@bbwt.org.uk

DUNSTABLE DOWNS AND WHIPSNAD ESTATE Whipsnade Road, LU6 2GY 01582 500920 Kites, gliders, views, shop and displays.

HOUGHTON HALL PARK 01582 708540 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
- **Tring**, Tring HP23 5HF 01442 891393
- **NuYard**, Flitwick Road, Westoning, MK45 5AA 01525 712484
www.nuyardwestoning.co.uk
- **Dobbies**, Watling Street MK17 9JH 01908 364890

GROVE 'PICK YOUR OWN' FRUIT AND VEGETABLES
Ivinghoe LU7 9DZ 01296 668175 Ring to check availability.
Opens late June to October. www.grovefarmpyo.co.uk

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

IVINGHOE BEACON for walks and picnics LU6 2EF
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

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

STOCKWOOD DISCOVERY CENTRE London Road, Luton Council LU1 4LX. 01582 548600. Visitors' attraction gardens and museums. Opening - Summer 11am-5pm Winter 10am-4pm

SHUTTLEWORTH HOUSE, SWISS GARDENS, VINTAGE AEROPLANES AND CARS

Shuttleworth, Alder Drive, Biggleswade, Beds SG18 9DT 01767 627927

www.shuttleworth.org

Shuttleworth Collection - Home to some of the world's oldest airworthy examples of historic aircraft, beautiful veteran vehicles, bicycles and carriages.

Shuttleworth House - Former home to the Shuttleworth family and now an award-winning wedding and events venue.

Swiss Garden - A unique example of a Regency garden in the 'Swiss Picturesque' or 'Alpine' style forming part of the Grade II* registered Old Warden Park.

Open all year round. See website for opening times.

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

THEATRES

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

- **Aylesbury Waterside**, Exchange St, Aylesbury HP20 1UG 0844 871 7627

- **Grove**, Court Drive, Dunstable LU5 4GP 01582 602080

- **Milton Keynes**, 500 Marlborough Gate MK9 3NZ 0844 871 7627

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

TRING NATURAL HISTORY MUSEUM Akeman Street, Tring HP23 6AP Open 10am-5pm Tues-Sun

020 7942 6171 www.nhm.ac.uk/visit/tring.html

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

WHIPSNADE ZOO 0344 225 1826 LU6 2LF

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

www.whipsnadezoo.org

WOBURN HERITAGE MUSEUM Open 2-4.30pm weekdays. Old Church in centre of town. Ring to check opening 01525 290631
Wheelchair and mobility scooter access.
www.woburnheritagemuseum.co.uk
email greensinwoburn@gmail.com

WOBURN SAFARI PARK MK43 OTU Open 10am-5pm Feb–Nov
Limited through winter. To check call 01525 290407
www.woburnsafari.co.uk

WREST PARK AND GARDENS Silsoe MK45 4HR 0370 333 1181
English Heritage property check www.english-heritage.org.uk for opening times and events.

MISCELLANY

Please note that where a private supplier is included, it may not be the only or best source, it is just the one we know about.

REPORT FRAUD – 0300 123 2040

UK's national fraud and cyber crime reporting centre. 4.6 million people are affected by cyber crime and fraud every year. We'll help you report to police, learn about how to prevent it and get the support you need. www.reportfraud.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
email BobbyScheme@beds.police.uk

CINNAMON TRUST – 01736 757900

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

CRIMESTOPPERS UK – 0800 555 111

Visit www.crimestoppers-uk.org to use anonymous online form.
Anytime, day or night, any day of the year. 100% anonymous.

COMPUTING

• ABILITYNET 0300 180 0028

email enquiries@abilitynet.org.uk Helping older residents get connected (over 55) or anybody with a disability that effects how they use their technology, anything from how to get on the internet, search for information, keep in touch with family and friends, book GP appointments, do their online shopping or get assistance with accessibility settings on devices such as mobiles or tablets. An Abilitynet representative usually attends the Chatty Café on Tuesday 10am-1pm. This is part of Leighton-Linslade Town Council's 55Up Project.

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

ENERGY CHAMPIONS - Give advice on how to heat your home and save money. Trained, volunteers for local Community Energy Group. For free, impartial advice email hello@buzzcommunityenergy.co.uk
Trained, knowledgeable and independent (not sales!!)

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

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

MEALS – READY / DELIVERED

- Oakhouse Foods 0333 370 6700 www.oakhousefoods.co.uk
- Wiltshire Farm Foods 0800 077 3100 / 01525 242220
www.wiltshirefarmfoods.com

'MOTTS' OF AYLESBURY – DAYS OUT 01296 336666

The largest operator of day trips and holidays in the area. Vast selection of day trips has something for everyone. Whether it's a day by the sea, an historic house, a museum, an air show or one of the famous Flower Shows. www.mottsholidays.com

PRIORITY SERVICES REGISTER - ENERGY SUPPLIERS If you are a pensioner, have long-term ill health, are registered disabled or have a hearing or visual impairment, you may be eligible for extra help offered by energy suppliers. To ensure you receive additional services, you need to sign up to your energy supplier's Priority Services Register. There is no charge, and you can register for all or some of the services available. Free similar services are available in the water, telecoms and public transport sectors. www.ofgem.gov.uk/join-your-suppliers-priority-services-register Or for more information, contact the Citizens Advice consumer helpline on 0808 223 1133.

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' (5th Edition)

Comprehensive guide on fraud prevention by Metropolitan Police Service. If it sounds too good to be true – it probably is. Download a copy from 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 for free 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

Travel review and information for mature travellers

www.silvertraveladvisor.com or email

service@silvertraveladvisor.com

TIDY TIP Leighton Linlade, Shenley Hill Road, LU7 3BT

You need to book a visit either online or by calling 0300 300 8000 (option 2) open 9am-5pm every day except Christmas, Boxing and New Years Day or see [Household Waste Recycling Centres \(Tidy tips\) | Central Bedfordshire Council](#)

There is a Reuse Shop at Thorn Turn Household Waste Recycling Centre, Grendall Lane, Bedfordshire LU5 6GJ

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 03454 040506

For advice on assured (and bogus) businesses.

or email trading.standards@centralbedfordshire.gov.uk

FOR NOTES

This booklet is available online at

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

Front Cover Drawing
Tricia Lunt, Leighton Buzzard Art Society

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Surgery, Leighton Buzzard, Beds LU7 1AR



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