

Voluntary and Community Action

Organisations Dealing with Older People's Issues

Directory of Organisations No.1

June 2011

This Directory of Organisations is designed to raise awareness of the large number of organisations in Bedfordshire that deliver services to older people. Organisations are listed alphabetically. On the back page there is a listing all the groups sorted by the types of service that they offer: Housing Associations, Helping Hands Schemes, Welfare Support, Social Clubs and Transport Schemes.

Focusing mostly on organisations from within the Voluntary sector, many of the services provided by these organisations are undertaken by volunteers. If you, or anybody else you know, are interested in giving some of your time to help any of these groups, please get in touch with the Volunteer Centre on 01525 850559 to find out more.

If there are any organisations that are not featured in this directory, that you would like to see included, please contact the Information and Resources Co-ordinator at Voluntary and Community Action on 01525 850559 or email info@action-centralbeds.org.uk

Age Concern - Bedfordshire

Charity providing services and support to older people in Bedfordshire through information and advice, home help, handyperson, insurance and clubs. All our services are available countywide to any person of age 50 or over. Opening hours are Monday - Friday 9.30am - 4.00pm.

Access and additional services: wheelchair access, large print information, newsletter and resource library.

Name: Karen Perry
Address: 80-82 Bromham Road, Bedford MK40 2QH
Comms: T: 01234 360510 , F: 01234 360562
W: www.ageconcernbeds.com

Last Updated: 12/11/2010

Age Concern - Northall and District

Promotes social inclusion of vulnerable older people by engaging them in constructive and interesting activities and providing opportunities to socialise in community settings. They meet in Northall Village Hall on Wednesdays with a catchment area of Northall, Edlesborough, Dagnall, Slapton and Eaton Bray.

Access and additional services: wheelchair access and parking.

Name: Helen Wilkinson
Comms: T: 01525 220153

Last Updated: 16/12/2008

This is the first in a series of printed directories focusing on services offered by voluntary organisations and community groups in Bedfordshire.



You can also search for other local groups by clicking on the Find a Local Group icon on our website: <http://www.action-centralbeds.org.uk>



Aldwyck Housing Association

Housing Association providing housing for people in greatest need. Social housing, low-cost home ownership, for young vulnerable people, older people, those with mental health problems, learning disabilities, general family housing.

Housing management, property maintenance and development, support to vulnerable tenants, domiciliary care, employment and training co-ordination.

Monday - Friday 9am - 5pm

Address: 6 Houghton Hall Business Park, Porz Avenue, Houghton Regis, LU5 5UZ

Comms: T: 01582 869100,
E: info@aldwyck.co.uk,
W: www.aldwyck.co.uk

Last Updated: 08/02/2008

Alzheimer's Society - South Bedfordshire

Provides support, information and advice to carers of people with all forms of dementia. Services include home visits, drop in centres and support groups. Wednesday drop in at Hightown Road, Luton (10.00am - 2.00pm), Thursday drop in at Community Church, High Street North, Dunstable (10.00am - 2.00pm). Carers Support Group at Trinity Methodist Church, Leighton Buzzard on Tuesdays and at Dunstable Community Church on Thursdays.

Access and additional services: wheelchair access, parking, resource library and toilets with disabled access.

Name: Ian McCreath
Address: Carers Haven, 47 Hightown Road,
Luton, LU2 0BW
Comms: T: 01582 404077,
E: bedfordbranch@alzheimers.org.uk,
W: www.alzheimers.org.uk

Last Updated: 26/01/2009

Arthritis Care Luton and District Branch

Exist to help improve the quality of life for local people with arthritis. Services include loan of walking aids, wheelchairs, and painkilling (TENS) machines, provision of some transport provided

to and from homes. Social activities are held on the second Thursday of the month (at 7.30pm) at Parkside Social Centre, Parkside Drive, Houghton Regis.

Access and additional services: wheelchair access, equipment for loan/hire, newsletter and toilets with disabled access.

Address: 67 Dovehouse Hill, Luton LU2 9ES
Comms: T: 01582 705460

Last Updated: 02/01/2007

Barton Darby & Joan Club

To provide leisure time activities and a local social meeting place. Meetings in village hall provides entertainment for senior citizens, bring and buy stall, bingo, speakers, coach outings. Wednesday 2.00pm - 4.00pm.

Name: Carol Hawe
Address: 110 Osborn Rd, Barton-Le-Clay, MK45 4NY
Comms: T: 01582 882988

Last Updated: 10./11/2010

Barton Helping Hands

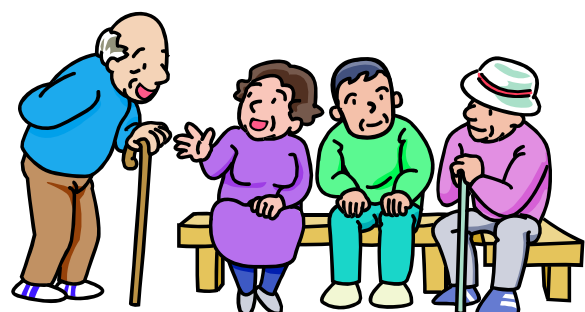
Provides help to the residents of Barton with the use of local volunteers encouraging self-help and friendship locally. Includes domestic support, transport and household assistance, (gardening, minor repairs, form filling). Anything an average person can assist with.

Address: Barton-le-Clay, Bedford, MK45
Comms: T: 0785 5070074 (9.00am - 9.00pm)

Last Updated: 19/10/2007

Bedfordshire Advocacy Service for Older People

Free, independent and confidential service providing advocacy support to people aged 60 and over. Advocacy is a way for people to have their wishes heard, to make their own decisions and to exercise control over their own lives.



Opening hours are Monday - Friday 9.00am - 5.00pm.

Name: Gail Shanahan or Heather Andrew
 Address: 3 Union Street, Bedford, MK40 2SF
 Comms: T: 01234 218880, F: 01234 215121,
 E: admin@basop.info

Last Updated: 26/01/2009

Bedfordshire Senior Citizens' Arts & Recreational Forum

Promote arts and recreational activities for older persons in the community. They also aim to promote social inclusion and community cohesion between the diverse communities of Luton.

Name: Harry Rappaport
 Address: 412 Old Bedford Road, LU7 7BP
 Comms: T: 01582 508644

Last Updated: 26/07/2009

Bedfordshire Women's Bowling Association

Competitive and social bowling for all ages. County organisation links 39 bowling clubs with national organising body Bowls England.

Comms: 01582 727717

Last Updated: 10/11/2010

Bobby Scheme - Bedfordshire Police Partnership Trust

The aim of the partnership is to support a whole range of community initiatives dealing with such issues as crime prevention, road safety, or generally improving fear of crime issues. The "Bobby Scheme" improves the security of homes of elderly victims of crime.

Name: Brian Prickett and Janet Heinsen
 Address: C/O Bedfordshire Police HQ, Woburn Road, Kempston, Bedford, MK43 9AX
 Comms: T: 01234 842619
 F: 01234 842605
 E: brian.prickett@bedfordshire.pnn.police.uk,
 W: www.bedspolicepartnership.org

Last Updated: 12/11/2010

Beecroft Balloon Society

Provides aid and support for the elderly and disabled in the Beecroft area. Gardening,

household maintenance and free mini-bus service, also help and advice regarding home security and social support.

Address: Beecroft Community Centre, C/o 53 Greenfield Close, Dunstable, LU6 1TS
 Comms: T: 01582 661346

Last Updated: 16/12/2008

British Red Cross - Bedfordshire Branch

Skilled and impartial care for people in need and crisis - in their homes and in the community. Countywide first aid duties include medical loans (wheelchairs, walking frames, toilet seat raisers etc), fire and emergency support service, transport and escort, therapeutic care, emergency response, first aid training, message and tracing service, emergency help for carers, refugees, asylum seekers, skin camouflage. Open Monday to Friday 9.00am to 5.00pm

Name: Suzy Pook
 Address: 232 Dunstable Road, Luton, LU4 8JL
 Comms: T: 01234 341503,
 E: spook@redcross.org.uk
 W: www.redcross.org.uk

Last Updated: 26/01/2009

Buzzards 50+ Sports and Social Club

Meeting on Monday and Friday morning at Tiddenfoot Leisure Centre, the Club is open to everyone over the age of 50 years. Activities include swimming, table tennis, badminton and keep fit. Social events include day trips, annual dinner dance, cabaret evenings, race nights etc. Holidays, both at home and abroad, are arranged once or twice a year. Membership costs £5 per year with concessionary charges payable to the Leisure Centre.

Access and additional services: wheelchair access, parking, newsletter and toilets with disabled access.

Name: Diane Clarke
 Address: Tiddenfoot Leisure Centre, Mentmore Road, Linslade, Leighton Buzzard, LU7 2AF
 Comms: T: 01525 371254

Last Updated: 15/01/2009

Buzzer Buses

A door to door transport service to assist people who are unable to use ordinary buses through disability within a 5 mile radius of Leighton Buzzard. Monday - Friday 9.00am - 5.00pm.

Access and additional services: wheelchair access.

Name: Joan Combes
Address: 31 New Road, Linslade, Leighton Buzzard, LU7 2LS
Comms: T: 01525 853566, F: 01525 853566,
E: buzzerbuses@btconnect.com

Last Updated: 09/11/2010

Cedar Finches

Provides social activities to combat loneliness and isolation and improve the quality of life for people aged 55 and over in the Cedars Way and Finch Crescent locality of Linslade. They meet every other Monday at the Community Lounge in Finch Crescent for group activities, bingo, beetle drives, fish and chip suppers, guest speakers, talks, films and outings, etc.

Address: 28 Finch Crescent, Linslade, LU7 2PF

Last Updated: 18/11/2009

Civil Service Retirement Fellowship - Dunstable & Leighton Buzzard Group

The fellowship is for any retired former civil servants and their spouses. It is essentially a social gathering, but visitors are available to those who are unable to attend social events. Theatre visits and outings are always available. Monthly meetings usually take place on the first Wednesday of every month in the Scout Headquarters, Grovebury Road, Leighton Buzzard at 2.00pm.

Access and additional services: wheelchair access, toilets with disabled access and ample parking facilities.

Name: Mr MA Mardlin
Address: 14 Wantage Close, Wing, Leighton Buzzard, LU7 0PJ
Comms: T: 01296 688331

Last Updated: 22/06/2007

Contact The Elderly - Dunstable

To alleviate loneliness in the elderly.

Address: 6 Appleby Gardens, Dunstable, LU6 3DB
Comms: T: 01582 661828

Last Updated 10/01/2006

Cruse - Bedfordshire

Support bereaved people with one to one counselling, group counselling and telephone counselling. Support is given and offered by trained counsellors for bereaved families and individuals. Helpline: 01582 595300 (for counselling).

Address: The Court House, Woburn Street
Amphill, MK45 2HX

Comms: T: 01525 841415
E: crusebedfordshire@btinternet.com

Last Updated: 08/12/2008

Disability Resource Centre

Information, equipment and services for disabled people, their families, carers, friends and professionals throughout Bedfordshire. Information Service covers large variety of topics including holidays, transport, sports and leisure. Opening hours are Monday - Friday 10.00am - 12.30pm & 1.30pm - 4.00pm.

Name: Mick Dillon
Address: Poynters House, Poynters Road,
Dunstable, LU5 4TP
Comms: T: 01582 470900, F: 01582 470959,
E: information@drcbeds.org.uk,
W: www.drcbeds.co.uk

Last Updated: 13/12/2010

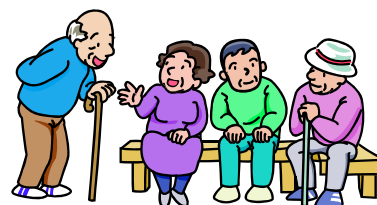
Downside Senior Citizens Club

They meet once a week as a social group for the elderly.

Address: C/O Beechwood Bowling Club Rooms,
515 Dunstable Road, LU4 8QN

Comms: T: 01582 657294

Last Updated: 16/08/2007



Downside Lunch Club for over 60s

A lunch club providing entertainment, games and exercise for the over 60's. Mondays 12.00 to 2.45pm.

Address: St Augustine's Church, Oakwood Avenue, LU5 4AR

Comms: T: 01582 666275

Last Updated: 25/11/2009

Dunstable and District Association of Senior Citizens

Speakers and discussions on subjects of interest to pensioners both locally and nationally. Subscription £5 per annum and all are welcome. The Dunstable & District Pensioners' Association meets on the 4th Monday in the month at 2.00pm at St Mary's Social Club, West Street, Dunstable.

Address: 189 Westfield Road, Dunstable, LU6 1DR

Comms: T: 01582 653047

Last Updated: 27/02/2009

Dunstable Old People's Welfare Association

Meet Tuesdays and Fridays (1.00pm - 4.00pm). Club afternoons include the following social activities: musical movement, art club, film/slides, bingo, speakers, games and keep fit. They also organise entertainment outings.

Address: Cordova, 137 West Street, Dunstable, LU6 1SG

Comms: T: 01582 661588,

E: e.e.parker@tinyworld.co.uk

Last Updated: 17/01/2008

Friday Club

Youth Club for the over 59's meet on Fridays 10.30am to 12.30pm. - Keep Fit, Stay Young!

Address: Forster Institute, 1 Waterloo Road, Linslade LU7 2NR

Comms: T: 07940 528380

E: michael.flynn@hotmail.co.uk

W: www.keepfitstayyoung.co.uk

Last Updated: 23/11/2009

Good Companions Club

The Good Companions Club operates one day a week from Beecroft Community Centre and is managed by Dunstable Town Council. This service is for residents of Dunstable and the surrounding area who are over 75 and socially isolated. Membership is via referral, this can be self, friend or relative, carer, doctor, etc. Members meet every Monday 10 – 2.30 to enjoy socialising, a two course meal and a number of activities and relevant speakers.

Address: Council Offices, Grove House, 76 High Street North, Dunstable LU6 1LF

Comms: T: 01582 890609

E: sandy.coyle@dunstable.gov.uk

Last Updated: 11/01/2011

Hanover Housing Association

Hanover Court, Linslade: sheltered housing for over 60's. Can register at 55+. Rent accommodation with estate manager and 24 hour alarm system. Laundry and common room. **St Georges Court:** Extracare scheme for people 60+ but with care need. 24 hour alarm system, laundry, guest room, common room and assisted bathroom.

Address: Nelson House - Alington Road, Eynesbury, St Neots, Huntingdon, PE19 6RE

Comms: T: 0800 280575, F: 01480 217023,

E: servicecentre@hanover.org.uk,

W: www.hanover.org.uk

Last Updated: 23/11/2009

Happy Oldies Over Sixties Club

Social club for the over sixties in Leighton Buzzard and Linslade. Activities include social events and outings.

Access and additional services: wheelchair access, parking and toilets with disabled access.

Name: Sylvia Turney

Address: 5 Mountbatten Gardens, Leighton Buzzard LU7 3LN

Comms: T: 01525 755251

Last Updated: 12/11/2010

Hockliffe Evergreen Club

Over 55's club held one a fortnight at the White Hart Monday 3.00pm until 4.30pm. Activities include bingo, quizzes, arts and crafts, boccia and gentle exercise.

Name: Carole Briars
Address: 3 White Horse Close, Hockliffe, LU7 9LT
Comms: T: 01525 210377

Last Updated: 14/01/2008

Hockliffe Helping Hands

To provide short term help to the residents of Hockliffe such as domestic support, transport and household assistance, with the use of local volunteers, and to encourage self-help and friendship within the local community.

Name: Julia Dickens
Comms: T: 01525 210210
E: juliadickens@googlemail.com

Last updated 10/11/2010

Hospice at Home Volunteers - Leighton-Linslade

A befriending service for local people with life limiting illnesses and their carers. Our coordinators meet the family initially to find out how we might help, and then introduce a volunteer who will stay in regular contact. There is a 24 hour answering machine and telephone enquiries are welcomed.

Name: Anita Potter
Address: Crombie House, 36 Hockliffe Street, Leighton Buzzard, LU7 1HJ
Comms: Tel 01525 854713

Last Updated: 30/12/2010

Housing 21

Bedsits and 1-bedroom flats, warden-assisted schemes for the elderly in Kempston, Houghton Regis, Sandy and Flitwick. All have access to communal facilities such as laundry room, lounge area etc. Age range: Over 60 (55+ if registered disabled).

Address: 1 Johnson Court, Parkside Drive, Houghton Regis, LU5 5RQ
Comms: T: 03701 924114

Last Updated: 06/07/2009

Johnson Court Social Club

Provides activities for the residents of Johnson Court, which is a set of sheltered flats run by Housing 21.

Address: 1 Johnson Court, Parkside Drive, Houghton Regis, LU5 5RQ
Comms: T: 03701 924114

Last Updated: 06/07/2009

Jolly Club

Social club for the over 60s, meet every Thursday at the Young Peoples Centre in Dunstable from 1.30pm - 3.30pm.

Address: Dunstable Young People's Centre, Manchester Place, Dunstable, LU6 1HT
Comms: T: 01582 660144

Last Updated: 14/11/2008

Leighton Linslade Senior Citizen's Association

We provide a monthly social evening for all senior citizens in Leighton-Linslade and carers of disabled people who wish to attend. The Committee organises concerts every month and Christmas parties without charge for the elderly.

Name: Myrna Green
Address: 26 Rock Lane, Linslade, LU7 2QQ
Comms: T: 01525 372936,
E: myrna@hydrautug.com

Last Updated: 20/06/2007

Monday Club for the Blind

Club for the social enjoyment of people with visual problems and their carers. Club meets for social purposes, exercise, games and other activities. Outings are organised during the summer months (April-October) and ten pin bowling at the Dunstable Megabowl every second Tuesday. Meets Mondays 2.00pm - 4.00pm, except Public Holidays.

Access and additional services: wheelchair access, toilets with disabled access.

Name: Carole Knight
Address: 15 Hinton Close, Houghton Regis, LU5 3NQ
Comms: T: 01525 853353
E: s.north126@talktalk.net

Last Updated: 24/11/2010

Multiple Sclerosis Society - Leighton Buzzard & District

Providing information, support and services for anyone affected by multiple sclerosis.

Name: Ian Summerfield
Address: 8 St. Mary's Way, Linslade, LU7 2RX
Comms: T: 01525 853239,
E: ianbuzt@tiscali.co.uk
W: www.mssociety.org.uk

Last Updated: 19/05/2008

Multiple Sclerosis Society - Luton and Dunstable Branch

Provide help and guidance to multiple sclerosis sufferers in the local area. A social meeting is held every third Saturday of the month. Activities include leisure and shopping trips and weekly trips to a therapy centre.

Name: Cavill Andy
Address: 155 Chesford Road, Stopsley, LU2 OLP
Comms: T: 01582 727543,
E: macboyocie@msn.com
W: www.mssociety.org.uk

Last Updated: 16/07/2007

National Federation of Royal Mail and BT Pensioners

Provides information and activities for its members, who are former employees of the Post Office and British Telecom. Campaigns on behalf of occupational pensioners. Offers support and expertise of a professional membership based organisation with a commitment to friendly, helpful advice. They lobby MP's and government to seek improvements in pensions, state benefits, health care and transport.

Address: Unit 6 Imperial Court, Laporte Way,
Luton, LU4 8FE
Comms: T: 01582 721652,
W: www.pensioneronline.com

Last Updated: 10/09/2008

NHS Retirement Fellowship South Beds

For NHS retirees and their partners. Meet on the third Monday afternoon of each month at Luton and Dunstable Hospital. Annual subscription is

£10.00. Activities include walks and outings.

Comms: T: 01525 717620,
E: izabel@dodd212258.fsnet.co.uk

Last Updated: 18/06/2007

Older People's Support Services

Addresses social exclusion amongst elderly people, aged over 75, by enhancing their skills, confidence and practical abilities to maintain independent living, overcoming isolation and fear of crime, ultimately improving individual's quality of life. Provides lunch clubs for socially isolated senior citizens, plus home and personal safety advice and practical improvement. Good Companions is held at Cordova House on Mondays and the Thursday Friendly Club is at the Salvation Army Headquarters, both in Dunstable.

Name: Elaine McGarrigle
Address: Dunstable Town Council, Grove House,
76 High Street North, Dunstable, LU6 1NF
Comms: T: 01582 890610,
E: Elaine.mcgarrigle@dunstable.gov.uk

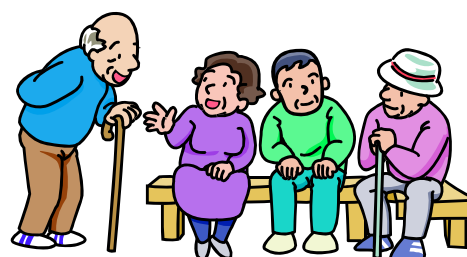
Last Updated: 26/01/2009

Parkinson's Disease Society - Leighton Buzzard & District

A local support group for people who suffer from Parkinson's Disease and their partners/carers. They aim to provide a meeting place where people have an opportunity to seek advice or talk over their individual experiences with others. They meet every 3rd Monday 2.30pm - 4.30pm at St Georges Court, Leighton Buzzard and arrange a speaker for most meetings.

Name: Gill Miller
Address: St Georges Court, Leighton Buzzard,
LU7 8BF
Comms: T: 01525 371768

Last Updated: 23/11/2010



Parkside 50+

Provides a meeting place and social and recreational activities for people aged 50+. Meets twice monthly at Houghton Regis Baptist Church.

Comms: T: 01582 862406
E: parkside50club@aol.com

Last Updated: 21/12/2010

REME Association - Luton, Dunstable and District Branch

Benevolent, social welfare and well-being of serving and retired members of the corps. Meet third Monday every month at the Victoria Club, Victoria Street, Dunstable at 7.30pm.

Address: 92 Cemetery Road, Houghton Regis, Dunstable, LU5 5DE
Comms: T: 01582 864334,
E: g-winterbottom@tiscali.co.uk

Last Updated: 12/11/2010

Royal Air Force Association - Dunstable

Welfare and social activities for ex-RAF servicemen and their families, serving members of the RAF and their friends and families. Meets on the second Thursday of the month at 8.00pm, Dunstable Conservative Club, High Street North.

Address: 18 Montague Avenue, Luton, LU4 9JG
Comms: T: 01582 560887
E: rafadunstable@ntlworld.com

Last Updated: 18/06/2007

Royal British Legion - Dunstable Branch

Welfare and social activities for ex-service personnel. Re-established in 2002 and open to all people of all ages. Meets at the Beecroft Community Centre every other 2nd Wednesday of each month.

Name: J Langford
Address: 45 Lambs Close, Dunstable, LU5 4QA
Comms: T: 01582 615660

Last Updated: 02/07/2007

Royal British Legion - Houghton Regis Branch

Social club for all ex service personnel meet

fortnightly on Monday evening 7.30 p.m. - 9.30 p.m. Social nights include bingo, raffle and football card, with occasional social buffet evenings.

Address: St Vincents Social Hall,
Houghton Regis, Dunstable, LU5
Comms: T: 01582 862841

Last Updated: 02/10/2007

Royal British Legion - Leighton Buzzard Branch

To promote the welfare of serving and ex-service personnel in the community. Includes immediate needs, residential homes, convalescent homes. Arranges convalescent homes, holidays for disabled, home alarm systems etc. Provides white goods, electric scooters and wheelchairs.

Access and additional services: wheelchair access, induction loops(s), parking, newsletter and room hire

Address: Bossard Hall, West Street,
Leighton Buzzard, LU7 1AU
Comms: T: 01525 378841

Last Updated: 23/11/2009

Royal British Legion - Toddington Branch

Meet at Toddington Social Servicemans Club, on the 2nd Tuesday each month (except August) 7.00pm - 8.00pm.

Access and additional services: parking and toilets with disabled access.

Address: Toddington Social Service Club,
15 High Street, Dunstable, LU5 6BX
Comms: T: 01525 872745

Last Updated: 26/09/2007

Royal Naval Association - Leighton-Linslade Branch

To foster comradeship among those who have served or are serving in our naval forces. To bring members together, provide help. Look to recruit more ex-servicemen. Provides assistance to any ex-Royal Naval or Royal Marines Servicemen (and serving personnel) regarding friendship and welfare, where necessary. Organises a variety of social activities and visits to other Naval Association branches.

Address: Chiquita, 14 Mentmore Road, Linslade
Comms: T: 01525 371680

Last Updated: 26/01/2009

Royal Naval Association - Luton and Dunstable

Welfare and social activities for ex-Royal Naval Personnel, serving members and their families.

Address: Co-op Club, Stockingstone Road,
Luton, LU2

Comms: T: 01582 575327

Last Updated: 29/01/2007

Salvation Army – Dunstable

Over 60's Club - A Christian based club for seniors. We provide fellowship and friendship, which includes speakers, videos, outings etc, and a monthly luncheon club.

Address: Bull Pond Lane, Dunstable, LU6 3AH

Comms: T: 01582 606031 - 01582 602215

E: dunstablecorpsl@salvationarmy.org.uk

Last Updated: 26/01/2009

Salvation Army - Leighton Buzzard

Over 60's club meets weekly at the Salvation Army Hall in Leighton Buzzard on Thursdays (10.30am - 11.30am).

Name: Major Woodman

Address: Lamas Walk, Leighton Buzzard, LU7 3JA

Comms: E: david.woodman@salvationarmy.org.uk

Last Updated: 14/10/2009

Sight Concern Bedfordshire

The organisation aims to enhance the independence and quality of life to those in Bedfordshire and Luton with a visual impairment by offering practical advice, information and support.

Services include home visits by paid and unpaid staff, benefit advice, telephone befriending, talking newspapers and a bi-monthly newsletter in large print, Braille, audio cassette or email. The Resource Centres in Luton and Bedford have a range of aids and equipment on display and is open on a drop in basis Monday - Thursday 9.00am - 5.00pm and Friday 9.00am - 4.00pm.

Address: Kings House, 245 Ampthill Road, MK42
9AZ

Comms: T: 01234 311555, F: 01234 314888,

E: office@sightconcern.org.uk

W: www.sightconcern.org.uk

Address: Luton Central Library, St George
Square, Luton, Bedfordshire. LU1 2NG

Comms: T: 01582 655554, F: 01582 515809,

E: luton.services@sightconcern.org.uk

W: www.sightconcern.org.uk

Last Updated: 17/11/2010

Slip End Friendship Club

A club for senior citizens that meets in the village Hall on Thursday afternoons between 2.00pm and 3.30pm. Men and women can have a relaxing afternoon playing Bingo, cards etc.

Address: Slip End Village Hall, Slip End, Luton, LU1

Comms: T: 01582 452978

Last Updated: 16/12/2008

Slip End Tennis Club

To enable people of any age and any ability to enjoy playing tennis, both socially and competitively.

Use of tennis courts plus possible coaching.

Discounts on tennis equipment. Tickets to competitions such as Wimbledon and Davis Cup.

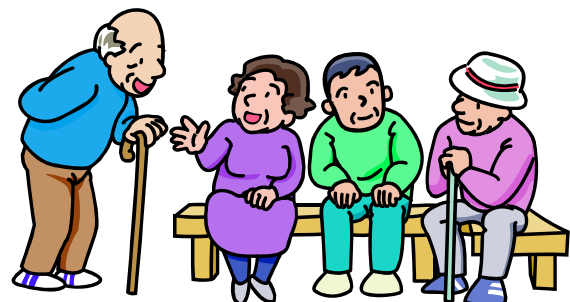
Daylight hours - 7 days a week

Address: 26 Crawley Close, Slip End, LU1 4BT

Comms: T: 01582 414162,

E: SteveSueLyons@aol.com

Last Updated: 11/01/11



Soldiers, Sailors, Airmen and Families Association (SSAFA) - Bedfordshire Branch

We are a national charity committed to helping and supporting those who serve in our Armed Forces, those who used to serve and the families of both.

We have trained, volunteer caseworkers who will visit clients in their own home and do their best to help, whatever the need, though within each Branch there are a variety of roles; caseworkers and visitors, as well as treasurers and fundraisers. Our Branch Office Holders are also volunteers, who help organise and run their Branch.

We offer team work, job satisfaction and all out of pocket expenses.

Name: Norma Bartlett
Comms: T: 01525 875071, F: 01525 875071,
E: bedfordshire@ssafa.org.uk

Last Updated: 12/11/2010

South Beds Dial-a-Ride

Provides a door to door service to people who are unable to use ordinary transport due to temporary or permanent disability, or the elderly/frail, from their homes to wherever they wish to travel within South Bedfordshire. Monday - Friday 9.00am - 4.00pm.

Address: Mumford Lodge, 165a Castle Hill Road, Totterhoe, LU6 1QQ

Comms: T: 01525 222331, F: 01525 222955

Last Updated: 10/11/2010

Steps Stroke Group

Stroke group for sufferers and carers. **Access and additional services:** wheelchair access, parking and toilets with disabled access.

Name: Michael Hodsdon
Address: Dunstable Community Church,
69 High Street North, Dunstable, LU5
Comms: T: 01582 517461 or 01582 477147,
E: michael.hodsdon@ntlworld.com

Last Updated: 02/01/2007

Streatley Carpet Bowles

Carpet Bowles held at Streatley Village Hall 8.00 p.m. - 10.00 p.m. on Thursday evenings.

Address: Streatley Village Hall, Streatley

Last Updated: 25/09/2007

Streatley Keep Fit Club

Keep fit group that meet at Streatley Village Hall, on Tuesday at 10.00 a.m. - 12.00 p.m. Mainly keep fit but also a social group.

Address: Streatley Village Hall, Streatley, LU3 3PP

Comms: T: 01582 882165

Last Updated: 25/09/2009

Stroke Association

To give help and support to stroke sufferers and their families. Family Support Organiser in North Bedfordshire and Bedford

Monday to Friday 9.00am - 17.00pm; answer machine if office busy or unstaffed.

Address: 3 Ombersley Road, Bedford, MK42 9JX
Comms: T: 01234 792686

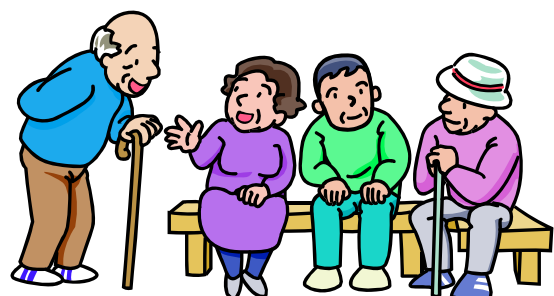
Last Updated: 30/06/2006

Sundon Friendship Club

Group for older people that meets once a week on Tuesday between 2.00pm - 4.00pm at Sundon Village Hall. Tea, chat, dominos, cards, bingo and occasional outings.

Name: Pat Titmus
Address: Sundon Village Hall, Streatley Road,
Upper Sundon, Nr Luton, LU3
Comms: T: 01525 872645

Last Updated: 26/04/2006



Tithe Farm Recycled Teenagers Group

The Recycled Teenagers group meets on a monthly basis at Tithe Farm Neighbourhood Centre, Tithe Farm Road, Houghton Regis. They also enjoy trips and visits to museums and on the canal. The group is aimed at people over 50 who are not working but are very flexible if others wish to join. So, if you enjoy meeting people, learning new activities and making new friends come along.

Name: Hazel Simmons
Address: The District Offices, High Street
North, Dunstable, LU6 1LF
Comms: T: 0845 8496322.

Last Updated: 18/12/2007

The 93 Club

An association of former Eastern Electricity employees from the Chilterns area that meet on the last Wednesday of every month at a place of local interest purely to maintain contact with each other.

Name: Mike Seeley
Address: 42 Truro Gardens, Luton, LU3 2AP
Comms: T: 01582 504620,
E: mike.seeley@ntlworld.com

Last Updated: 06/06/2007

Toddington Area Helping Hands Committee

Assist local people with transport issues - shopping, doctors appointments, odd jobs etc.

Comms: 07882 988270

Last updated: 14/10/09

Toddington Old Boys Association

Toddington Old Boys is an association of men aged 35 years and over, who either attended one of the village schools or spent part of their formative years in Toddington. If you fit this criteria and would like to join the association please contact us. With members of ages

ranging from 38-93 years there is bound to be someone you know from your schooldays

Address: Toddington Social Club
Comms: T: 01525 876839
E: ianmsmith60@btinternet.com

Last Updated: 15/01/2009

Totternhoe Garden Club

Garden visits, annual show and speakers

Annual show in August/September - includes photography, flowers, fruit, vegetables, craft and children's exhibits.

Meeting Details: Approximately six times a year with two+ trips. Comments: Membership £2.00; no age limits just an interest in gardens and gardening.

The club organises an annual trip for the over 60's of Totternhoe.

Address: 84 Dunstable Road, Totternhoe, LU6 1QP
Comms: T: 01582 667085

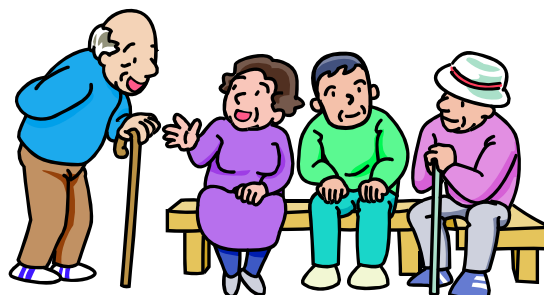
Last Updated: 03/12/2010

University of the Third Age (U3A) - Leighton-Linslade

U3A is run entirely by its members, providing educational, creative and recreational activities in small informal groups. Activities include badminton, reading group, chess, literature, gardening, walking, galleries and museum visits. Monthly open meetings.

Name: Steve Powell
Address: 17 Redwood Glade, Leighton Buzzard, LU7 3JT
Comms: T: 01525 838530
E: steve_powell@tiscali.co.uk

Last Updated: 15/01/2011



University of the Third Age (U3a) - Toddington

Meet on 3rd Monday of every month at 2.15pm - 4.00pm Activities include speakers and regular outings. Different groups meet throughout the month on different dates - groups include antiques, art appreciation, gardening, books, French, local history, music appreciation, needle craft and walking.

Access and additional services: parking

Name: Janet Charles

Address: Toddington Village Hall, Leighton
Road, Toddington, Dunstable, LU5 6AN

Comms: T: 01525 872794

Last Updated: 14/10/2009



Womens Royal Voluntary Service - Bedfordshire

Home from Hospital: Volunteers provide a caring and supportive service to newly discharged patients for a 12 week period. They offer help on transport, preparing the home for discharge, social activities and company.

Good Neighbours: Volunteers offer occasional help (like that a friend might offer) if they are local and able. Help with such things as collecting shopping, transport, prescriptions, pensions advice etc. Also offer a befriending service.

Conversation Partners: Provides opportunities for conversation and reducing isolation for people with aphasia in their own communities. Volunteers receive full training, gain experience in hospital, befriend and facilitate conversations, visiting specific clients once a week for six months.

Name: Amanda Bewick

Address: The Guild House, 56 Harpur Street,
Bedford, MK40 2QT

Comms: T: 01234 262429 and 07919 991543

E: bedshfh.gn@wrvs.org.uk,

W: www.wrvs.org.uk

Last Updated: 15/06/2009

Voluntary and Community Action

**Bossard House
West Street
Leighton Buzzard
Bedfordshire LU7 1DA**

Tel: 01525 850559

Fax: 01525 376281

**mail@action-centralbeds.org.uk
www.action-centralbeds.org.uk**

How we can help!

Voluntary and Community Action exists to provide help and support to the hundreds of voluntary organisations and community groups selflessly working to improve lives in their own communities and beyond.

We can offer help in a variety of ways:

- Funding Advice
- Development
- Training
- Information
- Volunteering
- Partnerships

Registered Name: Voluntary and Community Action South Bedfordshire

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