



How to Feel **Cheerier** as You Get Older

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Foreword from the CEO

Hello and a warm welcome to this edition of **VOICE**. Age UK Bedfordshire's very own biannual magazine.



As we embrace the arrival of Spring, we are reminded of the beauty of renewal and the promise of brighter days ahead. This season offers us a wonderful opportunity to reflect on the resilience of our community and the importance of connection, especially as we move forward together.

At Age UK Bedfordshire, we remain committed to supporting older adults in Bedfordshire and Luton. Our mission is to ensure that every individual enjoys a fulfilling and dignified life, no matter their age or circumstance. As we navigate the challenges that ageing can bring, let us also celebrate the strength and wisdom that come with experience.

In this edition of **VOICE**, we will try to entertain you with Charlie Chuckle's help, inform you of

ways you can help keep a smile on your lips most of the time and educate with our article on Artificial Intelligence aka AI! We hope to uplift your spirits and remind you that you are not alone on this wonderful journey through life. We are dedicated to helping you in anyway we can.

Together, let's embrace the opportunities that lie ahead, throughout Spring and Summer of 2025. Let us foster new friendships, and support one another in creating a vibrant, caring community. Thank you for being a vital part of Age UK Bedfordshire. Here's to a season filled with hope, joy, and connection!

Warm regards,

Steve

Steve Perry
Chief Officer
Age UK Bedfordshire



Dates for Your Diary

Mothering Sunday
Sunday 30th March

Maundy Thursday
Thursday 17th April

Good Friday
Friday 18th April

Easter Sunday
Sunday 20th April

Easter Monday
21 April

St Georges Day
23 April

May Bank Holiday
5 May

Spring Bank Holiday
26 May (Whitsun)

Father's Day
15 June

**Summer Solstice
(Longest Day)**
21 June

Summer Bank Holiday
25 August



Cover Image
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Meet the team

Editor

Jo Rising
Tel: 01234 360 510
Email: jo.rising@ageukbedfordshire.org.uk

Age UK Bedfordshire

Head Office
78 - 82 Bromham Road
Bedford
MK40 2QH
Tel: 01234 360 510
Email: voice@ageukbedfordshire.org.uk

Designer

Rowena Wilson
Email: rowenawilsondesign@gmail.com

Sales

Michelle Breen
Tel: 01536 334224
Email: michelle@lancemediagroup.co.uk

Publisher

Lance Media Group Ltd
1st Floor Tailby House, Bath Road,
Kettering NN16 8NL
Tel: 01536 334222

Printer

Micropress Ltd

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Reg. Charity No. 1090535

How to Feel Cheerier as You Get Older

Aging is a natural part of life, and while it brings its own set of challenges, it can also be a time of great opportunity and joy.

Many people find themselves feeling lonely or even miserable or low or sometimes just fed up as they grow older, but there are ways to combat these feelings and embrace this new chapter of life. Here are some tips to help you maintain a positive outlook and avoid feeling down as the years go by.

Stay Connected

One of the most effective ways to combat feelings of loneliness and misery is to stay connected with others. Maintaining relationships with family, friends, and community members is so important. Make it a priority to reach out to loved ones regularly, whether through phone calls, video chats, or in-person visits. Consider joining local clubs or activities that interest you, such as book groups, gardening clubs, or exercise classes. These connections not only provide companionship but also offer opportunities to share experiences, laugh, and enjoy life together.

They all usually end with a cup of tea, a biscuit and an opportunity to have a good old chat.

Keep Your Mind Active

Engaging your mind is just as important as staying physically active. Challenge yourself with puzzles, reading, or learning a new skill or hobby. Whether it's painting, playing a musical instrument, or mastering a new language, keeping your brain engaged can help ward off feelings of boredom and stagnation. Many community centres offer classes and workshops tailored for older adults, making it easier to find something that piques your interest. Talk to your local library for books you can borrow that help you learn a new skill. Or if you are online YouTube can help teach you almost anything. How about whist? Again, your library might have ideas of classes you could join to help you learn something new. That way you kill two targets with one stone. Challenge the grey cells and staying connected.

Embrace Positivity

Cultivating a positive mindset can significantly impact how you feel as you age. Practice gratitude by taking a moment each day to reflect on the things you appreciate in your life, no matter how small. Surround yourself with positivity by engaging with uplifting content, whether it's books, podcasts, or films that inspire you. Also, consider practicing mindfulness or

Seek Help When Needed

It's important to recognize that it's okay to seek help if you're feeling overwhelmed or struggling with your emotions. Talking to a trusted friend or family member can be a great first step. If feelings of sadness or loneliness persist, consider reaching out to a professional for support. Many organisations, offer resources and services tailored to older adults facing emotional challenges.

meditation to help manage stress and promote a sense of calm.

Give Back

Volunteering can provide a sense of purpose and connection, which can be especially valuable as you age. Consider giving your time to local charities, community groups, or even helping a neighbour in need. Not only will you be making a positive impact on others, but you'll also enrich your own life through the connections and experiences you gain.

In conclusion, while aging can come with its challenges, it also presents opportunities for growth, connection, and joy. By staying connected, keeping your mind and body active, embracing positivity, seeking help when needed, and giving back to your community, you can navigate this journey with resilience and grace. Remember, it's never too late to create a fulfilling and joyful life, no matter your age.



Prioritise Physical Activity

Staying active is essential for both your physical and mental well-being. Regular exercise can improve your mood, boost your energy levels, and enhance your overall quality of life. You don't need to engage in strenuous workouts; gentle

activities like walking, swimming, or yoga can be incredibly beneficial. Aim for at least 30 minutes of moderate exercise most days of the week. Not only will you feel better physically, but engaging in physical activity can also provide a sense of accomplishment and purpose.



For more help Age UK Bedfordshire can offer you information, advice and support. Email: enquiries@ageukbedfordshire.org or ring **01234 360510**

What is Volunteering?

Let Us Change How We Age
Will you join us?

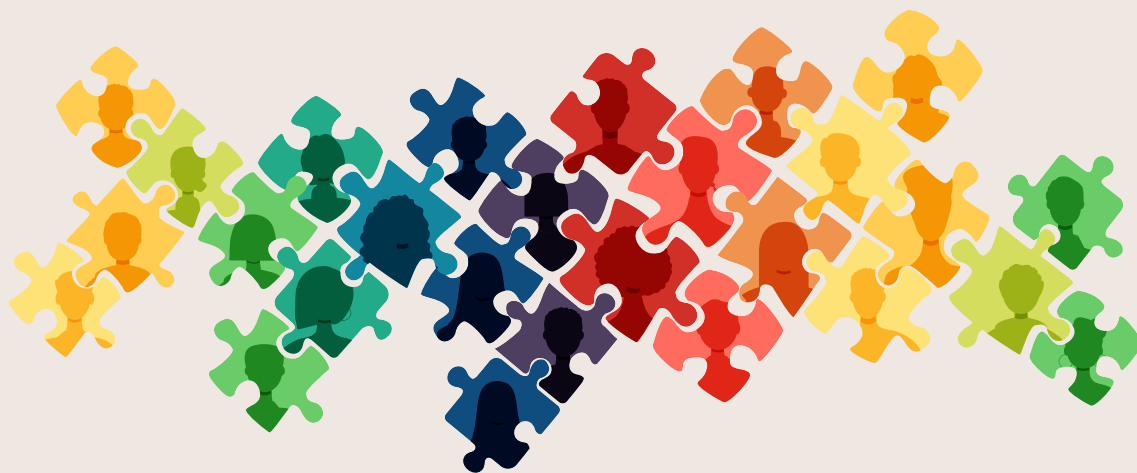
Volunteering means making a difference, it opens up opportunities to gain experience and develop new and existing skills, to gain confidence, improve your wellbeing and build a connection with our community.

Age UK Bedfordshire's (AUKB's) volunteers help us to change loneliness into connections, worries into information, advice, and support to help remove the stress that worrying can often lead to. By volunteering for AUKB's you will be making a difference to older people

throughout the County and at the same time meeting new people and gaining new friendships with fellow volunteers and our lovely office team. Volunteers are the sparkling jewels in our crown.

There is no such thing as a typical volunteer. Whatever your background, your past achievement, or you age. If you are raising a family, committing to a regular few hours (or more) a week, of your choice, can fit around the time you have available. Giving you the opportunity to build new connections in the community.





Meanwhile, many retired people find helping older people and their families a path towards an active and happy 'third age' and a welcome means of continuing to make a valuable contribution.

Whatever the reason you have for becoming a volunteer you can be sure we will have something that suits you. It could be back of house admin, telephone befriending, learning to provide invaluable advice on a whole range of issues that impact on our clients, from our Bedford Office or even visiting older people in their own homes that

are in need of help from the Information and Advice team.

What is the Telephone Friendship Service?

There are many reasons people feel lonely. Mobility issues are a common cause of loneliness, fear of falling is another reason or living in an area where public transport is irregular or not available at all. Imagine the difference it can make to a lonely older person. chatting to a friendly voice on a regular basis over the phone. A single phone call, even once a week, can become the highlight of the week.

It is a free, straightforward way to give something back through a weekly call to an older person. It is an extremely rewarding experience and new friendships are often formed.

Your calls can make a huge difference to the happiness and wellbeing of an older person

You may ask yourself is volunteering for me?

Volunteering is for anyone with a generous spirit and a desire to help people in our small County community.

The difference in volunteering through Age UK Bedfordshire is that we help you find activities that really work for you. We match the time you have available, the skills you would like to use and what you want to achieve, with opportunities we have available.

Whatever volunteer path you decide to take, you will have somebody helping you and advising you throughout your journey with us. Complete and entirely free training of the highest quality is waiting for you.



Nothing to lose and maybe quite a lot to gain by speaking to our Volunteer Expert, Karina.
Email karina.james@ageukbedfordshire.org.uk
or call her on **01234 360510**

Thank you.



Understanding AI

How It's Helping Us Now and, in the Future

Artificial Intelligence (AI) is something many of us have heard about, but what does it actually mean?

For some, the term may bring to mind futuristic robots, while others might think of complicated technology that has little to do with everyday life. In reality, AI is already part of our world and is helping people in ways we may not even realise.

What is AI?

AI is a type of technology that allows computers and machines to learn from experience, solve problems, and make decisions similar to how humans do, but often much faster. It works by processing large amounts of information and recognising patterns. Unlike traditional computers, which only do exactly what they are programmed to do, AI systems can improve over time by Learning from new information.

You may already be using AI without realising it. If you ask a virtual assistant like Alexa or Siri a question, that's AI in action. When Netflix or BBC iPlayer suggests a TV show you might like, it's using AI to analyse your past choices. Even fraud detection in banks and smart home devices, like thermostats that learn your preferred temperature, rely on AI.

How AI is Helping Us Now

AI is making life easier and more convenient in many ways:

1. Health and Wellbeing

AI-powered apps can help monitor heart rate, remind us to take medication, and even detect early signs of health issues. Doctors use AI to analyse test results quickly and accurately, leading to better diagnoses and treatments.

2. Keeping in Touch

AI helps us stay connected. Smartphones can translate languages, making it easier to communicate when travelling.

AI-driven chat programs help people to make new friends with similar interests.

3. Social Communication Devices

Tablets or Smartphones with User-Friendly Interfaces Benefits: Tablets and smartphones with simplified interfaces can facilitate communication with family and friends through video calls, messaging apps, and social media. This helps combat loneliness by allowing older people to stay connected with their loved ones, participate in virtual gatherings, and engage in online communities, thereby improving their mental health and emotional well-being.

4. Assistive Mobility Aids Mobility Scooters

Mobility aids like rollators (walker with wheels) or scooters enhance independence for older adults with mobility challenges. These devices enable them to get

around more easily, meet up with friends, go to the cinema, the pub, the theatre or Bingo and enjoy outdoor activities. Increased mobility can lead to greater social interaction and reduced feelings of isolation.

Telehealth Services Remote Health Monitoring Systems

Doctors, family members or social workers and carers are making more use of Telehealth services. Remote monitoring systems can provide older adults with access to healthcare professionals from the comfort of their homes. This is especially beneficial for those with disabilities or mobility issues, as it eliminates the need for travel to medical appointments. Regular check-ins and consultations can lead to better health management, reduced anxiety about health issues, and improved overall quality of life.

Each of these items addresses different aspects of loneliness and disability, helping older individuals maintain connections, independence, and health, ultimately enhancing their quality of life.

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Do you feel anxious?
Do you feel stressed at work?
Do you have relationship difficulties?



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Spring Gardening Jobs

Gardens can look desolate in March, despite the valiant efforts of spring sunshine and blooming snowdrops, daffodils and crocuses.

Lawns can look ragged, pale and full of moss, flower and vegetable beds bare, and the ravages of winter storms are on full display. Even so, March is also an exciting time for anyone with a garden. The days are longer, there's some warmth in the sun, and it's time to get started on creating a beautiful (but practical) living and entertaining space for the summer. Here are some top tips for spring gardening jobs.



Make plans for your garden

Although the site of snowdrops and late frosts make it too early for some planting, it's not too early to plan. Get looking at catalogues, websites and the like, and try something new. If you leave this until June or July, you'll just be kicking yourself that all your amazing new discoveries needed to be planted out in April.

Hold back on the seeds

With shops full of seeds, the temptation is to get planting immediately. But don't start sowing too early in March. We're still likely to have some frosts, especially in Scotland and northern England, and you should wait for the ground to warm up.



Deal with weeds

It's useful to tackle weeds early in the year before they get out of hand. It's also easier to spot them if beds and borders are relatively empty, and remember to check cracks in patios and paths for weeds too.

Get busy in the greenhouse

Before your greenhouse gets too cluttered with seedlings, or festooned with summer tomatoes, take a good hard look around you, and notice the dust, cobwebs and dirt. It's a dirty job, but one of these essential spring gardening jobs. Cleaning and disinfecting benches, floor, windows and even pots and seed trays will help get rid of any diseases or bugs that have wintered in your greenhouse. Jeyes Fluid is widely recommended, or garden centres may recommend other products.





Your lawn needs you

Early spring is the time to get the lawnmower out of storage. If you have a few rain-free days, and the grass is dry, do a gentle mowing session, with the lawnmower on its highest setting. If the lawn is particularly long you might want to consider cutting it one day on a high setting, then the next day going over it again on a slightly lower setting (trying to cut a long damp lawn on a low setting could stress the lawn mower and wear you out too).

Think big

The emptiness of a March garden makes this the best time to dream up a project. Look around you with a fresh but harsh eye. Do you really like those shrubs in the corner? Has that beloved forsythia actually grown far too tall? Has the buddleia taken over a favourite corner? Would the end of your garden become much more usable if you installed a summerhouse? Wouldn't it be wonderful to work in a garden office this summer?

Go on pest patrol

Take action against slugs, which could ravage new spring shoots, especially hostas. Whatever your preferred methods – physical, organic or chemical – for protecting your garden against slugs, it's time to deploy them.



Happy Feet are so important!

We only get one pair of feet so it's important to take good care of them.

But many of us will develop some foot problems as we age, simply as a result of daily wear and tear.

Anyone who has experienced foot pain knows only too well how debilitating it can be. Over time, it can become a significant health issue because, if we can't walk comfortably, we're less likely to get out and about and take part in the social activities or daily exercise that is vital for our health and wellbeing.

1. Get checked

What's more, people who suffer from diabetes or arthritis should check their feet regularly and ensure they attend check-ups as requested, in rare cases neglected feet have led to amputation. Ouch!

Fortunately, there's lots we can do to protect our feet and most common problems can be treated successfully by podiatrists.

'As we get older, an annual foot health check is as important as a sight or hearing test,' says Mike O'Neill, Consultant Podiatrist and spokesperson for the College of Podiatry. 'Conditions like diabetes

or circulatory problems can all be picked up by looking at the feet and common problems like corns, cracked skin and ingrown toenails can be successfully treated.'

Unfortunately, though, unlike the free sight tests for over 60s, you will have to pay for an annual health check.

2. Get the right footwear

On a day-to-day basis, there's lots we can do to help ourselves. First and foremost, it's important to wear comfortable, well-fitting shoes.

'Many people wear slippers if their feet are hurting, but this can make things worse as slippers

encourage you to shuffle rather than letting the joints work as they should,' says Mike O'Neill. 'A pair of trainers is the best option as these provide a good amount of shock absorption and stability and also support the arch. Plus, of course, these days trainers come in all kinds of colours and styles and you often see prominent people being interviewed on TV, wearing formal clothing with trainers!

3. Look after your nails

Nails that become too long can press against the end of the shoe and the constant pressure can cause soreness, infection or ulceration. Toenails that have been poorly cut can also become ingrown. Good nail care can also help to keep feet feeling comfortable. Unfortunately, many of us find it hard to clip our toenails properly, partly because it can be hard to reach but also because they become tougher with age. If you can reach your toenails the best time to cut them is immediately after a bath or shower. You can buy a good pair of toe nail cutters for around £10.

4. Keep feet moisturised

As we get older the skin on our feet starts to dry out, we lose the fatty pads that cushion the bottom of the feet, the joints start to creak and circulation is reduced. As a result, the skin on the soles of our feet and heels becomes dry and nails become brittle and more difficult to manage. Daily application of a moisturising lotion will help to keep feet feeling soft and supple.



Is there anything you don't advise or provide information on?

We specialise in advice for people in the 50 plus age category. If you come to us with an issue we will either, be able to provide the information directly or very occasionally signpost you to another specialist organisation. We can also provide you with a 15 minute appointment with a solicitor, without charge.



Age UK Bedfordshire Information and Advice Service

Do you need Information and/or Advice?

Age UK Bedfordshire's Information and Advice service provides free information and advice to residents of Bedfordshire who are 50 plus or are carers of older people. We can also help you complete benefit entitlement application forms. These might include Blue Badge applications, Housing Benefit and disability benefits.

Information and advice is usually given over the telephone or through face to face meetings in our Bedford office. Help with benefit applications can be done in your home if, through disability, you are unable to come into our Bedford office.

What can I expect from the Information and Advice Service?

Information and advice will be given on any issue relating to older people and their carers.

You will receive non judgemental impartial advice and independently sourced and up to date information. Your personal information will not be shared with any other agency, without your prior permission.

Your personal details will not be stored on file without your consent. You will be treated with respect and professionalism at all times.

Our Information and Advice service is funded by Age UK Bedfordshire through its revenue raising activities, with further financial support from Bedford Borough Council and Central Bedfordshire Council. Therefore, the service is provided free of charge.

Donations

Understandably, people sometimes confuse us with the London based sister organisation, Age UK National and International charity. However, Age UK Bedfordshire is a totally independent charity, serving the people of Bedfordshire and Luton. We are grateful for the small amount both Bedford

Borough Council and Central Bedfordshire Council provide to us each year, however we could not sustain this service, where we help thousands of older people each year, without our own fundraising efforts and the generous donations and legacy's we receive. Please send your donation to Age UK Bedfordshire, 78-82 Bromham Road, Bedford, MK40 2QH, making cheques out to Age UK Bedfordshire. You can also donate via the telephone (**01234 360510**) or by visiting our website **www.ageukbedfordshire.org.uk**

Find out more

For more details of our information and advice service, please telephone **01234 360510** or visit our website **www.ageukbedfordshire.org.uk**

Age UK Bedfordshire

Gardening Service

Do you need someone to help maintain your garden?

Our regular gardening service operates county wide and is hugely popular. All workers are fully equipped to mow, trim and strim so that your garden remains neat and tidy all year through. All you have to do is enjoy it!

What can you expect from the Gardening Service?

We will provide you with a regular gardener (usually once a fortnight) who will maintain your garden in a neat and tidy manner, all year round.

The service is designed around your needs. Therefore, on their first visit the gardener will talk to you about what you want doing regularly and explain what is and perhaps what isn't possible in the visit time you have agreed upon.

Your gardener will be vetted, Police Checked (DBS) and fully supervised. You can expect them to treat you with respect, to carry out your wishes and to be open and transparent in their dealings with you.

In the most unlikely event, that you have a complaint, you can expect us to treat it seriously, to listen to you and to act upon it in order to bring about an outcome that is to your total satisfaction.

Your gardener is fully insured against accidents and accidental damage.

We know how difficult it is to trust a stranger and to invite

someone unknown to your home. With this in mind we aim to ensure that you have the same gardener on each regular visit. Your gardener visits you on the same day and at the time of day.

Are there jobs the gardener cannot do?

Gardeners are not insured to move heavy items or carry out garden make-over's. They cannot remove rubbish or garden waste. We will bag it up for you and, where appropriate, put it out for collection. Neither can they work off anything higher than a step ladder to cut and prune. Obviously, they cannot undertake any work if they consider it constitutes a risk of harm to themselves or the customer. All of the electrical equipment we provide to our team of gardeners has to be electrically tested each year. To comply with insurance requirements, gardeners, cannot, therefore use your electrical equipment.

What other customers say about us

"I was doubtful to start with, when I was allocated Jenny as my gardener. But she is a font of knowledge and works so hard." Mr J, Dunstable

"I cannot put into words the difference having Jim (my gardener) coming around has made to me. My garden is back to its former glory and I can sit out in the fine weather and lap up the sun. It's truly magnificent." Ms W, Kempston

"I cannot get out much anymore, but to be able to look out on

my lovely garden everyday makes me so happy. Thank you very much." Mrs J, Flitwick

Many of our 60 strong team of gardeners have been employed by us for over 10 years. Of course, when a gardener reluctantly retires, we know a thing or two about recruiting another kind and knowledgeable lady or gentleman. We have provided the service for over 30 years and our gardening supervisor, Debbie, has been looking after our customers and gardening team for over 20 years.

How do I pay?

Payment is arranged by Direct Debit. This is the safest way of paying invoices



Find out more.

As that this service is very popular, we advise people to contact us as soon as possible to avoid having to wait too long. For more information on the gardening service in your area, please call **01234 360510** or email **enquiries@ageukbedfordshire.org.uk**.



Discover the Marston Vale Line! (Bedford – Bletchley)

The Marston Vale Line offers an opportunity to view some beautiful countryside at your leisure and there is plenty of history along the way too! The Line is the oldest in Bedfordshire dating back to 1846.

Trains run hourly
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17 trains run daily in each direction
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2025 is the 200th anniversary of the birth of the modern railway. Britain and the world changed forever. There will be nationwide celebrations throughout the year. Visit <https://railway200.co.uk/search-for-activities-and-events>. This will be regularly updated during the year

**Bedfordshire Bus Pass holders travel half price after 10:00
on weekdays and all day on Saturday & Bank Holidays**

There are lots of options for days out for all ages.
Check out our advert for details.

There are many more ideas at <https://www.marstonvalecommunityrail.org.uk/days-out> where you can listen to our audio journey too!

Ridgmont Station Heritage Centre is the Jewel in the Crown of the Line. Just 20 minutes by train from either Bedford or Bletchley. Free entry! Explore the Museum, enjoy breakfast, lunch or afternoon tea in the Tea Room (booking recommended – call 01525 287120) and buy a souvenir from the Gift Shop.

Cyclists & walkers are welcome. There are a variety of circular & linear walks & cycle rides from the Heritage Centre. School and adult groups are welcome all year by prior arrangement.

**For further information please e-mail
stephens@bedsrcc.org.uk or call 01234 832645.**

**Find us on Facebook!
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Great Days Out on the Marston Vale Line this Spring & Summer!
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Bedford - Stroll along the Embankment & cruise the Great Ouse on the John Bunyan Boat. Discover parks, independent shops & cafes and the Higgins Bedford, John Bunyan Museum & Panacea Museum - **all free entry!**

Millbrook - Gateway to the spectacular **Millennium Country Park** at the heart of the Forest of Marston Vale. Pleasant walk or cycle ride on surfaced paths to the **Forest Centre**. Take your bike on the train – **no charge! 10% discount for rail passengers in the Lakeside Café!**

Bletchley - **Bletchley Park** is just a few minutes walk from the station. **2 for 1 entry for rail passengers!**

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**01234 832645 stephens@bedsrcc.org.uk
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Gluten-free lemon drizzle cake

A simple gluten-free lemon cake topped with a crunchy lemon sugar drizzle. Ground almonds and the lemon drizzle keep it moist, so it doesn't suffer with the dryness associated with gluten-free cakes. Decorate with extra lemon zest if you wish.

Ingredients

- 2 large lemons, well scrubbed
- 300g/10½oz granulated white sugar or golden caster sugar
- 200g/7oz butter, cubed and well-softened, plus extra for greasing
- 3 large free-range eggs
- 200g/7oz gluten-free self-raising flour
- 50g/1¾oz ground almonds
- ½ tsp gluten-free baking powder

Method

1. Preheat the oven to 190C/170C Fan/Gas 4. Grease and line the base and sides of a 900g/2lb loaf tin with baking paper. Finely zest the lemons.
2. Put 200g/7oz of the sugar, the butter, eggs, flour, almonds, baking powder and lemon zest in a large mixing bowl and beat until pale, thick and creamy. Use electric beaters or a food mixer if you like, starting slowly and then increasing the speed.
3. Spoon the cake batter into the prepared tin and level the surface. Bake in the centre of the oven for 55–60 minutes, or until well-risen, firm and golden-brown. A skewer inserted into the centre of the cake should come out clean. Remove from the oven and cool in the tin for 5 minutes.
4. Using an oven cloth to protect your hands, turn the cake out gently onto a wire rack set above a small tray or plate. Remove the baking parchment and turn the cake the right way up. Make about 60 deep holes in the cake using a skewer.
5. Squeeze one of the lemons and mix 3 tablespoons of the juice with the remaining 100g/3½oz sugar. Slowly and gradually, spoon the lemon sugar over the cake, stopping every now and then to allow it to penetrate the sponge.
6. Leave to set for at least an hour before serving or until the cake has cooled and the icing has crystallised. Serve in slices.



Spring lamb stew

For the fashion-conscious, the arrival of spring means that it's out with the winter wardrobe and in with the spring one. The same goes for stews. Forget your winter beef stew, it's so last season, a lamb stew with fresh vegetables, is what should be bubbling away in your kitchen.

Ingredients

- 1 tbsp olive oil
- 1kg/2lb 4oz lamb neck, cut into pieces
- 2 garlic cloves, crushed to a paste
- 1 onion, finely chopped
- 1 bay leaf
- 2 sprigs of thyme
- 4 carrots, cut into chunks
- 100g/3½oz fresh or frozen peas
- 100g/3½oz green beans
- salt and pepper

Method

1. Heat the olive oil in a large flameproof casserole (cocotte) and brown the meat, garlic and onion. Add the bay leaf, thyme and carrots, and enough water to cover the meat by at least a couple of centimetres.
2. Bring to a simmer and remove any scum that rises to the top. Once all the scum is removed, cover the pan. Cook for 1½–2 hours, or until the meat is tender.
3. Five minutes before serving add the peas and beans to the lamb. Cook until the vegetables are tender.
4. Season with salt and freshly ground black pepper to taste, and serve straightaway.

Recipe tips

For an English twist, serve the stew with some mint sauce.

A few things, that took me **77 years to learn**

- If you have to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings".
- The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
- Your REAL friends still love you anyway.
- Never lick a steak knife.
- A person who is nice to you, but rude to the waiter, is not a nice person.
- We all grieve differently. There is no right or wrong way, just your way.
- If you don't ask, the answer is always no!
- We plan and God laughs!
- You don't stop laughing because you grow old. You grow old because you've stopped laughing.
- Time is money, but you cannot buy time.
- A true friend walks in, when everyone else walks out.
- You don't have to attend every event you are you are invited to.



Wordsearch

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

HATCH
JUNE
MARCH
MAY
NEST
PUDDLE
RAINBOW
ROBIN
SEASON
SHOWERS
SUNSHINE
THAW
TULIP
UMBRELLA

F	T	L	Y	T	O	I	B	R	J	K	V	S	B	G	M	U	M
A	A	E	J	F	D	L	O	F	U	M	S	O	T	A	F	V	Z
U	L	H	P	U	D	D	L	E	P	A	E	E	Y	S	D	T	B
S	B	L	U	B	Q	L	F	R	R	Z	T	G	Y	T	H	A	W
L	X	Z	B	U	N	N	Y	G	K	Q	B	W	G	F	R	Q	X
W	M	S	H	O	W	E	R	S	G	B	L	O	S	S	O	M	C
P	W	U	M	P	N	V	A	R	Q	T	G	E	F	G	D	X	Z
F	T	N	K	A	K	H	V	H	E	K	P	B	R	E	T	S	A
G	E	S	W	O	R	O	B	I	N	C	O	F	R	J	M	P	J
M	Y	H	M	L	Y	C	L	L	J	I	Z	B	H	E	D	U	Z
N	N	I	Q	Q	I	U	H	I	T	H	R	U	T	Z	E	T	W
L	E	N	U	H	S	X	Z	D	U	C	Z	T	P	S	N	Z	Q
R	Y	E	Y	N	N	M	O	L	H	N	T	Z	B	E	X	E	F
O	A	U	R	I	U	O	D	F	I	G	E	E	H	G	A	N	Q
W	P	I	J	G	G	K	S	F	P	P	J	R	J	I	A	S	A
K	R	J	N	Z	B	E	X	A	Y	B	C	F	J	H	A	T	C
B	I	S	U	B	U	X	M	D	E	B	F	L	Y	W	M	B	B
X	L	M	B	N	O	A	C	T	J	S	U	Y	H	B	H	G	Y
X	X	I	J	W	E	W	R	D	V	E	D	D	K	A	A	W	H

APRIL
BLOSSOM
BREEZE
BUD
BULBS
BUNNY
BUTTERFLY
CHICK
DAFFODIL
EASTER
EGGS
GRASS
GREEN
HATCH



Charlie Chuckles



Two fish swim into a concrete wall. One turns to the other and says, "Dam"

Me: Hey want to hear a ghost's joke?
Them: Yeah, sure.
Me: That's the spirit

A mouse in her room woke Miss Dowd
She was frightened — it must be allowed.
Soon a happy thought hit her —
To scare off the critter,
She sat up in bed and meowed

One day, a police officer pulls a car over and sees the backseat is full of penguins. The officer tells the driver, "You can't be doing this, you need to take these penguins to the zoo!" The next day, the police officer pulls the same car over again, and says, "Hey! I told you to take these penguins to the zoo!" The driver says, "I did, and today I'm taking them to the movies!"

Larry was an old piece of lasso who steps into a bar one day for a drink. The bartender looks at him suspiciously and says, "Hey, Pal, we don't serve ropes here." Larry steps outside, ties himself into a clove hitch and unravels one of his ends into a feathery mess. He goes back inside and in a low voice says, "Beer, please." Bartender says, "Hey, aren't you that rope who was just in here?" Larry replies, "No, I'm a frayed knot."

Knock, knock
Who's there?
Nobel. Nobel who?
No bell, that's why I knocked

Q. What did one hat say to the other?
A. You wait here. I'll go on a head.



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