

Ageing Well For The Over 50s



Look inside for details of organisations that help and support those aged 50 and over, who reside in Bedford and surrounding areas.

This booklet should help you find the assistance you need locally.



BEDFORD
BOROUGH COUNCIL



USEFUL NUMBERS

ACCM	01234 356910 / 07767 164804
AAA Screening Programme.....	01234 792207
Age UK Bedfordshire.....	01234 360510
Alzheimer's Society	0333 150 3456
Bedford Borough Council	01234 267422
Bedford Charter House.....	01234 321400
Bedford Diabetes Education Team (NHS).....	01234 730428
Bedford Hospital.....	01234 355122
Bedfordshire & Luton Recovery College	01582 708917 / 01234 262621
Bedfordshire Fire and Rescue	01234 845000
Bedfordshire Fire and Rescue (emergency).....	999
Bedfordshire Memory Navigation Service	0300 111 9090
Bobby Scheme	01234 842619
British Red Cross	07525 902552
Carers In Bedfordshire	0300 111 1919
Citizens Advice Bureau.....	01334 867944
Community Voluntary Service	01234 354366
Disability Resource Centre.....	01582 470900
Imagination Dance.....	07714 378887
Laughter and Life Ltd.....	07729 187399
Luton & Dunstable Hospital.....	01582 491166
Lyndhurst Financial Management	01462 441100
Marston Vale Community Rail Partnership.....	01234 832645
Mind BLMK.....	01525 722225
NHS (non-emergency).....	111
NHS (emergency).....	999
Oakley Rural Day Centre.....	01234 824935/07733 227374
One Call – Aids and Adaptations	0345 602 4064
Police (non-emergency)	101
Police (emergency).....	999
Respite At Home Volunteers.....	01234 743063
Rothsay Education Centre.....	01234 302203
Tax Help For Older People	01308 488066
The Oddfellows.....	01234 768914
The Royal British Legion	0808 802 8080
Tibbs Dementia Foundation	01234 210993
Tollers Solicitors.....	01234 857014
Trading Standards	0345 404 0506

Dear Friend

Due to the Coronavirus (COVID-19) pandemic it has not been possible to run the annual Bedford Festival for Older People in the Corn Exchange. This you will recall normally happens in June time.

However, Bedford Borough Council saw the importance of older people having the information and support that is so vital as we grow older and agreed to fund the publication of this booklet. Although not the same as being able to visit the Corn Exchange for face to face support, seeing the taster sessions, having a cup of tea or coffee and the raffle, it is a way in which you can still have information regarding the help that is out there.

The advertisements within this booklet will allow you to see what each organisation offers and also gives you contact details for those organisations.

We hope that the contents go some way to help you to know where to go when you need help or just to know what is out there as you mature.

We would like to thank Bedford Borough Council for funding this booklet and further to thank White Hart Press of Bedford who helped Age UK Bedfordshire to put this useful document together and printed it for you.

On behalf of Age UK Bedfordshire we hope that you will find this useful and wish you the very best.

The Age UK Bedfordshire Team

**Keep Safe and Well - Don't forget:-
Wash your hands,
Wear a mask,
Keep your distance**



Supporting the elderly through the Covid-19 challenges

ACCM (UK) is an established and successful organisation providing services within Bedfordshire and surrounding areas since 2008 including improving the health and wellbeing of the black, Asian and Minority Ethnic (BAME) and other vulnerable communities in Bedford.

Feeling lonely?

Need food parcel delivered to your door?

Want to learn English?

Feeling Concerned about something?

We also provide the following:

- Counselling
- Essential food Items
- Health and Wellbeing Sessions and Exercises in compliance with Covid-19 regulations
- Join our Free English classes



We are here to support you through the difficult times; we will do our best to help. Our caring and *multilingual staff* are here to listen, contact us on 01234 356910 / 07767164804

Or email us at: info@accmuk.com
3A Woburn Road Bedford MK40 1EG

Home help service

Throughout Bedfordshire

Do you require help with cleaning, ironing, laundry and shopping?



Fully trained and supervised Home Helps. Thorough vetting and DBS checks on all workers. Regular daily or weekly visits to suit your needs. A variety of payment methods including monthly invoicing.

78 - 82 Bromham Road, Bedford MK40 2QH

Tel: **01234 360510**

www.ageukbedfordshire.org.uk



Dementia Support Service and online Activity Groups

Our Dementia Support Workers are here for anyone affected by dementia in Central Bedfordshire. We can offer you information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. We will help you to:

- remain independent and stay active for as long as possible
- get the information and advice you need to make informed decisions about your wellbeing
- find other local services which can help to improve your life.

Our online Activity Groups are for anyone with a diagnosis of dementia who wants to meet like-minded people and join in with fun and stimulating activities including our ever-popular singing activities.

Get in touch today

bedfordshireandluton@alzheimers.org.uk

www.alzheimers.org.uk



We're here for you
0333 150 3456

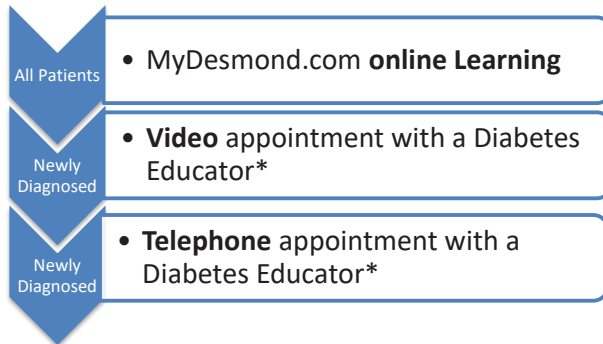
**DEMENTIA
CONNECT**

Do you have Type 2 Diabetes?

Free, NHS Education available

Please see criteria below for eligibility

We are here to provide diabetes education to support people living with Type 2 Diabetes in Bedfordshire.



*One-to-one telephone and video appointments only available for people who have been diagnosed in the last 12 months.

What do our patients say?



To self-refer please call **01234 730 428** or email us at **bhn-tr.icsstructurededucation@nhs.net**

Please provide your full name, date of birth, GP surgery, email address and telephone number.



**Bedfordshire, Luton
and Milton Keynes**
Clinical Commissioning Groups

**"We want to reassure you
that your GP Practice
is open. Make sure
you seek help if
you feel unwell."**

DR. SAJID MEHMOOD
GP, Luton

If you need to speak to your GP, if you are unwell and need care, your GP will be there for you.

Over the last few months, GPs and practice staff have worked hard to make sure you are safe when accessing appointments. This includes social distancing, extra cleaning and wearing Personal Protective Equipment (PPE) when appropriate.

Alongside traditional face to face consultations, GPs can now offer you different methods to access their care, including video and telephone conversations. Please talk to the staff in your GP practice to understand which method is best for you.

Please don't let your illness get worse – help us help you and access the healthcare available to you when you need it.



**Scan me to
find out more.**

‘JUST THE FLU?’

NHS

NHS

Bedfordshire, Luton
and Milton Keynes
Clinical Commissioning Groups

Flu is an unpredictable virus that can be unpleasant, but if you're otherwise healthy it will usually clear up on its own in about a week.

It can cause severe illness and even death among vulnerable groups, including older people, pregnant women and people with an underlying health condition.

Certain people are more likely to develop potentially serious complications of flu. The injected flu vaccine is offered free of charge on the NHS to people who are at risk.

If you are at risk from the complications of flu you will receive an invitation from your GP practice to attend a flu clinic. This includes those with long term conditions such as severe asthma, COPD, diabetes and heart conditions, members of a shielding household, people over 65 years and pregnant women.

Helping to protect against flu is particularly important with COVID-19 in circulation because people vulnerable to COVID-19 are also at risk of complications from flu.

If you are invited by your GP practice to attend a flu clinic it is important that you do so, the flu vaccine won't protect you against COVID-19, however it will help protect you against flu, which is an unpleasant and potentially serious infection.

To maintain social distancing flu clinics will be delivered in different ways this year, to make sure patients and staff are kept safe. Your practice will let you know how they will be delivering flu clinics before your appointment.

**Ask your GP or local pharmacy
about your free flu jab.**



BEDFORD CHARTER HOUSE

Bedford Citizens
HOUSING ASSOCIATION LTD
BEDFORD CHARTER HOUSE

Bedford Charter House (BCH) Residential Care Home was purpose built in 2015 with beautiful grounds and communal areas. The home has 72 en-suite rooms, where high quality person centred care is delivered based on residents individual needs.

DIGITAL CARE RELATIVES GATEWAY

See a summary of the care being given to a loved one.



ELECTRONIC DRUG ADMINISTRATION

Medication is administered in a safe way.



VIDEO CALLING

Keep in contact with your loved one through video calls.



SAFE INDOOR VISITING SPACE

Visit your loved one in a safe private way.



To find out more about BCH please contact us on the details below.



Bedford Charter House

CQC overall rating

Good ●

7 December 2019



carehome.co.uk

the leading care home review website



30 Oct 2020: Caroline F (Daughter-in-law of Resident)

My mother-in-law was admitted to Charter House in June 2019 suffering with acute Alzheimer's. It...



Bedford Charter House 1B Kimbolton Road Bedford MK40 2PU
www.bchal.org | 01234321400 | enquiries@bchal.org



Bedford Citizens
HOUSING ASSOCIATION

65+ Men

A simple scan can tell you if you have an abdominal aortic aneurysm. This is an enlargement of the main blood vessel in the abdomen and if left untreated it can be fatal.

Men aged 65+ are most at risk. NHS screening invitations will be sent to men aged 65 this year and those over 65 can request a scan.



For more information, contact the Bedfordshire, Luton and Milton Keynes AAA Screening Programme on **01234 792207**, visit **www.nhs.uk/aaa** or **talk to your GP**



BOBBY SCHEME

The Bobby Scheme is a local charity which provides a FREE* service to elderly or vulnerable people by improving their home security to reduce crime and the fear of crime.

We visit both elderly victims of crime and those over the age of 65 and the vulnerable to help prevent them becoming a victim.

Our staff are trained lock fitters and crime prevention advisers. They can fit a range of security devices to help people feel safer in their own homes again. They also provide security advice and reassurance.

We can also supply and fit Key safes for which we make a charge.

The Bobby Scheme is recognised nationally and has been endorsed as a key crime prevention initiative.

If you would like a visit or know of someone who would benefit from our service, call us on

01234 842619 or visit our website at www.bedspolicepartnership.org

*There may be a charge for some specialist equipment supplied with the permission of the homeowner

Gardening Service

We provide a regular service throughout Bedfordshire



We can mow, weed, strim, trim and tidy, keeping your garden looking lovely.

78 - 82 Bromham Road, Bedford MK40 2QH

Tel: **01234 360510**

www.ageukbedfordshire.org.uk

Carers



in bedfordshire



Do you look after a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without your support?

We are here to support you

Contact us: 0300 111 1919

www.carersinbeds.org.uk



engAGE together

Gentle physical activity sessions
streamed live to your residents for FREE

Free and engaging exercise sessions delivered remotely and safely for your residents. Due to the current circumstances it is difficult to gather together and for our experienced coaches to visit residents directly as they were prior to COVID19. This NEW technology is easy to use and allows us to LIVE STREAM regular free weekly sessions directly to you.

The following sessions will take place on a
weekly basis from 7th September 2020:

Mondays, 2pm to 3pm – Chair-based Dance with Maz

Wednesdays, 3pm to 4pm – Chair-based Yoga with Rachael

Fridays, 11.30am to 12.30pm – Chair-based Cycling* with Matt

(*enquire with us about mini pedals)

Enjoy mental, social and gentle physical stimulation from the live stream exercise sessions. Residents will have the regular opportunity to see friendly coaches and other care home residents from the other participating venues. With the support of staff residents can take part from their own room or in a socially distanced shared space.

To book or register your care home's interest
please email robert.lindsay@bedford.gov.uk

For more information and links to the sessions,
please visit <https://engagesportlive.crd.co/>



Our vision is simple

Health and social care services that work for you. Helping you to stay well, get the best out of service provision to manage any long-term conditions you may have.

Our purpose

To find out what matters to you and to help make sure your views shape the support you need, whether it is improving them today or helping to shape them for tomorrow.

Our approach

People's views come first –we support this, especially in the case of those who find it difficult for their voice to be heard.

We champion what matters to you and work with providers and commissioners to find solutions. We are independent and committed to making a difference.

How we find out what matters to you

People are at the heart of everything we do. Our staff and volunteers identify what matters most to people by:

- Visiting services to see how they work
- Having seats on relevant Boards and Committees
- Running surveys and focus groups
- Liaising with community and faith leaders
- Regular liaison with NHS and social care leads
- Going out into communities and working with other local organisations

Find out more about us and the work we do

Website: www.healthwatchbedfordborough.co.uk

Twitter: @HealthwatchBB

Facebook: @HealthwatchBedfordBorough

Instagram: @HealthwatchBedfordBorough

Email: enquiries@healthwatchbedfordborough.co.uk



Imagination Dance

Community Interest Company

*Providing dance and movement opportunities
for those who are rarely offered them*



Movement to Music

“Sociable, enjoyable and worthwhile...”

Our movement to music classes are aimed at the **Over 60s** and are great for those wanting to improve their **balance; co-ordination; strength and flexibility**.

These classes are perfect for those who want to keep moving without the intensity of a Keep Fit or Zumba class! We have classes all around **Bedfordshire and Hertfordshire**, so contact us for your nearest class!

Seated Dance and Exercise

“Understanding, care, humour and fun...”

Seated dance is a fantastic activity to keep your **mind and body active** in a low impact way. We offer our seated classes in a variety of settings, such as **care and residential homes, Dementia support groups, and groups for older people**. Our classes are always popular as it gets people of a variety of mobility levels moving and socialising together! Contact us for a **free trial** at your venue/organisation!



Inclusive Dance Sessions

“Dynamic and suitable for all...”

Our inclusive dance sessions are **creative, fun and tailor-made** to the individuals in the sessions. As well as our **branch of after-school clubs for children with SEND**, we also offer inclusive dance opportunities in mainstream and **SEND schools; adult day services; and groups for learning/physical disabilities**.

Please contact us for more information!

CONTACT US:

info.imaginationarts@yahoo.com | 07714 378 887 | imaginationarts.co.uk



Laughter and Life Ltd

Discovering the Real You

We at LaughterandLife are really interested in people's physical and mental wellbeing regardless of age, fitness and mobility.

Cheryl, who owns and runs LaughterandLife has many qualifications in both Laughter and Mindfulness; she is an FHT accredited Laughter Yoga Leader, Teacher, Therapist, and Coach as well as a Happiness Facilitator. She is a Certified Mindfulness teacher with additional training in Compassion and Kindness.

We run regular Laughter and Mindfulness drop-in sessions as well as bespoke sessions for community groups, charities as well as the private and public sector.

Laughter

Laughter sessions which are based on Laughter Yoga are a combination of deep breathing, laughter exercises and relaxation at the end.

Laughter and laughter exercises create great benefits for us, releases our happy hormones "endorphins", reduces the stress hormones, supports our immune system.

But that's not all prolonged laughter, works our heart, increases oxygen to our body and brain. It results in us getting more energy and joy and it's a great social connector.

Mindfulness

There is much research supporting the benefits of mindfulness and meditation, which include encouraging deep relaxation and peace, increased concentration, reduction in stress and anxiety.

We aim to teach you how to bring Mindfulness into your everyday activities and lives

Laughter and Life understand that people want to try Mindfulness and Laughter for a variety of reasons. We can provide courses, practice groups and 1:1 sessions.

Laughter and Mindfulness sessions can be done seated and age is no barrier, the eldest person to join a laughter session was 93!

For further information on Laughter or Mindfulness call Cheryl on 07729 187399, email cheryl@laughterandlife.co.uk or visit www.laughterandlife.co.uk



**Need help navigating a way
to successful care fee planning?**



Lyndhurst
Financial Management

**Get help and long-term care funding
advice from specialist Independent
Financial Advisers.**

With **SOLLA Accredited** and **Chartered Financial Advisers** specialising in the area of Long Term Care Funding **Lyndhurst Financial Management** is able to help you and your loved ones make immediate plans to secure funding for any long-term care needs, giving you confidence that the level of support being provided is qualified and appropriate for your needs.



**Call or email today quoting “AgeingWell2020”
for a free initial consultation with one of our
specialist advisers.**

With years of experience, all the members of our team work with compassion and integrity to fully understand your individual needs, ensuring that you benefit from any financial assistance available from your Local Authority or Continuing Healthcare provider, before developing a personalised financial plan to give you the peace of mind that you are structuring finances in the best possible way. Often working with your care provider and medical practitioner, our plans are tailored to your specific needs.

Tel: 01462 441100 • Email: careadvice@lyndhurstfm.co.uk

Authorised and regulated by the Financial Conduct Authority

**If you are struggling to understand how to fund your loved ones care,
we can help!**

Discover the Marston Vale Line (Bedford - Bletchley)!



Marston Vale Line Services

A combined train and rail replacement bus service is running at the time of writing (November 2020). Further rail journeys are due to be added to the timetable over the winter. Updates will be posted on our website and social media platforms once confirmed. Alternatively, please contact Stephen Sleight (details below) and he will post a copy to you.

Passengers are asked to buy tickets in advance where possible. Pre-booked tickets can be collected from the Ticket Vending Machines (TVMs) at all stations along the Line. Tickets can also be purchased from the TVMs on the day of travel with a credit or debit card or with cash from the Conductor on the train. Please observe social distancing when travelling and wear a face covering.

Great Value Fares

Senior Citizens travel half price on the Marston Vale Line after 10:00 on weekdays and all day on Saturdays & Bank Holidays with a Bedfordshire bus pass!

Symbol Spot Arrives on the Marston Vale Line!

Marston Vale Community Rail Partnership has worked with Mini Map Makers to develop a Symbol Spot Trail for the Line, the first one of its kind in the country! Marston Vale Line Symbol Spot Packs are available when purchasing child train tickets at Bedford & Bletchley stations or when visiting Ridgmont Station Heritage Centre during normal opening hours with a valid train ticket.

A free booklet with a map and stickers guides families during their journey with facts, figures and lots for children aged 5 and over to see and look for. The aim is to spot a host of symbols along the Line, including letters, numbers, shapes, map symbols, signs and rail safety items.

There are also Symbol Spot Discs for children to find, one located at each station and a whole set at Ridgmont Station Heritage Centre. Children take a rubbing of each disc in their booklet. Completed booklets are taken to Ridgmont Station Heritage Centre. Children who have found all the Symbol Spot Discs receive a special Completion Coin! There is no set end date so you have plenty of time!

Adults can learn too! A 'Strip Map' of the Line has been produced in the old-fashioned way showing it as a semi geographic line – including questions or lookouts for them to prompt children during the journey.

All project materials have been sourced from local businesses. Symbol Spot is plastic free and 100% sustainable. Learn about the Line and its surroundings in a fun, interactive way! Visit <https://www.marstonvalecommunityrail.org.uk/symbol-spot> for full details or call Stephen.

An exclusive Ordnance Survey map featuring the whole of the Marston Vale Line is being produced as part of Symbol Spot for a donation of £11.99 (RRP for a bespoke OS map is £15.99). This will be available at Ridgmont Station Heritage Centre. Pre-order available – either pop into the Gift Shop or call **01525 287121**.

Ridgmont Station Heritage Centre

The Heritage Centre Tea Room is open 10:00 – 4:00 – Wednesday – Sunday. Booking recommended – call **01525 287120**. Takeaway service available. Times are subject to change. Please check before travel.

The Heritage Centre Museum & Gift Shop is open 10:00 – 4:00 Wednesday – Saturday – Easter – mid-December. It is hoped to arrange some opening between January – March in 2021. Please call the Gift Shop on **01525 287121** or Stephen for details.

For further information please contact Stephen Sleight, Marston Vale CRP Officer, on 01234 832645, email stephens@bedsrcc.org.uk.

Visit our new website - www.marstonvalecommunityrail.org.uk

Find us on Facebook! www.facebook.com/marstonvalecrp Follow us on Twitter @marstonvalecrp

Crisis Support

If you feel you need urgent support with your mental health or are in crisis, you can phone our crisis support helpline.

Phone us on
01525 722 225

Open 5pm - 11pm
7 days a week

We're here for you.
www.mind-blmk.org.uk



Registered Charity Number: 1058724

 mind | BLMK
for better mental health

Bedfordshire Memory Navigation Service

Are you concerned about your memory?

Are you a person with dementia?

Do you care for someone with dementia?

If so, we can offer you:

- An opportunity to speak to trained support workers
- Access to a trained Dementia Nurse.
- A regular call to keep in touch
- Access to groups and support
- Information about local resources



Get in touch with our Memory Navigation Team

0300 111 9090 info@memoryinbeds.org.uk memoryinbeds.org.uk

Memory Navigation Service operates under Carers in Bedfordshire

Charity number: 1135507 Company number: 07140432



Telephone Friendship Service

A FREE service throughout Bedfordshire



The Telephone Friendship Service (TTFN) is a regular service providing a friendly person on the end of the phone to chat to and share any concerns with. We will:-

- *Treat you with respect and dignity •*
- *Never judge you or your opinions •*
 - *Chat and take time to listen •*
 - *Value you as a person •*
- *Help to make your day brighter •*

78 – 82 Bromham Road, Bedford MK40 2QH

Tel: **01234 360510**

www.ageukbedfordshire.org.uk

Oakley Rural Day Centre

Oakley Rural, The Old School, Lovell Road,
Oakley, Beds, MK43 7RX
Tel: 01234 824935 Mobile: 07733 227374
Web: www.oakleyruraldaycentre.weebly.com
Email: oakleyruraldaycentre@yahoo.com
Registered Charity No: 1060283



Oakley Rural Day Centre was established in 1998. Our elderly clients look forward every week to a fun packed day in a safe and friendly environment. The creative use of space ensures that small groups can sit together to ensure that clients and staff can interact on a human scale. The Centre is situated in the Old School House, a lovely building in a beautiful setting. The centre is run by four members of staff, backed by thirteen volunteers and a team of volunteer trustees. **Enquiries welcome from Bedford, Kempston and surrounding villages in North Bedfordshire.**

The centre is open on Tuesday, Wednesday and Thursday. Our clients come from Bedford and surrounding villages. The day starts off with tea, coffee and toast which gives everyone a chance to catch up with their friends about their previous week.

We offer a wide variety of mentally and physically stimulating activities, including various craft activities, quizzes, puzzles and games. Alternatively clients can choose to chat or read - it's their day!

We also hold exercise and yoga classes on Wednesday and Thursday morning provided by a qualified trainer. The exercises are chair based and again clients can choose whether to take part. Weather permitting we can go for short walks in the village or just sit in the beautiful peaceful garden which surrounds the old school. We also have entertainers and guest speakers who give their precious time to perform for us. Kempston Hammers Choir are regular visitors to the centre. They provided a thoroughly enjoyable afternoon of entertainment. Angela our cook prepares a delicious two course freshly cooked lunch with seasonable vegetables and locally sourced meat. A traditional roast lunch and apple crumble is always a favourite. Sometimes our clients help to make cakes etc for our Autumn Fair and other events. We hold an environment health hygiene food rating of 5 and cater for various dietary needs.

The centre relies on grants and donations and the good will of our band of volunteers. The cost of the sessions to individuals compares well with other service providers in the Borough. The differential between the cost to the client and to the Charity in providing the service is met through fundraising.

Due to the pandemic the centre has been closed since March. We are working hard to have the systems in place to open safely hopefully in the early Spring of 2021. If you wish to discuss anything regarding our service please contact Lynne on 07733 227374 Tuesday to Thursday.

Make friends, smile more often



Looking to make friends and meet new people – backed with a great range of benefits? Then find out more about the Oddfellows. With a warm welcome guaranteed, and a calendar of events at your local Oddfellows Branch, we've even introduced a variety of on-line events so you can join in from the comfort of your own home.

£25 a year membership* gives you access to...

- Local social events
- Care & Welfare Helpline
- Oddfellows Travel
- Oddfellows news by email
- Branch Care & Welfare Support
- Oddfellows Citizens Advice Line
- Money saving partner offers
- Benevolence Grants
- Emergency Financial Aid (Household)
- Convalescence & Carer Support (after 2 years' membership)
- Accidental Death Benefit
- Legal Aid Scheme
- Educational & Apprenticeship Awards
- 24/7 access to our historical online archive

£35 a year membership* with the additional benefits of...

- Optical benefit of up to £30 every second year of membership (after 1 year's membership)
- Dental benefit of up to £30 every membership year (after 1 year's membership)

Contact: Amanda Buckmaster 01234 768914 amanda.buckmaster@oddfellows.co.uk

Our Bedford office is located in Wootton

*Terms and conditions apply to all member benefits and services. For full details, visit www.oddfellows.co.uk/terms-conditions, or call us on 0800 028 1810.



Ref 1902

The Oddfellows is the trading name of The Independent Order of Odd Fellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F. Registered Office Oddfellows House, 184-186 Deansgate, Manchester M3 3WB.



21 years of working in the community, helping families

Respite at Home Volunteers West Mid beds and Ivel valley are a small community charity offering a free weekly volunteer befriending service to people in central Bedfordshire with life limiting illnesses support, respite and some much-needed time off for their families and carers.

Over the last 21 years our fantastic volunteers have supported hundreds of families living with life limiting illnesses like MS, Parkinsons, COPD or cancer. We know our service makes a huge difference to families and it never ceases to amaze us how the simple act of adding a volunteer into a families' life to help them with some time off from their caring role, the positive differences that can be seen just after a few months are truly inspiring, and this is all down to the care and devotion that our volunteers give each time they telephone or visit a family.

Here is a real-life story of someone we have visited with names changed to protect everyone. Andrea our volunteer visited Malcom for a couple of years. He has COPD and was suffering from depression! Our first visits together were very difficult as Malcom's mood was so low. Malcom had problems with his breathing and even though he had been very active in the past playing football he had stopped doing most of the things he loved. He had also been a chef and is a great food lover but due to his depression he had stopped cooking and some days did not bother to eat at all. Andrea went to see him weekly and we noticed an improvement with Malcom's life within months of the visits starting. With agreement Andrea decided to visit Malcom at lunchtime and have a light lunch with him which he enjoyed. In fact, he began to enjoy food again so much that he started cooking Sunday roasts

for him and his daughter which gave them an opportunity to spend some time together, this in turn helped the relationship greatly.

With Malcom's love of football, Andrea found a local group who played walking football suitable for people with COPD. Malcom went along to the class and enjoyed it so much that he carried on and then started to going out with a couple of the guys socially. Malcom decided after a couple of years of Andrea visiting him that he did not need her to visit so regularly so they kept in contact by text and calls.

So, although Malcom's life may not be perfect, on a daily basis he is now active, loves cooking again and has better family relationships. Malcom is a real success story of someone living with a life limiting illness and I believe Andrea really helped him to adapt and live with COPD just by being his friend.

So, as you can see our Respite at Home Volunteers are very precious people indeed, as they help and support people on so many different levels, so that the families they visit can continue to live the best life they can, even when living with a life limiting illness.

If you are interested in joining our lively team and helping someone like Malcom, then we would love to hear from you. Full training and support are given and no prior experience needed, just your extra special powers of warmth and empathy to help others. You really could help to change someone's world for the better at this time, just by telephoning a family once a week.

So if you think we can help you then please do give us a call on 01234 743063 or email us at respiteathomevolunteers@aol.co.uk

Please do contact us, we are here to help!



ROTHSAY EDUCATION CENTRE

ADULT EDUCATION

2020-21

From art to archeology, birds to bridge, languages to literature, philosophy to pilates and much, much more!

Our doors are currently closed but our courses are open and running via Zoom!

"Just to say how much I am enjoying the Zoom sessions! The ones I have joined so far have been interesting, and being with others, albeit in a virtual kind of way, has helped enormously to lessen the feeling of isolation. Thank you."

To enrol visit:

www.recbedford.co.uk

01234 302203



**If you
need
support,
we are
here to
help.**

750 households were

£11.5 million

better off with expert guidance
on debt write-offs, benefits
and grant rewards

£301,346 EVERY

LAST YEAR

in direct financial assistance to
those who need our help

1,161

carers for people living with
dementia are now supported
by the Legion



The Royal British Legion has been supporting the Armed Forces community and their families since 1921. From information and advice to helping access Armed Forces compensation and financial assistance, we are here to help.



Call 0808 802 8080

(local rates, 8am to 8pm 7 days a week)

info@britishlegion.org.uk

In response to the restrictions regarding the spread of coronavirus Tibbs Dementia Foundation has radically transformed it's support and service provision. **Our usual schedule of services, groups and activities have been transformed and we are now delivering our new service provision as outlined below.**

- **Phone call contact from staff team** A regular contact call, a chance for a quick chat and to share worries and concerns you might have.
- **Online group activities** We're using zoom to run a wide variety of regular services including Music sessions, poetry and exercise groups as well as Cognitive Stimulation Therapy, information sessions and other discussion and social groups.
- **Socially distanced walking groups.** Weekly walking groups in small, organised groups enabling people with dementia and a family carer to meet others and enjoy a relaxing walk together in a local park.
- **Doorstep delivery of creative art packs.** Regular delivery of creative and cognitively stimulating activities. A chance for a doorstep chat with people who struggle to access other services or support and a great way to keep in touch and stay connected and curious.
- **Allotment.** Our community allotment continues to thrive with support from our dedicated volunteers. Seasonal produce is delivered to the front doors of those interested when available.
- **Two newsletters each week either emailed or posted to you.** Helping you to stay connected with our community as we share poems, recipes, quizzes and ideas as well as an opportunity to receive information about other services, support and activities (it's easy to sign up for this just follow the link on the website)
- There is plenty we can do to support you, your families and each other. If you have concerns about your memory or are supporting someone with memory loss or dementia, get in touch to find out more.

www.tibbsdementia.co.uk

contact@tibbsdementia.co.uk

phone: 01234 210993 (leave a message and we'll get back to you)



Tibbs Dementia Foundation





Talk to Tollers

Our Private Client teams are on hand to support our clients in all the communities we serve...

At Tollers we understand the likely requirement for individuals to obtain legal advice to resolve a problem at some point in our lives. It pays to make sure that the legal advice you receive is first-class, personal and cost-effective. We put our decades of experience into making our legal advice as simple and as straightforward as possible for you.

From Wills, Lasting Powers of Attorney, to selling your property, buying a property or retirement home, we are here to listen and to help you. Even in these challenging times, we can find ways to speak with our clients, to advise them and to put minds at rest.

Contact us today

Phone: (01234) 857014

Website: www.tollers.co.uk

Email: cathy.eaton@tollers.co.uk

We are at:

148 Bedford Road, Kempston, Bedford, MK42 8BH.



**Don't be
alone at
Christmas.**

Join us for

- Drop in and chat
- Laughter Yoga
- Christmas Games & Quizzes
- Loss
- Mindfulness
- Story Telling
- The comfort Kitchen
- Outsiders in Art

Sign up by using our online prospectus
<https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College>

or simply call if you have enrolled before

01582 708917 / 01234 262621



Safe and Well

Do you work with or know someone that may be at risk of fire or would benefit from a Safe and Well visit?

Someone may be more at risk if they:

- Have a disability
- Smoke or have a substance or alcohol dependency
- Have adult social care needs
- Are over the age of 65
- Live alone
- Live in cluttered environment
- Affected by domestic abuse

A Safe and Well visit includes:

- Guidance on fire safety in the home
- Provision of equipment including smoke alarms if required
- Advice on safety issues (e.g. cooking, smoking and falls)
- Help with planning an escape route
- Referrals and signposting to other agencies if required

**SCAN HERE
TO MAKE A
REFERRAL OR:**



Visit: [Tinyurl.com/BFRS-SW](https://tinyurl.com/BFRS-SW)

Email: safeandwell@bedsfire.gov.uk

Call: 0800 043 5042



Bedfordshire Fire and Rescue



www.bedsfire.gov.uk



@bedsfire



Bedfordshire Fire
and Rescue Service



@bedsfire



Home From Hospital

Do you need transport home after a hospital stay?
Do you need support after you have been in hospital?

The service is funded by Bedford Borough Council and is **free** to all adults.

What we can help with:

Our staff and volunteers can help with a wide variety of everyday tasks to enable you to regain independence and confidence at home, including:

- Transport home from hospital
- A home check for warmth, safety and immediate needs
- Support with shopping and assistance with meals and drinks
- Collect prescriptions/give assistance with letters and bills
- Link to other organisations such as access to community equipment
- Escort to appointments.

All staff & volunteers are DBS checked.

We can offer ongoing support determined by your needs for up to 6 weeks.

For referrals please contact:

Mobile: 07525 902 552


or you can **Email** us at: BedfordILS@redcross.org.uk

Service access hours: Monday to Friday: 9.00am to 5.00pm

Address: British Red Cross, Unit 11, Kingfisher Business Park, Bedford, MK42 0NY

Information & Advice

Questions, Questions, Questions!
Answers, Answers, Answers!



Age UK Bedfordshire operates an Information and Advice Service throughout Bedfordshire. If you need advice or have a question relating to the 50+ age group, then please call us. No matter what the issue is we can help!

78 - 82 Bromham Road, Bedford MK40 2QH
Tel: 01234 360510
www.ageukbedfordshire.org.uk



Volunteering for All

- Meet new people
- Get active
- Learn a new skill
- Help other people
- Find a place to belong

Volunteering is a great way to look after your wellbeing.
We can help find the placement that suits **you**.

cvsbeds.org.uk | volunteering@cvsbeds.org.uk | [@volunteerbeds](https://twitter.com/volunteerbeds) | 01234 354 366



Community
Voluntary Service
Strengthening local social action

Registered Charity Number 1091423



Independent Living Services

Our service offers support to those who need to regain independence, rebuild confidence, maintain physical and emotional wellbeing. We enable people to reconnect with the community.

The service is funded by Bedford Borough Council and is **free** to all adults.

What we can help with:

Our staff and volunteers provide a wide range of practical and emotional support to promote independence and overall wellbeing, including:

- Regular phone calls and visits, either home visits or in the community
- Help with finding local groups and activities in the area
- Provide information and signposting to appropriate services
- Help with managing emotions and developing coping strategies
- Assistance with letters, phone calls and bills

All staff & volunteers are DBS checked.

We can offer ongoing support determined by your needs for up to 12 weeks.

For referrals please contact:

Mobile: 07525 902 552

or you can **Email** us at: BedfordILS@redcross.org.uk

Service access hours: Monday to Friday: 9.00am to 5.00pm

Address: British Red Cross, Unit 11, Kingfisher Business Park, Bedford, MK42 0NY

Falls Physiotherapy Service

The Falls Physiotherapy Service is run by a specialised physiotherapy team based at Bedford Hospital, and combines education and exercise together to help someone who has had one or more falls, feeling unsteady on their feet or concerned about falling. The service helps someone recover from falling, promote independence and reduce the risk of further falls occurring in the future.

Aims of the service

- To increase a person's strength and balance
- To improve a person's confidence
- To enable continued independent living
- To enable someone to continue with an active lifestyle.

What happens?

Everyone referred to the service will be offered an individual assessment. The physiotherapist will use this session to assess strength, balance and confidence in order to help determine the specific problems which need to be addressed. From this assessment a treatment programme appropriate to the individual will be offered, this may include:

- sessions offered on a one to one basis.
- enrolment in a Falls Exercise and Education Group or Standing Balance Group, this may be virtual or on a face-to-face basis depending on the individuals' needs.

Following completion of the treatment programme, advice will be given on how to maintain the improvements gained and any further exercise groups in the community that may be appropriate.

How to refer

Referrals are accepted by individuals or their families as well as from health or social care professionals. If you want to discuss whether the service may be useful for you or a family member please ring or email the team.

Falls Physiotherapy team contact details:

Tel: 01234 795854

Email: bhn-tr.fallsphysiobedford.nhs.net

Why choose walking?

Walking is one of the 7 fundamental exercises. These exercises; pull, push, squat, lunge, hinge, rotate and walk, are basic movements the human body needs to be able to perform in order to be able to carry out ADL's (Activity of Daily Living) and are the foundation to any sport/exercise too. These 7 movements will stimulate and strengthen all major muscles in the body and will enhance our independence as we age.

Walking is a very important activity to add to your daily routine as it is a cardiovascular exercise, which will strengthen the heart and reduce the risk of heart disease and lower blood pressure.

Walking and keeping moving will reduce stiffness as moving warms up the synovial fluid around a joint and acts as lubrication, keeping joints from ceasing up.

Walking is a low impact, weight-bearing exercise, which helps to strengthen bones and is an effective way to prevent osteoporosis.

Walking will improve your balance reducing the risk of falling. Falling is a major concern amongst older adults. If you have balance issues, try Nordic walking. Adding a pair of poles is like walking with stabilisers. The more you walk, the stronger your muscles become and your balance will improve over time. Try and add balance exercises daily too.

Walking is a very effective mood booster. Getting outside and experiencing the fresh air on your face and all that nature

has to offer will have those happy hormones surging through your brain.

Walking will increase your stamina leading to improved energy levels.

Walking is the ideal way to get out and meet people or socialise with your friends. This reduces feelings of depression, anxiety, isolation and loneliness and a great way to widen your social circle.

Walking is one of the few activities that can be done whilst keeping socially distanced. There is no better ventilated place than the great outdoors.

Bedford has so many flat, well-maintained, easy to access, parks, we are spoiled for choice. There are many sociable, Walking for Health groups in Bedford that have introduced many older adults to the love of walking and added a new dimension to their life.

For more information

visit <https://www.walkingforhealth.org.uk/walkfinder/east-england/bedfordshire-walk-4-health-bedford>
email mikef@bedsrcc.org.uk

If you are fit and want to try some longer walks then Meetup have some longer weekend and weekday walking groups.
<https://www.meetup.com/Bedford-Walking-Meetup>

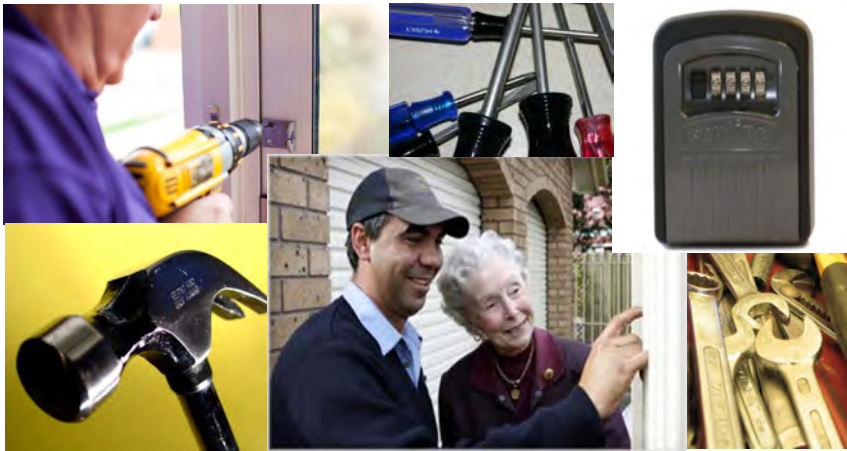
If you are interested in finding out more about Nordic walking or want any help in finding routes, please contact me
walkbedford@gmail.com



BEDFORD
BOROUGH COUNCIL

sustrans
JOIN THE MOVEMENT

Handyperson Service



We can carry out the following work throughout Bedfordshire:

Supply & fitting of Key safes, stair rails & grab rails

Minor Plumbing jobs

Minor electrical jobs

General DIY (putting up shelves, curtain rails, building flat pack furniture etc.)

78—82 Bromham Road, Bedford MK40 2QH

Tel: 01234 360510

Email: enquiries@ageukbedfordshire.org.uk

www.ageukbedfordshire.org.uk





78–82 Bromham Road
Bedford
MK40 2QH

Tel: 01234 360 510

Email: enquiries@ageukbedfordshire.org.uk

www.ageukbedfordshire.org.uk



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Reg Charity No. 1090535 Company Reg No. 4160627

If you would like to stop receiving information on services available to you – please email enquiries@ageukbedfordshire.org.uk or telephone 01234 360510 and ask to be removed from our marketing list