



# Older people's network

Central  
Bedfordshire

Spring 2019

## Who we are...

The Central Bedfordshire Older People's Network seeks to promote the inclusion and integration of older people living in the various communities of Central Bedfordshire, to promote equality of access to information and services, to promote a positive attitude to ageing and to promote an enhanced quality of life for older people

The Network is open to all who represent the views of older people, this could include older people themselves, whether or not in receipt of services, together with their carers, organisations and groups who represent the voice of older people.

It is a great chance for everyone in Central Bedfordshire to learn more about challenges that older people face and to get involved by offering support they need. Central Bedfordshire Council commits to using the Network to raise awareness and connect with many community organisations in order to reach out to older people in accessing different preventative services.

The Network is made up with residents in Central Bedfordshire along with various departments and its partners to support a range of activities and events across Bedfordshire. The list of members can be found on the back of the newsletter.

The Central Bedfordshire Older Peoples Network hold quarterly meetings, in a variety of locations across Central Bedfordshire, to enable, as often as possible, interested older people to attend in their own localities.



## "Making a Difference together".

By **Stuart Mitchelmore** - Associate Director of Integrated Operations

(Central Bedfordshire Council and East London Foundation Trust) / Co Chair Older Peoples Network



Whilst out walking in Rushmere Country park the other weekend I came across a park bench with the following engraving on which got my attention- "Yesterday is history, tomorrow a mystery and today is a gift". To me this epitomises what the older peoples network is and has been about- looking forward and not back in terms of how older people can contribute and enrich the experience of being a resident within Central Bedfordshire. I have particularly enjoyed the fact that at each network meeting begins with an older person talking about an

aspect of their lived experience on the theme. When looking back it is these which tend to be particularly impactful and it is something we intend to continue with into the next year. Having read the previous newsletters I am minded of what a difference the network is making and how it has grown as a voice for older people. I'm hopeful that it will continue to go from strength to strength in 2019/20 and innovate in terms of how we hear more and more voices. Thank you to all those who have given up their free time to attend the previous network meetings and I look forward to welcoming existing and new faces as the year progresses"

## A little or a lot?

By Ruth Featherstone – Co- Chair Older Peoples Network



As I write this we are in the middle of Brexit and it has set me thinking of other contemporary examples where we are encouraged as individuals or organisations to make binary decisions choosing between two seemingly stark alternatives.

An approach that is not new but increasingly on trend is the conversation around "Compassionate Leadership" and what it is and why do we need more of it? This leads us to the binary choice of asking are we to be ruled by head or heart?

I have been to so many retirement parties where the retiree and their friends and colleagues reflect on years of shared lives in the workplace. Not one person has said they chose their career path in order to be in a pressurised culture where to be compassionate is frowned upon and considered naive and business-like. Most people, including me, chose their path based on values and an innocent optimism that they can "change the world".

So, instead of having to choose between head or heart I welcome the spotlight on how we make day to day choices between these two approaches and revel in the question "Why can't we have both, head and heart in developing a business case for Compassionate Leadership?".

## Review of the Journey 2018

Celebrating the journey so far and looking at the year ahead. Each year we start with reflecting on the year. The Network has increased its membership with over 60 people on the database with a varied role within the network. Central Bedfordshire Council have a page on the website to promote the network and also promoted the meetings via e-bulletins and social media too. As part of the review it was suggested we monitor the number of hits on the website and request for organisational members to share the newsletter via their websites along with a request for the newsletter to be promoted in GP surgeries and other groups too. Always seeking new ideas on how the network can grow, 2018 following each themed meeting shared a newsletter to share the meetings activities but also as a tool to enable members to provide updates of the activities they are involved in.

Each review meeting sets the themes for the year ahead.



## What makes a Community – Spring 2018

The theme for the meeting was 'What makes a Community?' There was a range of guest speakers from sharing personal experience to receiving updates from service areas. **Roger Barnard** open the meeting with a short talk to illustrate his involvement in Communities. 'Communities Alive and Well' Roger shared his wealth of experience from school, working and now in retirement how he has been involved 'communities'

**Ian Hanton, Commissioning Officer MANOP** gave feedback to the network on housing developments, developing the day offer, community life as well as raising awareness of other related developments of the Physical Disability Forum who are helping to shape the priorities for physical disabilities and Community Catalysts project working with Community micro-providers of care and support for older people and people with learning disabilities. **Central Bedfordshire Council Partnership Team Sarah Hughes** gave an overview of the Council's five-year plan and the key outcomes which support the strategy for building strong communities.

The network explored the theme, identifying what works well, how this could be replicated and in identifying gaps. The key points shared were communication was key, having a common interest, knowing what is available, models like the Village Care Schemes which are locally driven, people have an interest and delivered with micro volunteers work very well.

In a community of small villages or towns, include range of groups, drawing on resources. As part of exploring communities it is important to consider the community assets available and how they support in bringing groups together like village halls, churches and care homes also offer a range of opportunities which can be open to the community.

More details can be found in the Spring 2018 on how the OPN together make community matter.



**A community is a group of people who have something in common.**

**For example, their village, their interests like books or their sports team, common values or purpose, the Older Peoples Network'.**

**Key to communities is a sense of belonging and communication**

## Getting About – Summer 2018

The strapline for Central Bedfordshire Council is “A Great place to live and work” and one can’t help being taken aback by it’s natural beauty and vast array of places to visit. However, it’s all very well having these places but for many older people the challenge is one of “Getting about” in order to see them. Central Bedfordshire has areas of rurality and often public transport links can be limited. So, in order to have the healthy walks to promote a positive lifestyle it’s important we have options available to suit older peoples preferences in relation to transport.

Building on the theme in the last newsletter of ‘Communities’ a key part of this is how communities’ network with one another both to share knowledge of what is available but also, importantly, how any ‘Transport assets’ we have locally are utilised. We already have examples of this in terms of support with travel to hospital appointments and the more we can work together for the benefit of older people the better.

The meeting explored public and community transport but also activities that help us to stay active.

**Brian Wilson** member of Older Peoples network shared his experience of hospital transport and how a group came together to resolve some of the challenges.

**South Beds Dial-a-Ride** shared the aims of Dial-a-Ride services helping people who cannot use public transport through reasons of disability, age or social exclusion. The service is a personal, door to door, reliable and friendly service to help maintain freedom and independence for those with a mobility issue.

**Central Bedfordshire Council Countryside Sites team** manages approximately 60 countryside sites across Central Bedfordshire varying from large, well-known places. People of all ages and abilities come and enjoy our sites whether to enjoy the wildlife, walk their dog, do something physical, fly a kite, take photographs or just go for a nice quiet walk!

**Public Transport Central Bedfordshire Council** explored the varying types of Public Transport and supported services. Good transport is vital for everyone who lives, works or runs a business in Central Bedfordshire. We’re responsible for every aspect of transport across our region, and this means we have to plan a long-term strategy.

The **Bedfordshire Rural Community Charity** shared their range of Projects and offer direct support for ‘Getting About’ including Bedfordshire Community Transport Brokerage, MVCRP - A New Chapter for Community Rail and Village Care Schemes – the Good Neighbours Network along with Other Current Beds RCC projects. These indirectly support ‘Staying Active’ and include:

Walking for health led by trained volunteer leaders. Aimed at those people who do not otherwise walk regularly.

Actions for health project which links Walk 4 Health Bedfordshire and other healthy opportunities to our local Good Neighbour Schemes.

Chair Based Exercises and Care to Move project where earlier this year BRCC gained funding to train leaders in these two areas. Care to Move is about encouraging clients to move about the home more. Commencing with being able to stand safely from a seated position.

Social Prescribing a mechanism through which primary care service refer patients with social, emotional or practical needs to a range of local, non-clinical services





The findings of the survey the **Adult Social Care survey** which is an annual survey that all councils in England send to a sample of customers in Central Bedfordshire. Whilst the Adult Social Care Survey has set questions, more locally we added a focus set of questions on accessing the community.

Accessing the community isn't just about getting a newspaper or going to appointments. It impacts on many areas of life:

- If don't go out because don't feel safe = social isolation, which can lead to ill health
- If don't go out, how is food/drink being provided/obtained? Without appropriate food/drink, this can impact on health, particularly is need to take medications with food for example
- If don't go out, how do I feel about myself? Do I feel valued, a contributor or a part of society?

## Technology – Autumn

The pace of change with technology is breathtaking, who would have thought we would now be talking about the use of robots within Health and social care? The potential of the added value “artificial intelligence” can bring to enhance our lives is infinite.

It's great that many older people are embracing technology and using it as means of both maintaining their independence and informing how they communicate. In relation to the latter “skype” has enabled families to keep in contact across opposing sides of the world.

In terms of culture shift one often hears the term “embracing technology”. I think that is key for older people but what does that actually mean?

The theme for the meeting was around technology and started with a video that shared how fast technology is evolving around us.

**Chris Dewey** member of the network shared his wealth of knowledge and working background where technology was used. Chris experience included working in Engineering in the Royal Airforce, with London Transport and with Luton Borough Council. Chris has a wide range background in the industry and key to it all is technology as a tool needs to fit into and effective strategy.

Chris also shared stories on how technology enables his family in America to stay in touch through videos and also how technology can also be very interesting when he was with his wife on a journey in the car and his wife was on her I phone talking to siri which then started talking to the Tom Tom in the car

Technology in Care Homes, what's happening now which supports health and care needs? **Elaine Bradley** shared information on the Person Centered Software that has been piloted in the Care Homes which is an icon driven computerised process for care home documentation.

QTUG (Quantitative, Timed Up and Go) is also tool for identifying older adults at risk of falling, provides an assessment of gait and mobility, frailty, falls risk.

As part of enhanced care in care homes our homes are about to trial Whzan which provides detailed observation information such as blood levels, oxygen levels, temperatures, blood pressure.

**Michelle Milton** shared an update on the range of pilots as part of the enhance care which included:

- The Whzan kit
- The Clinical Navigation Care Home pilot
- 111 service direct to care homes pilot
- Electronic Homecare Call Monitoring



**Sue Shephard- Smith** – OPN member shared the benefits of volunteering are well known in giving new skills, self-confidence, new friends & colleagues & a sense of purpose. Some of these things “go” once we have left employment for whatever reason



**Edward Costello – Bedfordshire Rural Community Charity** -gave an update of the Social Prescribing pilot as a means of linking people with social, emotional or practical needs to a range of non-clinical services and sources of support within the local community, often provided by the community and charity sector, to promote health, wellbeing, independence, self-care, and encourage social inclusion which builds resilience for the individual and the community.

**Emma Cunningham** talked about– Beanstalk charity which is a national reading charity that is searching for members of the community in Bedfordshire who can spare a few hours a week supporting children aged 3-13 with their reading skills.

The session ended where OPN members participated in an interactive session **"Interactively Yours"** giving members an opportunity to build relationships and exchange views. The groups discussed what it takes to attract and retain volunteers.



## Festival Older People

### Healthwatch Central Bedfordshire

Another successful year

Now in its 6th Year, the Festival for Older People took place on 5th October at the Rufus Centre in Flitwick, attracting over 300 visitors from towns and villages across Central Bedfordshire.

This annual event was organised by Healthwatch Central Bedfordshire with support from Central Bedfordshire Council, Grand Union Housing Group, ROAR Residents Association, Flitwick Town Council, Home Instead and Circle MSK.

The event designed to be both informative and entertaining with 50 stalls providing advice and guidance about health, care and other services available to support older people.



There were also a select number of stalls selling crafts, artwork, jewellery and locally baked breads and cakes.

For the highlights of the festival and other activity Healthwatch have been involved in you can visit their [website](https://healthwatch-centralbedfordshire.org.uk/) and download a copy of their newsletter **HERE** or watch the video – link below.

<https://healthwatch-centralbedfordshire.org.uk/>

## Consultations

Just some of the consultations and engagement the Network supported below:

- [Transitional Accommodation Placement Policy](#)
- [Bin collection consultation results](#)
- [Money management consultation results](#)
- [Greenacres and The Stables Gypsy and Traveller sites consultation results](#)
- [The future of The Birches older persons' home](#)
- [Parking in Central Bedfordshire consultation results](#)
- [Future day offer for older people and adults with disabilities consultation results](#)
- [Central Bedfordshire Council Budget](#)
- Community grants



## Community Engagement Strategy

Sarah Hughes – Central Bedfordshire Council

Joined by Sarah Hughes who gave background to the Community Engagement Strategy. With 2 strategies since 2010.

The first strategy set out the principles and action plans as an organization and the second one looked at a tool box approach and engagement methods.

The current principles are:

- Supporting people to engage, inform and influence decisions
- Enabling Ward Cllrs to leaders in and for their communities
- Enhancing the role of town /parish councils
- Enabling more services to be delivered locally
- Enabling employers to thrive and play an active role in their community

Community Engagement to be at the heart of what we do and this time looking at a mixture of the two

- A forward plan of engagement activity / linked to priorities / plans / big items
- A toolbox of engagement methods (events, facilitation, forums)
- Top tips
- Resource pack - external – e.g signing in sheet, posters, feedback sheets, name badges, guidance, risk assessments
- Resource pack – internal – CE planning, venue list,
- Key stakeholder groups
- Include Volunteering
- Civil Society Strategy

Reflecting on members experiences and aspirations and looking at whether the network felt the principles are still relevant



## Proposed Key Themes

Exploring the themes for 2019, group discussions, previous engagement prior to the meeting with people who were unable to attend. Members identified the following:

- Mental wellbeing
- Personalisation - people in control
- Intergeneration networking
- What makes you feel safe
- Approach to end of life - 1000 days
- National Older Peoples Day / Older Peoples Festival
- Green Paper
- Do something different 5 minutes each organisation



Ways of raising awareness of OPN

- Think tanks
- Developing leaflet / cards
- When out and about sharing information about the network
- Inserts in Parish Council newsletters
- Other organisations also posting the newsletter

## “Forthcoming activities / OPN Offer”

- Stakeholder panels
- Consultations
  - CBC Budget
- Reviewing the Day Offer
- Safeguarding – Quality Improvement
- Local Account
- Green Paper – what has your organisation said?
- 10 year plan
- Community Allotments
- Community grant panel
- Cambridge Institute Public Health (Positive Ageing Patient Participation Involvement group)
- Community Catalysts workshop



## Next Steps

- Build on Partnership Working
- How to feed into the OPN Community
- Reaching out
- Newsletter
- Website



## Members Update.....

### Dementia Diaries

Ruth Featherstone

Here is a volunteering opportunity that couldn't be easier, and you can do this in your PJs sitting on the sofa!

I thoroughly enjoy transcribing audio diaries and, in the process, learn so much about the lives of people living with dementia.

It is a very flexible way of volunteering with little formality. Within half an hour you could have transcribed your first audio entry. There is no training, no expense, no set times, you decide how much time to devote, no forms to fill in. Have a go and see if it suits you.



## What a fantastic, insightful and powerful play

Healthwatch Central Bedfordshire



The production of Phyllis at The Rufus Centre on 13th March was powerful and insightful, with every member of the audience engaged with the story.

This story of one woman and her family navigating the complex system of older people's care is peppered with true stories of working that isn't joined up and highlights the need to form seamless cross-organisational partnerships, to work better together for the best interests of our populations.

Here are just some of the audience quotes:

"We need to start conversations early within the family and clear information should be sought to plan for advanced care. It can be confusing when there are a number of different organisations."

"More inter-generational activity – education to the younger people."

"Older people have less and less choice as they get older. More money should be put into social activities to keep people well, happy and engaged."

"Why aren't the government using the demographic information to 'plan' effectively?"

"As professionals, we can sometimes forget what is happening with the whole person and their family."

"Communication from the healthcare professionals to reassure the family that the person is being cared for properly."



## Cheering Volunteering Celebrations 2019



Cheering Volunteering 2019 is underway and the fifth annual awards and celebration evening will take place on Tuesday 4<sup>th</sup> June 2019 at the Grove Theatre in Dunstable. This is a fantastic opportunity to come together with volunteers across Central Bedfordshire to celebrate all the amazing contributions that they make.

[Nominate your volunteers by 8<sup>th</sup> April!](#)

[Book FREE tickets online for Cheering Volunteering 2019](#)

**Contact us if you would like to book a stand to showcase your volunteers** (*Stands are limited so please book asap!*) [kay@cabeds.org.uk](mailto:kay@cabeds.org.uk)

**Send us your photographs of volunteers in action to be included in the slide-show presentation:**

[kay@cabeds.org.uk](mailto:kay@cabeds.org.uk)

*Please note: We can only use photos where everyone in the picture has already provided their agreement that that their image can be used for publicity purposes and if needed, we can provide a photograph consent form template for you to use.*

**Please note that the closing date for both nominations and grant applications is midday on Monday 8<sup>th</sup> April 2019.**

## News update

Find out the key news where every month Commissioner Holloway publishes a newsletter. If you would like to receive the newsletters directly, please email your name and email address to [PCC@bedfordshire.pnn.police.uk](mailto:PCC@bedfordshire.pnn.police.uk),

Previous editions of the newsletter can be found [here](#)



## Have your say.....

### Consultations



[Homelessness surveys](#): We're asking for people who have experienced homelessness and used our services to give feedback about their experience to help improve the support offered. **Survey closes**: 12 April 2019

[Domestic abuse survey](#) – Domestic abuse can happen to anyone and can take many forms. That's why we are asking as many people as possible to complete the survey. The feedback will help us think about how to improve services. **Survey closes**: 31 May 2019

[Adult social care survey](#) - All local authorities in England with responsibility for providing adult social care service's are required to conduct an annual survey of their service users. The Personal Social Services Adult Social Care Survey England (ASCS) is a national survey for England. The mandatory survey asks questions about quality of life and the impact that the services they receive have on their quality of life. It also collects information about self-reported general health and wellbeing. Download the [results from the 2017/18 survey](#)

**Dunstable Integrated Health and Care Hub ( Bedfordshire CCG consultation )** - The Bedfordshire Clinical Commissioning Group (BCCG) is running a public consultation on a proposal for a new Integrated Health and Care Hub in Dunstable. You can read more on the [BCCG website \(link opens in new window\)](#).

**Closing date**: 7 April 2019

[Tell Us About Your Care programme](#) . Disabled people, those living with a long-term health condition and their families, now have the opportunity to help shape the future of services in England by sharing their experiences of the NHS and the care system with the regulator for the NHS in England – The Care Quality Commission (CQC).

The CQC acknowledge that they have not previously planned the future of NHS and care services with input from disabled people and their families, so they are inviting your experiences through their [Tell Us About Your Care programme](#).

It allows **you** to provide the CQC first-hand with your experiences – during hospital stays, GP visits, accessing care services, etc. You can also do so anonymously. The simple to complete questionnaire will ask you for details of the location of the establishment and to describe your experiences as a user of their services.



## Share your views

Healthwatch Central Bedfordshire



**healthwatch**  
Central Bedfordshire

**Share your views and help make local NHS services better**

The Government is investing an extra £20bn a year in the NHS until 2023

Now you can help decide how that money should be spent in Central Bedfordshire.

What would you do to improve NHS services for people with Cancer?

Your NHS is changing, and it needs your help.

#WhatWouldYouDo

healthwatch-centralbedfordshire.org.uk  
t: 0300 303 8554  
e: info@healthwatch-centralbedfordshire.org.uk

**what**  
would you do?  
It's your NHS. Have your say.

### What would you do to improve local health services?

With growing pressure on the NHS – people living longer, more people living with long-term conditions, and lifestyle choices affecting people's health – changes are needed to make sure everybody gets the support they need.

The NHS has produced a ten-year plan, setting out all of the things it wants health services to do better for people across the country. Now your local NHS needs to hear from you about what those changes should look like in your community

**What Would You Do'** We also have **large print** and **easy read** versions of the surveys – please come back to us if these are required on [info@healthwatch-centralbedfordshire.org.uk](mailto:info@healthwatch-centralbedfordshire.org.uk)

The online survey can be found here:  
<https://www.healthwatch.co.uk/what-would-you-do>

## Commission Plan for learning disability services 2019 – 2024



### Commissioning Plan for learning disability services 2019 – 2024



#### What is a commissioning plan?

Commissioning means planning and buying services.

The council plans for social care and the CCG plans health services.



The plan will help us decide what services we need in the future to give you the life you want.

#### How to get involved



Right Track will be asking people and their families:

- Do the ideas for the plan seem right to you?
- Is anything missing?
- For your stories about good outcomes and how services can make these happen.



On the other side of this paper there is a list of drop-in sessions where you can talk about this.

Leighton Buzzard	Thursday 28 <sup>th</sup> March 1.30 - 5.30pm Leighton Buzzard Library, Lake Street, LU7 1RX.
Houghton Regis	Thursday 18 <sup>th</sup> April 1.00 - 6.30pm Sandringham Hub, 48 Sandringham Drive, Houghton Regis, LU5 5UP
Shefford	Friday 26 <sup>th</sup> April 1.30 - 4.45pm Shefford Community Hall, 60 High St. SG17 5AX
Flitwick	Monday 29 <sup>th</sup> April 1.45 - 5.00pm Warrenfield Room, The Rufus Centre Steppingly Road, MK45 1AH
Biggleswade	Wednesday 1 <sup>st</sup> May 1.30 - 5.30pm Biggleswade Library, Chestnut Ave. SG18 0LL.

Just turn up at any time in the session and stay as long as you like.  
To find out more about a drop-in session, please contact Right Track:



Email: [righttrack@hotmail.co.uk](mailto:righttrack@hotmail.co.uk)



Telephone: 07592 492617

To find out more about the plan, please contact Kaysie Conroy.



Email: [kaysie.conroy@centralbedfordshire.gov.uk](mailto:kaysie.conroy@centralbedfordshire.gov.uk)



Telephone: 0300 300 5585



## MAYFLOWER NEWS

VOL 3/19  
MAR/APR  
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"A journey to **I**nformation **S**upport **S**ocialising & **F**riendship"  
IRIS BULL—CHAIRPERSON TEL: 01767 318434 MOBILE 07720 853364  
SHIRLEY LEGATE – SECRETARY 01767 448954 MOBILE 07988 822678

**HEALTH AND SOCIAL CARE** is this month's theme. With the help of organisations in our town, our circulation is increasing, and more people should be able to collect copies from their churches, retirement flats, the Sweet Alley sweetshop, Mocha Café the town council, the library and the shoe shop (open Sundays). We are also e-mailing it or delivering paper copies to community leaders and private individuals on request. Please contact me if you want to add your details to our list.

In future copies we will include local information and showcase the various groups/services/events in our town. Space is limited but we are looking to grow. It is being funded through a donation given to the Mayflower Club some years ago. If you wish to contribute to a future edition, or receive an e-mailed or paper copy, please contact me.

Editor - Shirley Legate

### CENTRAL BEDS COUNCIL ALERT

Level 2 & 3 Apprenticeships in social care are now being offered. These give on-the-job training and experience to work towards a professional qualification. 96% of people working in social care say they feel their work makes a difference.

For more details ring: The Academy on 0300 300 8131.- closing date March 10th 2019.



#### **DID YOU KNOW???** **SAINSBURY'S NOW OFFER A** **TELEPHONE ORDER SERVICE**

It seems to be little known that Sainsbury's Assisted Shopping Service can also take orders over the phone for those people without a computer or a smart phone.

Phone 0800 328 1700 for their help

**HOSPITAL TEST RESULTS** We are often asked about test results arranged by the hospital. Patients should be aware that we do not automatically receive copies of results from the hospital and that such results will always go to the doctor who organised the test.

This is in line with current guidance which states that the doctor requesting the test has the responsibility of ensuring that the result of such test is acted upon. Therefore should you need hospital test results or to query on what action is required please contact the hospital directly.

(from Saffron Health Centre Dec 18 newsletter)



### GP EXTENDED ACCESS

Do you work, yet need access to non-emergency healthcare outside your usual GPs normal appointment hours of 8am-6pm.

You can now make pre-bookable appointments with one of the team at Ivel Valley surgery, Chestnut Avenue,. The team includes GPs, Nurse Practitioners, Practice Nurses and Health Care Assistants. These can be booked by phoning your own surgery and asking for an appointment outside of normal working hours. You may not see your usual GP or nurse, but the clinician treating you will be able to see your records.

Appointments are also available on Saturdays and Sundays

### ARE YOU A CARER?

Many people don't realise they are carers. If you provide unpaid support to a relative, friend or neighbour, your GP wants to know so that you can be better supported.

Being identified as a carer can result in more support with such things as appointments, support for yourself to keep you well. But if you stay quiet you may not be doing your best for both you and the person you care for. Please talk to your GP or healthcare provider so they can help keep you as well as possible.



### **BIGGLESWADE** **CAFÉ**

Tel: 0300 111 1919  
Mob: 07772 231149

Email: [janebaker@carersinbeds.org.uk](mailto:janebaker@carersinbeds.org.uk)

The Biggleswade Café for Carers meets on the 1st Saturday of the month at The Adult Centre, 142 London Road, Biggleswade SG18 8EL (adjacent to the registry office)

Entrance - £1 per person (under 5's free)

**NOTE:** From April, 2019, opening times are changing to 11am to 2pm.

(For those unable to make their own way to the café, transport is available at £1 person)



**GARDEN WASTE**  
**COLLECTIONS**  
**RE-COMMENCE**  
**WEEK BEGINNING**  
**4TH MARCH**



**APOLOGIES** are offered for out of date Mayflower contact information some of you have been finding on local websites, in brochures, etc. Having taken over the Mayflower Club last spring, we were not aware of all of these entries and we are updating them.

Through this newsletter we are meeting many new people, and hearing of many new things. We particularly want to hear from our community. Although our club caters for those over 50, we hope this newsletter will in time reach our villages and people of all ages.

Our thanks to all the people helping us with this new project.  
*Chairperson - Iris Bull*

#### **MAYFLOWER CLUB NEWS**

20 members bought tickets for the Rotary Club (Ivel) Murder Mystery Evening at Stratton School. Thanks to Rotarian Gary for hiring us his minibus and picking up people from across the town who could not otherwise have got there

The committee met in February and are putting together a diary of events for this summer. Suggestions welcome. They also agreed the second £500 donation to the Ivel Flix. (See article dated Sept 19).

Our first AGM will be held on Friday 29th March at 2.15pm. Raffle prizes and refreshments will be provided by the club with a quiz afterwards. All welcome.

There will be a fish and chip lunch with dessert for Lunch Club members on Wed 17th April during the school holidays closure. Mayflower Club members welcome. £5 each and door to door transport costs £1.50. Telephone 01767 448954 to book.

A few tickets remain for the Neil Sands show at Bedford Corn Exchange. On Wed May 15th, when Lunch Club and Rummikub will be closed



**IVEL FLIX  
COMMUNITY  
CINEMA**

**Sat 9th March- WONDER PG  
with Julia Roberts and Owen Wilson**

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of compassion and acceptance. August Pullman, a teenage boy, with facial differences preventing him doing so before, enters a mainstream elementary school for the first time and becomes an unlikely hero and proves you can't blend in - when you stand out!

Doors open 2.30 film starts at 3pm £4 on the door. Parking. 85A Bus. The Canada Block, Biggleswade Academy, Mead End, Biggleswade SG18 8JU

NEXT FILM - Apr 13th Guernsey Literary & Potato Peel Pie Society 12A with Lily James and Tom Courtenay

**COFFEE MORNINGS**  
Tues at Trinity Church Wed at Weatherley  
Centre Thurs Pentecostal Church Crab Lane  
Fri at Baptist Church (term time only)

Sats at St Andrew's Church

#### **WEEKLY LUNCH CLUB**

Every Wednesday 2 course lunch Labour Hall  
£5 12noon-1.45 bookings 01767 448954

transport £1.50 return

#### **CHURCH LUNCHES**

1st Thursday of month at Trinity Church £5  
(just turn up at noon)

2nd Thursday at St Andrews £5 noon  
(add name to list in foyer)

Sunday Lunch 1st Sunday of month at  
St Andrew's Church £6 12.30

(add name to list in foyer)

#### **MAYFLOWER CLUB MEETINGS**

**RUMMIKUB/TRIOMINOS/CARDS**

Every Wed £1.50 at Labour Hall 2-4 £1.50  
limited transport available

#### **FRIDAY SOCIAL CLUB**

Weekly 2 - 4 at St Andrew's Church. £1.50

Games/Speakers/Outings. Raffle.

Door to door transport £1.50.

Bingo dates listed below £2.50 entry

#### **FORTNIGHTLY BINGO SESSIONS**

On 2nd and 4th Monday of the month at the  
Labour Hall, Crab Lane, £2.50

Door to Door Transport £1.50



#### **BINGO DATES** **MONDAYS**

11th & 25th March 8th April

#### **FRIDAYS**

8th and 22nd March

12th April

#### **FOR ARTICLES SUGGESTIONS WHAT'S ON ETC. CONTACT**

Shirley Legate, Mayflower Club Secretary 20 Kitefields Road, Biggleswade, SG18 8NX Tel: 01767 448954 Mobile: 07988 822678 e-mail: shirley.legate@gmail.com

## How can you support...

[illegible]

If you are an older person living in Central Bedfordshire or you may represent a group who works with older people we would like to hear from you.

The network is open to all and we would welcome your support to help us to get it right.

We are looking for new members to join our group to ensure older people have a say. The meetings are held every quarter which are themed around the interest of Older People. The membership includes a range of older people, organisations along with other local groups who represent the voice of older people

There are many different ways you might like to be involved. Further information about the network and events is available on the Central Bedfordshire Council web page

<http://www.centralbedfordshire.gov.uk/health-social-care/adults-older-people/activities/older-peoples-network.aspx>

If you would like more information, to get involved call the Partnership Team on 0300 300 5176 or email [partnershipteam@centralbedfordshire.gov.uk](mailto:partnershipteam@centralbedfordshire.gov.uk)

We would welcome you to join us at the Older Peoples Network. We have a range of themed meetings or events that included:

## Theme: Wellbeing and Intergenerational activities

The INCUBA, 1 Brewers Hill Road, Dunstable, Bedfordshire LU6 1AA

26 April 2019 09:30-12:30

**Theme:**

03 July 2019 13:30-16:30

**Theme:**

30 October 2019 09:30-12:30



Book you space by visiting our web site

<http://www.centralbedfordshire.gov.uk/health-social-care/adults-older-people/activities/older-peoples-network.aspx>

or contact the Partnership Team on 0300 300 5176 or email [partnershipteam@centralbedfordshire.gov.uk](mailto:partnershipteam@centralbedfordshire.gov.uk)



## Our members include:

### Member of the public

#### CBC & other Stat Services

Commissioning  
Contracts  
Housing Solution  
Leisure & Libraries  
Community Safety  
Countryside Access  
Community Intelligence  
CCG  
Public Health  
Fire Service



### Voluntary Sector

[Healthwatch](#)

[BRCC](#)

[Carers in Beds](#)

[Purple Trust](#)

[ELFT](#)

[Alzheimer's Society](#)

[Contact the Elderly](#)

[Age UK](#)

[MIND](#)

[Grand Union](#)

[PowHer](#)



### Home Care Providers

[Caddington Grove](#)



**Bedfordshire**  
Fire and Rescue Service

