

<p><u>Anchor 'Staying Put' Bedford</u></p>	<p>Helps with repairs, maintenance, security and adaptations for help for disabled and older home-owners and housing association tenants living in the Bedford Borough administrative area. Home visits include assessment for grants from local authorities to fund adaptations.</p>	<p>52 Bunyan Road, Kempston, Bedford 01234 852740 www.stayingput.org.uk www.anchor.org.uk</p>
<p>Home Sight</p>	<p>Conducts domiciliary eye examinations for the house-bound.</p>	<p>0777 298 1725</p>
<p><u>Age Concern Bedfordshire</u></p>	<p>Provides a range of services for older people in Bedfordshire</p> <p>Information & Advice Information & advice on benefits, discrimination, housing, residential care etc</p> <p>Link Service This provides an in-depth practical and holistic advice service, referrals are usually made by a clinician.</p> <p>Home Help Service This provides a regular daily or weekly service to carry out most household tasks plus a shopping service.</p> <p>Accompanied Shopping Service This provides a fully trained person to accompany the person to the shops or anywhere else within a 7 mile radius of their own home.</p> <p>Gardening Service This provides regular mowing, strimming and trimming.</p> <p>Handyperson Service This provides help with light carpentry work, general DIY, painting and decorating.</p>	<p>80-82 Bromham Road, Bedford 01234 216002</p> <p>01234 360510</p> <p>01234 360510</p> <p>01234 346344</p> <p>01234 346344</p> <p>01234 215995</p> <p>01234 215995</p>

<p><u>Age Concern Bedfordshire</u> (Cont)</p>	<p>Aid Call Service This enables a person to summon help instantly, providing peace of mind when alone.</p>	<p>01234 360510</p>
<p><u>Bedford Advocacy Service for Older People</u></p>	<p>Provides free independent and confidential advocacy support to people aged 60 or over.</p>	<p>3 Union Street, Bedford MK40 2SF 01234 218880</p>
<p><u>Bedford Bereavement Care</u></p>	<p>Provides a support group for the bereaved.</p>	<p>104 Norse Road, Bedford MK41 0RL 01234 353701</p>
<p>Bedford Care</p>	<p>Provides help and assistance on a short term basis inc domestic support, transport and household maintenance.</p>	<p>01234 215500</p>
<p><u>British Legion Legionline</u></p>	<p>Provides financial, social and emotional support to people who are (or used to be in) in the armed forces and their dependants.</p>	<p>08457 725 725</p>
<p>Cancer & Palliative Care</p> <p><u>Bosom Pals (Breast Cancer Support Group)</u></p> <p><u>MacMillan Nursing Service (Bedford)</u></p> <p><u>MacMillan Nurse Service (Steppingley)</u></p> <p><u>Marie Curie Cancer Care (Beds & Bucks)</u></p> <p>Marie Curie Direct</p> <p>Cancerlink</p>	<p>Self help support group for anyone who has been diagnosed with breast cancer. Venue: Primrose Centre, South Wing Hospital.</p> <p>MacMillan Nurses are specialists in cancer and palliative care, offering information and advice on treatment etc. Age range 18 upwards.</p> <p>Will give information and advice but referral is via District Nurse or GP.</p> <p>Fundraising for Marie Curie Cancer Care, which provides high quality nursing, totally free, to give terminally ill people the choice of dying at home, supported by their families. All ages. No membership fee.</p>	<p>01234 214455 r.king15@ntlworld.com</p> <p>T. 01234 310000 Fax 01234 310004</p> <p>01525 631177 (Steppingley Hospital)</p> <p>T. 01604 442306 Fax. 01604 442303 david.greenwood@mariecurie.org.uk</p> <p>0845 0567899</p> <p>020 7833 2451</p>

<p><u>Hospice at Home Volunteers (West Mid Beds and Ivel Valley)</u></p> <p><u>Hospice at Home Volunteers (Dunstable)</u></p> <p><u>Bedford Day Care Hospice (MacMillan Cancer Support)</u></p> <p><u>Sue Ryder (St John's Hospice)</u></p>	<p>Emotional support for cancer patients and family.</p> <p>Aims to befriend, listen and give practical help to patients with life threatening illnesses and their families in Mid Beds and Ivel Valley. Age range 18+.</p> <p>Voluntary service in the community, offering extra care and support in cases of life limiting illness. All ages.</p> <p>Day Care Hospice providing care for people with a life threatening illness in North & Mid Beds. Referrals via any health care professional.</p> <p>The hospice is situated in Bedfordshire countryside and has 15 inpatient beds. Offers specialist short term palliative care for patients with life limiting illnesses.</p>	<p>01234 743063 soniabanks5@aol.com</p> <p>01582 666996 dunstablehvh@talktalk.net</p> <p>01234 352015 (with answerphone) Fax 01234 273074 info@bedforddaycarehospice.co.uk</p> <p>01767 640622 Fax. 01767 641262</p>
<p><u>Carers in Bedfordshire</u></p>	<p>Supports unpaid carers of any age and of any caring status; offers advice , information, training and support.</p>	<p>The Goldington Centre, 10 Barkers Lane, Bedford 01234 214914</p>
<p><u>Carers Short Breaks Bureau</u></p>	<p>Provides a service for informal (unpaid) carers. Subject to meeting the eligibility criteria, carers can access free vouchers.</p>	<p>0800 039 1234</p>
<p><u>CRUSE (Bereavement)</u></p>	<p>Promotes the well being of bereaved people and helps them to understand their grief and cope with their loss.</p>	<p>01525 841415</p>
<p><u>Disability Resource Centre</u></p>	<p>Provides access to information, equipment and services for people with disabilities, their friends, family and carers.</p>	<p>Poynters House, Poynters Road, Dunstable 01582 470900</p>
<p>Furniture Link</p>	<p>Small charity based in the county town of Bedford that provides household items for people on low incomes or in need.</p>	<p>1A Gadsby Street, Bedford MK40 3HP 01234 353578</p>

<u>Help the Aged – Senior Line</u>	Free impartial and confidential service that aims to enable callers to take action for themselves. Helps with issues including claiming benefits, housing options and getting help at home.	207-221 Pentonville Road, London N1 9UZ 0808 800 6565
<u>Pensioners' Guide</u>	A free guide for people aged 60 and over. It contains valuable information on a wide range of topics.	207-221 Pentonville Road, London N1 9UZ 08457 31 32 33
<u>Service Personnel and Veterans Society</u>	Deals with the War Pension Scheme and provides welfare services to people who used to be in the armed forces.	0800 167 2277
<u>Sight Concern Bedfordshire</u>	Provides support for the blind and visually impaired and their carers. Provides benefits advice, access to a resource centre and equipment to help aid independent living.	116 Bromham Road, Bedford MK40 2Qn 01234 311555
The Stroke Association Stroke Clubs: BASH DASH Flitwick & District Stroke Club	Provides practical help, information and emotional support for people who have had a stroke, their families, friends and carers. Meets in the Holt Room, St Andrews Church Hall, Kimbolton Road, Bedford on 3 rd Friday of the month from 2 p.m to 4 p.m. Meets at the Methodist Church Hall, Leagrave, Luton 2 p.m. to 4 p.m. Meets on the First Wednesday of the month from 2 pm to 4.30 p.m. at the Ellenshaw Court, Hinksley Road, Flitwick, Beds	Phoenix Chambers, 15-17 High Street, Bedford 01234 354684 01234 305980 dennis.lamb@ntlworld.com 01582 650880 (Mrs Shirley Madden) 01525 717181 (John Farmer)

OTHER USEFUL NUMBERS



Ivel Stroke Club	Meets on the 3 rd Monday monthly from 7.30 p.m. to 9.30 p.m. at Quince Court, Engayne Avenue, Sandy, Beds	01462 628657 (Margaret Kempton)
Ouse Valley Stroke Club	Meets on the first and third Wednesday of every month from 7.30 p.m. to 9.30 p.m. in Tavistock Court, Queens Crescent, Bedford	01234 214849 (Cliff Broughton)
WRVS – ‘Good Neighbours’ and ‘Home from Hospital’	Volunteers provide a range of services for the housebound, including help with shopping, transport, befriending, information and advice, accompanying clients on outings and social activities.	56 Harpur Street, Bedford MK40 2QT 01234 262429