

Canal trip 2025

Our canal day trip will be on 19 September 2025

There are still spaces available.

The canal boat is wheelchair accessible. It has a wheelchair lift and accessible toilet.

To book places please phone, text or email Annie on 07981161219, annie@taid.info.

Included is a fish and chip lunch.

This event is completely free.

People living in the Leighton-Linslade area affected by Multiple Sclerosis, their friends, family and carers are all welcome, on a first come first served basis.

The trip starts from:
Waterways Experiences,
Nash Mills Recreation Centre,
Red Lion Lane,
Apsley,
Hemel Hempstead, HP3 9TE

Please contact Annie if you need transport – we will help if we possibly can.

Please arrive at Nash Mills at 10.30 for an 11 o'clock start.

The boat will arrive back at Nash Mills at 3pm.

Please note that embarking and disembarking can take a bit of time, as the lift can only take one wheelchair at a time.

NB: there are some pictures and more background information on their website: wexp.org.uk.

We will be on one of the smaller boats, *Sheldrake 2* or *Close Shave*.



Equipment and services we can provide

We have a wide range of donated second-hand equipment for short term or long term loan (or permanent), such as toilet frames, walkers, etc. There are no charges for these.

Please contact Annie or Ian (see Contacts List below).

For people with Multiple Sclerosis and their immediate family or carer, living in the Leighton-Linslade area, we offer financial support in attending a Therapy Centre or Chirozone in Grovebury Road, for chiropractor, massage or

reflexology treatments. This can be a maximum of two per month. The financial support we offer is 50% up to a maximum of £20 per treatment / Therapy Centre visit.

We can also help with the costs of a Lifeline (Careline) emergency call button.

Please contact Lorna Taylor.

Should you need financial support for other costs, we can offer modest grants towards the total cost. This can be for housing adaptations, specialist seating, etc.

Coping in the hot weather

To help you cope in hot weather there are at least 2 companies on Ebay and Amazon that sell Cooling Sheets.

There are also cooling pillows, Chillows, available, eg on Ebay starting at £6-7,

A number of organisations recommend other products to help keep you cool at night, eg the Sleep Foundation, Women's Health, Healthline. These include duvets, mattresses, mattress toppers, etc. However, some may be USA based, so it is advisable to add UK or £ into the search bar.

Coffee mornings

These are held on the last Friday of most months, 11-12.30pm in Greenfields, Theed Way, Leighton Buzzard, LU7 9SP

29th August (NB we don't usually have a coffee morning in August. Hopefully the weather won't be too hot)

26th September

31st October

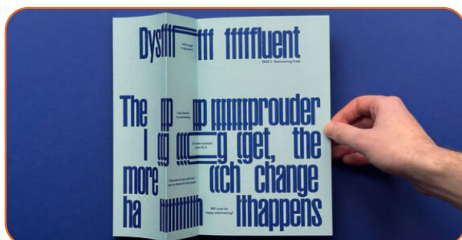
28th November

The Victoria & Albert Museum

The Victoria & Albert Museum in South Kensington currently have a *Design & Disability* exhibition. Tickets are £14 adults, disabled plus one companion free, universal credit free, 12-25yrs £9, under 12s free.

Closes 15 Feb 2026

Both a celebration and a call to action, *Design and Disability* showcases the radical contributions of Disabled, Deaf, and neurodivergent people and communities to design history and contemporary culture, from the 1940s to now.





Mayor of Leighton-Linslade

Join me

FOR AN EVENING
TRAIN RIDE &
AFTERNOON TEA

FRIDAY 5 SEPTEMBER

5:45PM FOR 6PM DEPARTURE

LEIGHTON BUZZARD
RAILWAY

TICKETS PRICED AT £25

TICKETS AVAILABLE
FROM

THE WHITE HOUSE,
HOCKLIFFE STREET.

FOR MORE INFO
CONTACT JULIE ON
01525 631921



JOIN THE TOWN MAYOR
FOR A DELICIOUS EVENING
IN SUPPORT OF
LEIGHTON-LINSLADE MS
SUPPORT GROUP, RAISING
FUNDS TO PROVIDE REGULAR
COFFEE MORNINGS &
ACTIVITIES INCLUDING
FUNDING TREATMENTS AT
DEDICATED CENTRES.



Mayor of Leighton-Linslade

TOWN MAYOR'S CHARITY EVENT

Evening ride on the Narrow-Gauge Railway with Afternoon Tea



The Town Mayor, Cllr David Bligh

Invites you to an evening ride on the narrow-gauge railway with an afternoon tea and a glass of prosecco

Pages Park, Billington Road, Leighton Buzzard LU7 4TG

On Friday 5th September leaving the station at 6pm.

Arrival from 5pm refreshments available to purchase from Curiositea Tearooms

Name.....

Contact details.....

Number of tickets: £ 25 per ticketamount paid

Under 10's £15 per ticket amount paid

Any dietary requirements

Payment may be made by bank transfer to *Town Mayor's Charity fund*: sort code 30-99-50 account number 49712668 ref: Tea and Train or by cash or cheque (payable to town mayor's charity fund)

All proceeds going to the mayor's chosen charity: M S Support Group Leighton-Linslade

Limited tickets available

RSVP by Monday 1st September to Julie Murphy: 01525 631921

The White House, Hockliffe Street, Leighton Buzzard, LU7 1HD.

julie.murphy@leightonlinslade-tc.gov.uk



Please tick here if you are happy for LLTC to retain your details and contact you in the future for Civic & Mayoral events. ☐

Quiz: Alphabet quiz

Each answer starts with the letters A to Z

Answers on page 8

- A – What was the name of Elvis Costello's backing band from 1978-86?
- B – Dhaka is the capital city of which country?
- C – Natalie and Nicole Appleton of the girl group, All Saints, were born in which country?
- D – Theodor S Guisel is better known as which children's book author?
- E – Cenotaph is based on two Greek words meaning what in English?
- F – What are the two terms used in the production of nuclear energy for splitting and combining atoms?
- G – Who starred alongside Richard Pryor in the film, 'Stir Crazy'?
- H – What game is started with a bully-off?
- I – What was the name of David Bowie's wife who he married in 1992?
- J – Who is the oldest living former UK Prime minister?
- K – What is the Greek word for Castle?
- L – Preston is the administrative HQ for which county in the UK?
- M – Asclepios, known for his snake and staff, was the ancient Greek god of what?
- N – Which American football team is an anagram of Down Range Tinplates?
- O – What is the specific name given to an eye doctor?
- P – What is the name of the raised, enclosed platform in a church where sermons are delivered?
- Q – How are the Society of Friends better known?
- R – What name is given to the person directing a circus show?
- S – Who directed, 'Saving Private Ryan' and 'Schindlers List'?
- T – Which mountain overlooks Cape Town in S. Africa?
- U – What is the name of Nat King Cole's most memorable song of 1951?
- V – Who is the mother of Brooklyn, Romeo, Cruz and Harper?
- W – Who is known as the Bard of Avon?
- X – What is the second largest cultural group of people, after the Zulus, which make up the native population of South Africa and have a language that includes click consonants?
- Y – Which Russian actor appeared in 'The Magnificent 7' and 'The 10 Commandments'?
- Z – Which river flows over the Victoria Falls?

Picture Quiz: Keeping up with the Joneses

Answers on page 8



1



2



3



4



5



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7



8



9



10



11



12

GOOD FOOD

Trout is such a delicate flavour, tasting excellent either hot or cold and works a treat with Hollandaise sauce. I poached the fish with a few aromatics, which subtly give of the odd hint, but do not overpower its distinct flavour. Once the fish has cooked it is easier to skin and bone although the flesh is delicate, so use the right utensils if you want to get your presentation right. Served, with new potatoes and greens lightly broiled, it makes an excellent tea which can be prepared the day before.



Poached trout with Hollandaise sauce

Servings: 2

Ingredients

- 2 whole trout
- 1 whole onion, peeled & quartered
- 2 cloves garlic, peeled
- 1 whole lemon
- 1 whole bay leaf
- 5 grams thyme (teaspoon)
- 5 grams black pepper (teaspoon)
- 5 grams salt (teaspoon)
- .5 grams fennel seeds, ground (1/2 teaspoon)

Method

Heat a frying pan with water and add the aromatics and seasoning as above.

Bring the pan to a simmer, then add the Trout, poaching for about 8 minutes, turning at least once to ensure all is cooked.

Remove the fish from the poaching liquid and allow to cool.

Once cooled carefully strip the skin and separate the flesh from the bones.

Check for any fine bones which might remain.

Recipe courtesy of James Coke who has had PPMS for more than 20 years.

More of his recipes can be found at:
thedisabledchef.com

Dates for your diary

Please put the following dates in your diary:

Mayor's train ride and afternoon tea	5 September	See article page 3
Canal Day Trip	19 September	See article page 1
Coffee morning	26 September	11am at Greenfields, Theedway
Coffee morning	31st October	11am at Greenfields, Theedway
Coffee morning	28th November	11am at Greenfields, Theedway

Group contacts and information

Ian Summerfield
07704 082570

Annie Roberts
07981 161219

Lorna Taylor
07512 961187

Quiz answers: Alphabet Quiz

A The attractions	B Bangladesh	C Canada	D Dr Seuss
E Empty tomb/grave	F Fusion and fission	G Gene wilder	H Hockey
I Iman	J John major	K Kastro	L Lancashire
M Medicine	N New England patriots	O Optometrist	P Pulpit
Q Quakers	R Ring-master	S Steven Spielberg	
T Table mountain	U Unforgettable	V Victoria Beckham	
W William Shakespeare	X Xhosa	Y Yul Brynner	Z Zambezi

Picture quiz answers: Keeping up with the Joneses

- | | | | |
|---------------------|---------------------|------------------|----------------|
| 1. James Earl Jones | 2. Davy Jones | 3. Grace Jones | 4. Tom Jones |
| 5. Quincy Jones | 6. Ruth Jones | 7. Alun Jones | 8. Toby Jones |
| 9. Griff Rhys Jones | 10. Tommy Lee Jones | 11. Vinnie Jones | 12. Aled Jones |