

Christmas Lunch 2025

7th December, Tilsworth Golf Centre

Arrive at 12.30 for lunch at 1pm

This year we are going back to Tilsworth Golf Centre for our Christmas lunch.

The menu quotes the price as £34.95 per person, but we are only asking £15 per head for you and £15 for any accompanying person, should you wish to bring one. Additional people will need to pay the full price.

Menu choices and payment to Julie by 16th November.

Julie Carroll, 87 Hockliffe Road, Leighton Buzzard, LU7 3FL.

Tel: 07960 062158

Please let us know if you will need assistance with transport. We will help if we can.

Please include any dietary requirements with your reservation.



Tilsworth Golf Centre Christmas Lunchtime Menu 2025

Mushroom Soup

Trio of Seafood

Smoked Salmon, Mackerel, and Prawns Served with a Salad Garnish & Mary Rose Sauce

Chicken & Herb Terrine

Served with Melba Toast, Chutney, and a Salad Garnish



Traditional Roast Turkey

Served with Traditional accompaniments & Turkey Gravy

Slow Braised Featherblade of Beef

On a Bed of Mashed Potatoes and Red Wine Jus

Baked Salmon

Served with Crushed New Potato's, Vegetables and a Lemon & Dill Sauce

Ratatouille Tart

Served with Crushed New Potato's, Vegetables and a Provencal Sauce



Luxury Christmas Pudding

Served with Brandy Sauce

Passion Fruit & White Chocolate Cheesecake

Served with Vanilla Ice Cream

Festive Cheese Selection

3 Cheese Selection, Celery, Grapes, & a Selection of Crackers

Followed by Tea or Coffee & A Warmed Mince Pie

£34.95 Per Person

(Available up to a 2PM Service time)

Some of our meals may contain traces of nuts. Please inform us if you have any dietary requirements, and full allergen information is available on request

Train trip

On 5 September 2025, The Mayor organised an afternoon tea and train ride from Pages Park, in aid of his charities for the year.

Fortunately, we are one of them!

We are waiting to hear how much was raised on our behalf.

The tea was delicious and the train ride, which had been extended since the last time we had a trip on it, was delightful.



REMAP is a charity which produces and modifies aids and equipment for disabled people, where there are no suitable alternatives.

This service is provided free of charge and delivered entirely by volunteers.

The nearest branch in Milton Keynes covers the Leighton-Linslade area. They would welcome new requests.

This is best made online at:

www.remap.org.uk/milton-keynes.

Click on **Get Help**, then **Make a Referral**.

if you do not have access to a computer, phone **Annie on 07981161219** who will complete the referral online for you.

Golfers rise £1400 for LLMSSG

Geof Dimmock and the Plum Duff golfers raised money for us throughout this year, Sept 24–Sept 25. This culminated in a final donation of £1400 on 18 September 2025 (see photo).

The funding we have received from them will enable us to continue supporting people with MS in Leighton-Linslade to attend Chirozone and the Therapy Centres, small grants, Lifelines/Carelines, coffee mornings, trips such as the recent one on the canal, and our Christmas lunch.

From:

The Leighton Buzzard Observer, September 25

Golfers chip in with £7,360 for Leighton Buzzard charities

By Stuart Oliver

Two Leighton Buzzard charities have been awarded a total of £7,360 raised by “early bird” golfers at the town’s Plantation Road club.

Over 100 club members and guests took part in the annual fundraiser organised by retired local businessman Geoff Dimmock and club colleagues who play in the Plum Duffs golfing group, beginning their daily rounds as the sun rises. The event is also supported by local businesses and other organisations.

Around 20 local and regional charities have received donations from the Plum Duffs event over the past 24 years, with the latest £7,360 donation raising the total to over £110,400.



The latest recipients are the Leighton and Linslade Multiple Sclerosis Society who were awarded £6,360 and previous recipients, Leighton Buzzard Mencap, who received a further £1,000.

The Multiple Sclerosis group is managed by trustees Ian Summerfield, Annie Roberts and Lorna Taylor, with around 40 local people with MS receiving a range of support to make life more comfortable.

Said Annie: “This generous donation will make a major difference to those with MS and will enable us to plan future events and support activities with more confidence.”

Added Ian: “We are very grateful for this donation and appreciate the efforts of everyone involved. Every penny we raise goes to help others of all ages in need.”

‘Exciting’ clinical results offer hope for new class of MS therapies

Excerpt from:

The Guardian, September 26

Cambridge trial suggests diabetes drug with antihistamine can partially repair damage in the nervous system

Early results from a clinical trial suggest that a common diabetes drug taken with an antihistamine can partially repair damage in the nervous system that drives disability in multiple sclerosis.

While the effect was too small for patients to notice a benefit after six months, tests did reveal improvements in nerve function, raising hopes that damage to the protective coatings around

nerve fibres might be reversed with drugs.

“I feel like we’re at this precipice of a new class of therapies for MS and that’s why this is exciting,” said Dr Nick Cunniffe, a neurologist at the University of Cambridge who led the CCMR Two trial. . . .

The Cambridge trial recruited 70 people with relapsing MS. Half took clemastine and metformin and half received a placebo for six months. To assess the effect on nerves, the researchers measured how fast electrical signals zipped between the eyes and the brain. This was slower than normal in patients on the trial because of damage to the myelin and inflammation around the optical nerve.

Igiolite electric wheelchair

£950.00 for quick sale

Cost £1350.00 new.

Never used.

Contact: Annie
on **07981 161219**
for more information.



Radar keys

Reminder that we can supply RADAR keys.
These are needed to access public disabled
toilets.



Dates for your diary

Please put the following dates in your diary:

Coffee morning	31st October	11am at Greenfields, Theedway
Coffee morning	28th November	11am at Greenfields, Theedway
Coffee morning	30 January 2026	11am at Greenfields, Theedway
Coffee morning	27 February 2026	11am at Greenfields, Theedway
Coffee morning	27 March 2026	11am at Greenfields, Theedway

Group contacts and information

Ian Summerfield
07704 082570

Annie Roberts
07981 161219

Lorna Taylor
07512 961187

Quiz: Wicked Halloween quiz

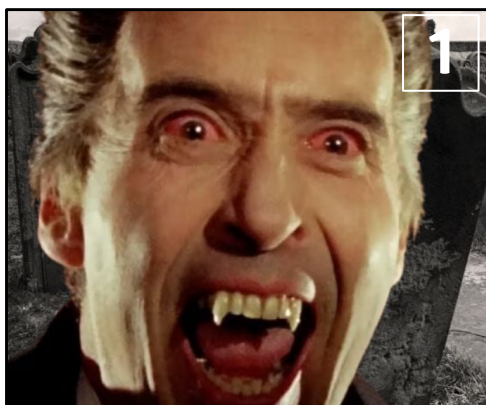
Answers on page 9

1. What is a group of witches called?
2. Traditionally, a silver bullet is supposed to kill which creature?
3. What does the German word 'Poltergeist' literally translate to?
4. Is a pumpkin a fruit or a vegetable?
5. What animal is considered to bring bad luck on Halloween?
6. In which Shakespeare play do the witches say 'double, double toil and trouble'?
7. Which famous magician died on Halloween in 1926?
8. What is the name of the female spirit in Irish folklore who announces the death of a family member by wailing or shrieking?
9. The 'Bunyip' is a legendary monster in which culture?
10. What is the name of the killer in the horror movie 'Halloween'?
11. Which fictional creatures multiply when they come into contact with water?
12. Which famous horror movie features the Bates Motel?
13. What is the name of the pot witches use to brew potions?
14. Which country is considered the birthplace of Halloween?
15. How many times in history has Halloween fallen on Friday 13th?
16. In what year will the next full moon on Halloween occur?
17. What does the Grim Reaper carry?
18. Stephen King's 1st novel was turned into a horror movie in 1976. Which one was it?
19. Which phobia means you have an intense fear of Halloween?
20. From which region in the world do pumpkins originate?
21. Transylvania is a region in which European country?
22. What was the name of Herman and Lily Munster's son?
23. Who wrote 'Frankenstein' in 1818?
24. If you were born on Halloween, what star sign would you be?
25. Who narrates the music video for Michael Jackson's 'Thriller'?
26. What was the name of the British film company which dominated the horror film market in the 50s, 60s & 70s?
27. Halloween is celebrated the night before which day?
28. In Bobby Pickett's 'Monster Mash', where was he working late one night when his eyes beheld an eerie sight?

Picture Quiz: Horror creepies

Name the characters and the film

Answers on page 9



GOOD FOOD

This delightfully warming pumpkin soup recipe is perfect when autumn rolls around and there are a plentiful supply of pumpkins.

It works just as well with other squashes like butternut. Serve with a swirl of cream.



PUMPKIN SOUP

Servings: 3

Ingredients

1 whole Onion, finely chopped
680 grams pumpkin,
chopped into small cubes
0.850 litre vegetable stock
Salt & Pepper
1 teaspoon Curry powder
1 teaspoon tomato puree
30 grams Butter
(substitute vegetable oil if preferred)
0.285 litre milk
Parsley, chopped
Pinch cayenne pepper

Method:

Fry onion gently for 5-10 mins, until soft.
Add curry powder and cayenne pepper,
cook for 1 minute.
Stir in stock.
Add pumpkin and tomato puree.
Bring to boil, simmer for 35 - 40 minutes.
Liquidise.
Add milk.
Return to heat.
Season with salt and pepper to taste.
Garnish with the parsley.

Quiz answers:

- | | | |
|--------------------|---------------------|---------------------|
| 1. A coven | 2. Werewolf | 3. Noisy Ghost |
| 4. Fruit | 5. Black cats | 6. Macbeth |
| 7. Harry Houdini | 8. Banshee | 9. Australian |
| 10. Michael Myers | 11. Gremlins | 12. Psycho |
| 13. A cauldron | 14. Ireland | 15. Never |
| 16. 2039 | 17. A scythe | 18. Carrie |
| 19. Samhainophobia | 20. Central America | 21. Romania |
| 22. Eddie Munster | 23. Mary Shelley | 24. Scorpio |
| 25. Vincent Price | 26. Hammer Films | 27. All Saint's Day |
| 28. The lab | | |

Picture quiz answers:

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| 1. Frankenstein | 2. Dracula | 3. Jack Torrence (Shining) |
| 4. Carrie | 5. Chucky (Child's Play) | 6. Jason Voorhees (Friday 13th) |
| 7. Ghostface (Scream) | 8. Beetlejuice | 9. Babadook |
| 10. Damien (Omen) | 11. Freddy Krueger (Nightmare on Elm Street) | |
| 12. Hannibal Lecter (Silence of the Lambs) | | |

*Ian, Annie and Lorna wish everyone a
Merry Christmas
and a
happy and peaceful new year*