

Independent Living

	Monday	Tuesday	Wednesday	Thursday	Friday
South Bedfordshire Weekly Drop in Timetable	Parkside Neighbourhood Centre, Parkside Drive, LU5 5QN 9-11 Appointment only (1st & 3rd week of the month)	Leighton Buzzard Children's Centre, 9.00-10.30 (2nd week of the month) Appointment only	CBC Offices Watling House, High St North, LU6 1LF 9 – 12 (no appointment required)	Bedford Square Centre, Houghton Regis, LU5 5ES 2- 4 (no appointment required) 4 – 5 (appointment only)	Bossard House Job Centre Plus West St, Leighton Buzzard, LU7 1RX 9 – 11 (no appointment required) 11 – 12 (appointment only) 1st and 3rd week of the month
	The Annexe, Downside Neighbourhood Centre , Oakwood Ave , Dunstable LU5 4AS 9-11 (Appointment only)	Tithe Farm Neighbourhood Centre, Houghton Regis, LU5 5JB 9-11 Appointment only (2nd & 4th week of th e month)	CBC Offices Watling House, High St North, LU6 1LF 1 – 5 (no appointment required) (Last customer seen from 4:30)		Beacon House, Dunstable, LU6 1LR 9 – 11:30 No appointment required (For Beacon House customers only) 2nd & 4th week of the month
	CBC Offices Watling House, High St North, LU6 1LF 2 – 5 (no appointment required) (Last customer seen from 4:30)				Dunstable South Childrens Centre, Downside Neighbourhood Centre, LU5 4AS (For parents with a child under 5) 1 - 2.30 (3rd week of the month) Appointment only
Mid Bedfordshire Weekly Drop in Timetable	Stotfold Library, Hitchin Rd, SG5 4HP 10-12 Appointment only	Sandy Library, Market Sq, SG19 1EH 9 – 11 (no appointment required) 11 – 12 (appointment only) 1st and 3rd week of the month	Amphill Library, 1 Dunstable Street, Amphill MK45 2NL 3 – 5 (school term time only) 1st and 3rd week of the month No appointment required	CBC Offices, Priory House Monks Walk, Shefford, SG17 5TG 3 – 5 no appointment required	
	Flitwick Childrens Centre, Malham Close, MK45 1PU 1.00-2.30 Appointment only (1st week of the month)	Flitwick Library Coniston Rd, Flitwick, MK45 1QJ 9:30 – 11 (no appointment required) 11 – 12 (appointment only)	Stotfold and Arlesey District Childrens Centre, Rook Tree Lane, Stotfold Village, SG5 4DL 1.30-3.00 (3rd week of the month) Appointment only	Sandy Help (above Co-Op) 30 Market Sq, SG19 1JA 1 – 3:30 (no appointment required) 3:30 – 4:30 (appointment only) 2nd and 4th week of the month	
		CBC Offices, Priory House Monks Walk, Shefford, SG17 5TG 9 – 11 (no appointment required)			
		Meadow Lodge, Steppingly Hospital, 3-5 (1st week of the month) (Appointment only) (For Meadow Lodge Customers only)		Biggleswade Library Chestnut Avenue, SG18 0LL 1 – 2 (no appointment required) 2 – 5 (appointment only) Last customer seen from 4:30	
For more information about the service please contact us on 0300 300 6745 or via IL.Prevention@centralbedfordshire.gov.uk					

PREFERRED DROP IN'S ARE THE BOXES SHADED