



## Merry Christmas



Let's continue to make Tinkers Bridge a caring community and look out for each other.

If you have any concerns let someone know:

John Orr, April Rennie, Deanna Norris or any member of the Residents' Association



Santa will be touring Tinkers Bridge on Saturday December 17th at 4pm.





## Congratulations!

It's been a year since we first opened the Tinkers Bridge Larder, Community Fridge and Cafe.

Thank you to all our volunteers.

Thank you Tesco Bletchley, KFC the Stadium, Tesco Kingston, Morrisons Milton Keynes Leisure Plaza - Community Champion, Helen Innes, Food Connect, Tracy and Lauren Richardson and all team at SOFEA, TESCO TINKERS BRIDGE, Elwira Jarzyna, Diabetes UK, Girl Pack, Sarah Payne and Cats Protection, Faith Dimensions, Woughton Community Council, Cllr Donna Fuller, Cllr Amber McQuillan, Cllr Sue Smith for all your support and continued support.

**We could not do it without all of you.**



## Tips for these hard times

### KEEPING WARM

- Keep one room at a minimum of 18 degrees.
- Keep doors closed to keep the heat in and close curtains when it goes dark.
- If you can't afford to heat the room, heat yourself. Keep active if you can.
- When sitting down wrap yourself in a blanket and put a hot water bottle at your feet. Be very careful not to use boiling water or to overfill the bottle.
- Use draught excluders.
- Visit warm rooms - for example the Tinkers Bridge warm room on Thursday nights where you can have a warm meal, a cuppa and a chat from. Meals from 5-7pm. Closes at 7.30pm.
- Have hot drinks.
- Wear layers of clothing to keep warm.

### SAVING ENERGY

- When boiling a kettle of water only boil what you need.
- When washing clothes, use the 30 degree setting on the machine and do a full load.
- Use LED lights.
- Turn electrical equipment (such as the TV, kettle, microwave, washing machine) off at the wall when not in user.
- When cooking try to use a slow cooker or a microwave or/and instant pot or an air fryer or the hob as these methods use much less energy and cost much less than using the oven.

## Community Fridge

Do you want to save money and help society waste less? Come to the TINKERS BRIDGE COMMUNITY FRIDGE

Tinkers Bridge Meeting Place

Saturdays 9 -11am

Please bring your own bag. You are welcome to select up to 10 items.

The community fridges across Milton Keynes are open to all. Note if you have a family member, friend or neighbour that are in need of food that can't attend one of the community fridge sessions please come and collect food on their behalf.

## Dates for your diary....

**Saturday December 17th, 3 pm**

### CHRISTMAS EVENT

Santa arrives on TB 4pm

Meet at the meeting place 5pm

**Saturday December 17th**

**NOTE The last Larder and Cafe of the year**

**Saturday December 24th**

**There will be a Community Fridge**

**Every Thursday 5 -7pm**

### TINKERS BRIDGE WARM ROOM

TB Meeting Place FREE hot meal and refreshments

## Rubbish Collection Dates

Friday 30 December, Friday 6 January,

Thursday 12 January and then back to normal on

Wednesday 18 January

## Christmas Bargain Prize Draw

We are raising funds for our community larder to help families for Christmas!

All prizes are BRAND NEW

£2 a strip, 3 lucky winners

Please contact April Towell or DeannaDee Norris for tickets, these can also be purchased Thursday evening at the warm Room or Saturday at the café / larder.



**A BIG SHOUT OUT TO**  
Heather Patterson who wrapped the selection boxes and Terry and Derek Weller who wrote up all the children's Christmas cards

## Sustainable Warmth

Vulnerable residents across Milton Keynes are struggling with rising energy bills, facing impossible choices to try and keep warm right now and worrying about winters to come.

The Sustainable Warmth Programme helps to fund home energy improvements for households struggling with energy bills.

Milton Keynes City Council is helping to raise awareness of this government grant - which could see households receiving up to £25,000 of home energy improvements at no cost to them.

Residents can apply for the scheme via this link:  
<http://www.miltonkeynes-applications.co.uk/>

### NOTE

The funding is only available for a short time and we need to refer eligible households in Milton Keynes by **31 December 2022**.

## Cocaine Anonymous CAUK Meetings

Need help with a drug or alcohol problem?

Email: [helpline@cauk.org.uk](mailto:helpline@cauk.org.uk)

Or call 0800 612 0225

### There is a solution

Meeting information - Meeting is open and anyone may attend. Children welcome

Meetings at TB meeting place.

Monday 1900 - 20.15

## Tinkers Bridge Warm Room

**FREE HOT MEAL &  
REFRESHMENTS  
EVERY THURSDAY  
5 - 7pm**

**Closes 7.30pm**

**Please let us know if you are coming so we know how many to cater for.**

**Reply to the weekly TB Warm Room post on FB or contact Deanna or April**



**FREE  
AND ALL  
WELCOME**







## WINTER ACTIVITY PROGRAMME 2022

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**Monday 19th December - Thursday 22nd December**  
**9:30am - 2:30pm**

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**Drinks, healthy snacks and a hot nutritious lunch every day!**  
 Plus certificates for all children!

**Sir Herbert Leon Academy**  
 For 8-16 year olds  
 100 spaces available every day!



**Langland Community School**  
 For 6-16 year olds  
 100 spaces available every day!



**New Bradwell School**  
 For 6-11 year olds  
 75 spaces available every day!



\*To book, you must get an eligibility code from your school. If you think you're eligible but you can't get a code, then please email portia.simond@allpeopleactive.org

**BOOK ONLINE TODAY!**  
 Scan the locations QR code with your smartphone.

## ALL PEOPLE ACTIVE

APA Winter Fit and Fed programme!

Scan the QR code to book your children in!

Hot healthy lunches and snacks - sport, physical activity, arts & crafts, dancing, music, chance to hang out with friends and make new ones and positive role models!

Langland Community School is the nearest, for 6- 16 year olds, 100 spaces available December 19th - 22nd.

#APAWay#GetUpGetOutGetActive



## NHS Pharmacy opening times over Christmas & The New Year

	Christmas Day 25th December	Bank Holiday 27th December	Bank Holiday 28th December	Bank Holiday 3rd January 2022
<b>Milton Keynes</b>				
Asda Pharmacy, Asda Store, 1 Bletcham Way, Bletchley, Milton Keynes, MK1 1QB	Closed	10:00 - 16:00	10:00 - 16:00	10:00 - 16:00
Boots Pharmacy, 14 Winchester Circle, Milton Keynes, Buckinghamshire, MK10 0BA	Closed	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00
Boots Pharmacy, 18 Crown Walk, Secklow Gate West, Milton Keynes, MK9 3AH	Closed	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00
Boots Pharmacy, Beacon Retail Park, Bletchley, Milton Keynes, MK1 1BN	Closed	10:00 - 16:00	10:00 - 16:00	Closed
Boots Pharmacy, Unit A, Westcroft Retail Park, Westcroft, Milton Keynes, MK4 4DD	Closed	10:00 - 17:00	09:00 - 18:00	10:00 - 17:00
Jardines Pharmacy, 65 High Street, Newport Pagnell, Milton Keynes, MK16 8AQ	10:00 - 12:00	Closed	Closed	Closed
Queensway Pharmacy, 143 Queensway, Bletchley, Milton Keynes, MK2 2DY	10:00 - 18:00	Closed	Closed	Closed
Tesco In- Store Pharmacy, Watling Street, Bletchley, Milton Keynes, MK1 1DD	Closed	09:00 - 13:00	09:00 - 13:00	09:00 - 13:00
Tesco Pharmacy, Kingston Central Shopping Centre, 1 Winchester Circle, Milton Keynes, MK10 0AH	Closed	09:00 - 13:00	09:00 - 13:00	09:00 - 13:00
Woburn Sands Pharmacy, 47 High Street, Woburn Sands, Milton Keynes, MK17 8QY	Closed	Closed	09:00 - 13:00	Closed