



Marsh Farm Futures

working for all the community



AUTUMN 2019

Foreword From The Chair & Welcome From CEO

I hope you have all had a great summer and enjoyed the warm weather. Some of you may even have won a prize at our Futures Community Fun Day held on 1st September.

This was truly a fantastic day where children and families enjoyed lots of fun. This annual Community event has now become a landmark event in our calendar. The pictures captured what was a wonderful day, see for yourself in the coming pages.

I also want to acknowledge the funding support we have received from Power to Change for the last two years. This has now enabled us to identify some key areas including more community engagement.

I also welcome the new youth drop in sessions aimed at 11-13 and 14-16 year olds on a weekly basis. This will give our young people a safe space where they can meet their friends and interact with other young people with whom they may not normally interact with on a social level. Activities will include listening to music, dance, games consoles as well as other opportunities to get involved and have a say on how the sessions are run.

Looking ahead we have our annual fireworks display on 5 November which is another big occasion for residents and families to enjoy this spectacular evening. The event is usually attended by more than 4000 people.

There are other events planned for children including Halloween and for our older residents the annual Christmas Party.

Finally, I would like to take this opportunity as always to thank our readers, residents, voluntary board members, all staff, partners and the users of our facilities.



Should you have any queries I am always available through MFF office.

Anna Pedersen
Chair Board of Directors

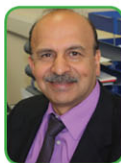
Welcome to the latest edition of our charity newsletter, providing you with updates on the latest news and details about some of the things currently going on at Futures House.

It has been a busy summer and I am sure as you may have guessed from our front cover, this edition provides you with information on our summer activities as well as what's happening in the coming months. We particularly look forward to the Fireworks evening, Remembrance day and the Winter wonderland again this year.

Our Summer Community Fun Day was enjoyed by the community and we carried out a survey on a number of issues relevant to the local residents. You can read more about these on page 5. We aim to keep you updated on how we progress in addressing the issues that you have highlighted and I hope that this becomes a regular feature in our future newsletters, as we are always looking for ways in which we can better communicate and engage with the community, so please do get in touch if you would like to give us any feedback or even include an article of your own in future editions.

We would particularly like to meet any volunteers who would like to work with us to run a community group or activity for local residents from Futures House or another location in Marsh Farm area.

We hope you find this newsletter useful and if you would like to discuss any of the points raised in this edition, discuss a current issue or would like to arrange an appointment, please contact one of the team based at Futures House on 01582 512 555.



Mohammed Rafi
Chief Executive

Services at Futures House

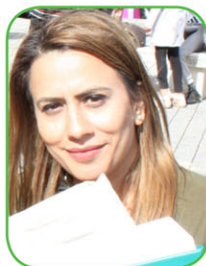
SERVICES AT FUTURES HOUSE

We welcome your feedback to improve our services, please email: info@marshfarmfutures.co.uk

Service Provider	Service	Time/Day of the week	How to Access
Free computer use	Free use of computers with internet. Printing available 10p per copy (Black and white only)	Mon-Fri 9.15am - 4.30pm	Situated in Futures Cafe. First come, first served. Others available, please dial 200 from front desk
Customer Services Luton Borough Council	Council Tax, Housing Benefit, Advice on Council Services etc.	Tuesdays & Thursdays 9.00am - 5.00pm Lunch 1.00pm - 2.00pm	Front Desk, Futures House
Job Club	Employment support and assistance with online job searches, CVs and application forms	Tuesday 9.30am - 1.30pm	Drop in Service – Dial 203 and ask for Cathy McShane
Luton Foodbank	Luton Foodbank charity provides emergency food supplies to local people in crises and in poverty.	Monday 11.00am - 1.00pm	Referrals only. Call LBC Crisis Support on 0800 456 1673 or Citizen Advice Bureau on 0844 245 1285 for an assessment.
Money Matters Credit Union	Financial advice, loans and savings	Thursday 10.00am - 12.00pm	For more information Tel: 01582 666877 Email: office@mmcu.co.uk
Councillors Surgery	Local Councillors Anne Donelon and Yasmin Waheed meet with residents to discuss their issues.	1 st & 3 rd Saturday of every month except August 10.00am - 12.00pm	Drop in Service



FREE IT Computer facilities for residents



Alica joins MFF team as Operations Co-ordinator



Northwell Ward Cllrs - Anne & Yasmin

After almost two years, this programme will be ending at Marsh Farm Futures. As part of the programme, a number of Community Conversations were held with residents, community groups and partners to ascertain their views and ideas on setting up Community Businesses. During the programme a series of 'Discovery Workshops' were delivered to MFF Board and staff to build capacity.

of young people with mental and physical disabilities will help build their self-esteem, self-worth, a sense of pride and achievement. This project will enrich the lives of not only the young people but also others who work with them", said Director Clare Heywood.

Community Conversation taking place with Residents



It has since become clear there is further need to develop community engagement processes so that local residents can participate and drive the activities in a meaningful way. MFF is fully committed to working with residents to deliver focused services either through itself or through other providers from statutory, voluntary or private sectors.

As part of the legacy of Power To Change Empowering Places Programme, MFF will be involving Heywood House clients (a specialist care provider to young people with additional and complex needs) in the gardening project to create vegetables and raised flower beds "This engagement

Ishaq Kazi, Programme Manager said, "MFF fully acknowledges all the support from Power to Change and its partners, particularly New Economics Foundation (NEF), UK-Co-Op and Centre for Local Economic Strategies (CLES) in assisting us to deliver the programme. We are looking forward to working with Heywood House and other local residents in future initiatives.

***"Thank You"
to Power To
Change***

Residents respond to Futures Community Engagement

At the recently held Futures Community Fun Day on Sunday 1st September, over 800 local residents visited. During the day, a consultation was held with visitors. The key purpose of this was to begin a process of engagement with residents to establish neighbourhood issues, collect suggestions and ideas and identify their level of awareness of MFF services being provided from Futures House. More than seventy five visitors responded to the consultation survey.



The key findings of the Consultation survey were :



RESIDENTS WOULD LIKE

- More safe facilities for children & young people
- More adult learning, self-development & social events

WHICH ORGANISATIONS TO BE ENGAGED MORE

- Army/Sea/Police Cadets
- Mental health support groups
- Luton Borough Council

INVOLVEMENT WITH MFF

- Board membership
- Residents would like to run activities themselves, for example education forums
- More training opportunities for communities to develop themselves

CONCERNS ABOUT THE AREA

- Safety and crime issues
- Cleaning/Litter

HOW RESIDENTS WOULD LIKE TO CONTRIBUTE

- Volunteering
- Getting involved with youth activities female classes & mental awareness groups

SERVICES PROVIDED BY MFF

- Residents need to become more aware of MFF services and activities



Futures Community Voice

Futures Community Voice are looking for new members to join them. If you would like to get involved either by joining the committee, or helping out at events/activities or just have some ideas, then please get in touch

You can email: communityvoicemf@gmail.com

Or call Cathy McShane on 01582 512555 for more information.

Futures Community Voice

Community Fun Day – Sunday 1st September 2019

The sunshine held out on Sunday, September 1st when the community gathered to celebrate and enjoy Futures Community Fun Day.

Marsh Farm Futures Chair, Anna Pedersen opened the event and thanked visitors for coming out to support this annual free family festival that is sponsored and organised by Marsh Farm Futures.



There were several attractions including the always popular water zorbs, a climbing wall, golf, cookie decorating, a magic show and the usual fairground games. Music was provided by a DJ and the enormously talented singer, Roxy Searle. It really was a great way to end the summer for both kids and adults!

As part of Marsh Farm Futures' community engagement, visitors were asked to fill out questionnaires on what services provided in Futures House they use and enjoy and give suggestions on other ways to serve the community better. All participants were entered into a prize draw with some amazing prizes for grabs including a £300 Curry's voucher, £50 Sainsbury's voucher, £30 Smyths toy store voucher and a family pass to Futures Fun Factory.

The draw was held at the end of the day and the winners were: Local resident, Mrs Zakra Bi who won the £300 Curry's voucher. She said "I can't believe this! My washing machine broke down recently and now I can get a new one. I'm very grateful."

Mrs Rose Forde won the £50 Sainsbury's voucher and said: What a lovely surprise! I really wanted to find out about the services that I can access through Marsh Farm Futures and that's why I filled out the survey. I did not expect to win anything."

Mr Kach Jugroop won the £30 Smyths Toys voucher. He said: "The kids are very excited at the prospect of choosing toys at the Smyths store. Thank you."

Commenting on the festival, a lot of people

said the atmosphere was lovely and really brought the community together and the resounding view was that more family friendly activities like this needed to be organised.

Ishaq Kazi, Programme Manager for Marsh Farm Futures said: "It was a fantastic day to meet residents and visitors. Children and adults alike enjoyed the attractions. It was a particularly useful day to collect thoughts and ideas from residents and users of Futures House on how Marsh Farm Futures can serve them better'.

Event organiser and Youth and Communities Manager, Cathy McShane said: "After having to cancel the first date due to the bad weather I am so pleased that today has gone well. We had well over 800 attendees, and everyone seemed to be very happy. The hard work and planning paid off! More importantly the local community and visitors who came along had fun and enjoyed what was on offer.

"There are a few events & activities coming up for the community to look out for including



mini Winter Wonderland. Two new youth sessions for the older youth and of course the Community Fun Day which will be back again next year."

MFF Chief Executive, Mohammed Rafi said: "It was a thoroughly enjoyable day for everyone, and we have been able to collect opinions and ideas from visitors which we will endeavour to address with partners and implement as soon as possible.

"I would like to take this opportunity to thank the staff who worked very hard to make this event successful as well as the directors and all the members of the public who attended.

I would also like to thank the volunteers from Luton Borough Council; Juwayria, Cassandra and Jennifer who did an exceptional job supporting us on the day."



**Roxy Searle singer/
songwriter/guitarist with
her mum performed at
The Fun Day**

What's on in the Community Halls

Halls for Hire

Looking for a space for your group to meet?

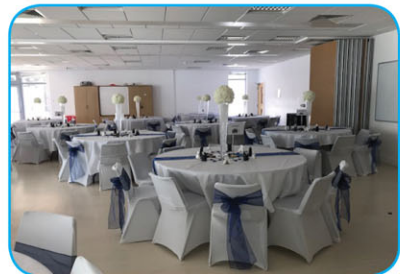
Looking for somewhere to hold your training/conferences?

Looking for room to hold your celebration event?

Want to hold a children's party?

We can help!

We have large halls for hire at competitive rates, please give us a call for more information on 01582 492166



Look out for our new health checks starting in November.

We will be holding health checks here at Futures House once a month, days and times to be confirmed. You will be able to book an appointment, if you are aged 40 – 74 years and have no pre existing health issues.

Monday

11:00 - 13:00 - Luton Food Bank

Tuesday

14:00 - 16:00 - Limbury 50+ Group
15:30 - 18:30 - Tai Chi (Referrals only)
19:00 - 20:30 - Yoga
19:00 - 21:00 - Sundon Park Arts

Wednesday

9:15 - 11:15 - Community Voice Stay n Play
9:30 - 12:30 - Sundon Park Arts
9:45 - 10:45 - Pilates
18:00 - 20:00 - Futures Junior Youth Club (7 – 10yrs)

Thursday

13:00 - 15:00 - Futures 50+ Group
14:00 - 16:00 - Sangam Ladies Group
16:15 - 18:15 - Youth Session (11 – 13 yrs)
18:45 - 20:45 - Youth Drop in Sessio (14 – 16yrs)
19:00 - 20:00 - Ladies Dance Aerobics

Friday

13:00 - 14:00 - Shah Jalal Prayers
14:00 - 15:00 - AMA Prayers
16:30 - 18:00 - Zhuri Trust (Muslim Youth Session)

Saturday

11:30 - 12:30 - Tai Chi
13:30 - 15:30 - Zhuri Trust (Muslim Youth Session)

Sunday

10:00 - 14:00 - KICC Church Group

Starting Monday 4th November
Yogi Bears – Community Hall 3

This is yoga for children.

4.00 – 5.00pm • 4 – 6 years
5:15 – 6:15pm • 7 – 11yrs

There will be two sessions

CHILDRENS PARTY PACKAGE:

This includes

Saturday & Sunday
3 hours ONLY £50.00
Plus a £50 Deposit.
(refundable)
(1/2 hour set up,
2 hour party,
1/2 hour clear up)



Maria Torres

Job title:
Support Manager, Shaw Trust, Futures House, Marsh Farm

Tell me about your background and how you became part of the Shaw Trust:

My background is in Health and social care, I have 10 years' experience

in this field, working alongside people with learning and physical disabilities as well as substance misuse and helping individuals to recover and be integrated back into society. Shaw Trust is a national charity that helps people with barriers into employment. I joined the Work and health programme last November and the programme started in January 2018.

Tell me a bit about the Shaw Trust:

Shaw Trust is a charity that helps to transform the lives of young people and adults across the UK and internationally.

Our specialist services help people gain an education, enter work, develop their career, improve their wellbeing or rebuild their lives. As a charity we add value to every service we deliver by investing back into the people and communities we support.

Shaw Trust is amongst the largest 25 charities in the UK. Comprising Shaw Trust, Prospects, Ixion and Shaw Education Trust, we use our 75 years' combined experience to support people to develop their potential. By joining together, we are working to reach one goal: help change & improve the lives of one million young people and adults each year.

The Work and Health Programme is a Welfare to Work initiative commissioned by the Department of Work and Pensions (DWP). It is designed to improve employment outcomes for people with health conditions or disabilities and those unemployed for more than two years.

What are the main day-to-day challenges the charity faces?

Our main challenge is to educate employers around disability and how to become disability confident and the benefits of giving people that have a certain barrier a chance of employment.

What is the best part of the job?

"Seeing our clients, some with varying challenges, reach their full potential either through education or employment, with our support."

Can people who need your services contact you directly or do they have to be referred?

They must be referred by the DWP/JCP

How can people contact you?

Through DWP/JCP

'Marsh Farm Futures speaks to Maria Torres about Her Roles at Shaw Trust'

Community Focus on Shaw Trust - Maria Torres cont...



Ruby joins Shaw Trust staff team as Support Manager

Shaw Trust staff busy delivering training to thier clients



Youth Development



MUSLIM YOUTH PROGRAMME

Morals & Manners

SALAH & DUA

Qaidah & Tajweed

Starting date: Fri 4.30-6pm & Sat 1.30pm-3pm
Fri 13th September Marsh Farm Futures Community Centre
Contact: Imam Rayhan 07769278661
Imam Enam 07341268902

Marsh Farm
Futures
working for all the community

YOUTH SESSIONS

11 to 13 YEARS

Starting: Thursday 3rd
October 2019

4:15 to 6:15pm

14 to 16 YEARS

Drop in Sessions
Starting: Thursday 3rd
October 2019
6:45 to 8:45pm

£1 ENTRY FOR EITHER SESSION

Tuck Shop will be open for you to buy refreshments
For further information please contact
Cathy on 01582 512555
Email: cathy@marshfarmfutures.co.uk

Community & Youth Development

Macmillan Cancer Support Coffee Morning Fundraiser

Marsh Farm Futures and Futures Community Voice hosted a cake and coffee sale on Friday 27th September 2019. The coffee morning held at Futures House, raised over £100 for Macmillan Cancer Support.

Youth and Communities Manager, Cathy McShane and Community Voice Chair, Stephanie Power, donned their chef's hats to bake some culinary delights to suit everyone's taste including red velvet cake, raspberry brownie cheesecake, lemon drizzle and lots more.



Commenting after the event, Cathy McShane said: "Both Stephanie and I worked hard but it was great fun baking for such a worthy cause. Thank you to the Fun Factory staff who helped make the event successful and a huge thank you to everyone who took the time to sample our cakes and donate, we raised £130.70."

PRIMARY SCHOOL BENEFITS FROM MFF COMMUNITY CHEST FUNDING

Community Chest Funding helps local primary school

Newly created Parklea Primary School which came from the amalgamation of Cheynes Infants and Sundon Park Juniors were the recent recipients of a grant from Marsh Farm Futures Community Chest Funding.

Headteacher, Stephen Spooner said: "We have had an extremely positive start to the new school year, and I would like to thank Marsh Farm Futures on behalf of the Parklea Primary School Community for their wonderful gesture that enabled us to supply all pupils with a school jumper. As we moved from two schools into one, you made the transition more manageable as far as uniform purchase was concerned."



MORE INFORMATION HERE

[www.marshfarmfutures.co.uk/
community-business/funding-grants-
available-from-marsh-farm-futures/](http://www.marshfarmfutures.co.uk/community-business/funding-grants-available-from-marsh-farm-futures/)

COMMUNITY CHEST FUNDING AVAILABLE



£100 - £1250

Are you a community group looking for a small grant?

Do you have a constitution/terms of reference for your group?

Do you have a Group bank account and Equal Opportunity statement?

You could be eligible to apply for our Community Chest Funding

For an application form or further enquiries please contact us on
01582 512 555 or email
cathy@marshfarmfutures.co.uk

LUTON ENTERPRISE DAY 2019

Marsh Farm Futures proudly hosted its annual Enterprise Day on 24th June 2019 with over 100 people in attendance.

The employment and networking event was opened by Chief Executive, Mohammed Rafi. There were a variety of exhibitors, including Beds Chamber of Commerce, Luton and Dunstable Hospital Radio, Giant Care and Bedfordshire Police who all had stalls and were on hand to welcome attendees and give information on their products and available jobs including apprenticeships.



Laura Church Corporate Director Luton Borough Council & one of the key speakers with MFF CEO Mohammed Rafi

Speakers included Hazel Simmons, Leader of the Council, who gave a thought-provoking talk on the challenges and opportunities available in Luton. She was followed by Laura Church, Corporate Director, Place & Infrastructure at Luton Council who spoke about the positive aspects of Luton's economy as well as major initiatives, for e.g. Luton Airport Expansion being undertaken at present.

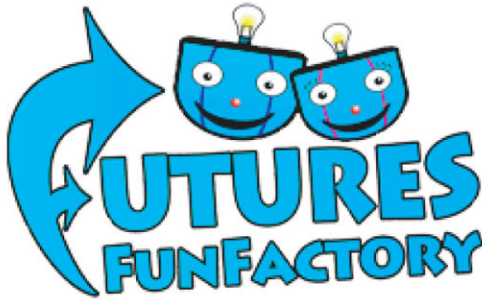
Mairead McGeoghan from Job Centre plus (DWP) spoke about the positive upturn in the job market in Luton at present and support available to unemployed people.

Ishaq Kazi, event organiser and Programmes Manager at Marsh Farm Futures, said: "My thanks to all the exhibitors who have taken the time to be part of this event. This is part of Marsh Farm Futures' commitment to assisting in offering sustainable employment opportunities to not only residents but Lutonians as a whole. The job market has had an upward turn meaning that more people are now in employment, but there are still quite a number of opportunities for jobs, business start-ups, apprenticeships and training.

If you are interested in joining Futures Business Voice, a networking platform for local and surrounding businesses please contact Ishaq Kazi on 01582 512 555 or go to our website and download an application form.



Partners and attendees enjoying The Enterprise Day



Yasmien and Chloe waiting to welcome you

PLAYSCHEMES

Futures Fun Factory and Community Voice joined together this summer holiday and provided playschemes for children aged 5-10 years.

Children were given ingredients to make their own cupcakes, a wooden spoon and a mixing bowl that they were able to take home with them to continue the baking fun at home! Whilst their cakes were baking they were able to go into the Fun Factory and have a run around with refreshments provided at no extra cost.

These proved extremely popular and will be running again in October half term.



Cupcakes made in the summer holidays

October Baking Playscheme

12:00pm – 1:45pm

● Come and learn how to bake! ●

Age 5-10 years

Sessions Include:-

All ingredients, a wooden spoon and a mixing bowl.

PLUS

45 mins in Futures Fun Factory whilst the cakes bake!

Dates:-

Monday 21st October

Tuesday 22nd October

Thursday 24th October

Book now to avoid disappointment

Advance Bookings Only!

Please call Lyndsey or Yasmien on

01582 492166

Only 20 places per session.



Futures Fun Factory

HALLOWEEN - Tickets on sale NOW!

Our Halloween party will be on Friday 1st November. Poster and details will be on our website and Facebook soon. This event is popular so remember to buy your tickets in advance!

Ticket Prices

Children (0-14 years) - £6.00
Adults - £2.00

For more information or to purchase tickets please ask at Fun Factory reception.
Tickets to be purchased in advance.
Food included in child entry only.
01582 492166

Children's Halloween Party

Friday 1st November

5:00-7:00pm

Games

Fancy Dress
(optional)

Goody Bag

Arts & Crafts

Disco

Food
(for each paying child)

Marsh Farm
Futures



FUTURES FUNFACTORY

WEEKDAY ACTIVITIES

Monday to Friday (Term-Time) Suitable for 1-4 years old

10:00 - 12:00

MONDAY

Arts and Crafts

Working together to have fun with arts and crafts.

FRIDAY

Musical Mayhem

Join in for some fun and create your very own music.

Activities include the use of the play frame.

MORNING ACTIVITIES

We have received requests to bring back the morning activities that we were running previously.

Arts and crafts will run on a Monday and musical mayhem will run on Friday mornings.

Starting up again the week of
28th October 2019

CHILDREN IN NEED

This year for Children in Need we will be holding a pyjama party on Friday 15th November. 50% of all ticket sales and items sold on the night will be going to Children in Need. Keep an eye out for tickets going on sale soon!

Children in need pyjama party

Friday 15th November 2019

5:00-7:00pm

Disco

Cake Sale

Raffle

Ticket Prices

Children age 1-14 years £4.00
Adults £2.50

50% of all ticket sales going directly to children in need.

For more information and to purchase tickets for the event please call 01582 492166 and speak to a member of Fun Factory Staff. All tickets to be purchased in advance of the evening.

Gallery - Futures Community Fun Day - September 2019



Improving the well-being & quality of life for those who live & work in Marsh Farm & surrounding areas

**OFFICE SPACE
CHILDREN & YOUTH ACTIVITIES
HALL FACILITIES FOR HIRE
COMMUNITY EVENTS
MEETING ROOMS HIRE
COMMUNITY I.T. FACILITIES
FUN FACTORY INDOOR SOFT PLAY**

Calling **ALL** Local Businesses Advertise With Marsh Farm Futures

- 1. Website Banner (Added to our new website - on a rotation)**
- 2. Email Campaign Banner, a banner in the header or footer sent out to our Database of over 4,000+ & growing.**
- 3. Featured article in our Email Campaign, sent out to our Database of over 4,000+ and growing. A full article with YOUR contact information and links to your website and social-media platforms.**

1 £25
Month

2 £40
Month

3 £55
Month

Calendar of events 2019

Date

1 Nov
5 Nov
15 Nov
16 Nov
18 Nov
18 Dec
7/8 Dec
17 Dec

Event

Halloween party @ Futures Fun Factory
Fireworks
Children in Need
International Men's' Day
Remembrance Day Arts & Crafts
Children's Christmas Day Party
Mini Winter Wonderland
Futures business Voice

Board Meetings

Members of the public are welcome to attend the public part of the meetings. All meetings begin at 6pm

Date

Monday 2nd December 2019
(Annual General Meeting)
Monday 27th January 2020
Monday 23rd March 2020

Marsh Farm Futures Board meetings are held bi monthly and take place at Futures House, Luton, LU3 3QB.

Board Trustees/Directors, Chief Executive and staff members are in attendance.

Futures House
The Moakes • Marsh Farm
Luton • Bedfordshire
LU3 3QB

TEL: 01582 512555

www.marshfarmfutures.co.uk



power to
change



Nisa
Making a Difference Locally

Improving the well-being and quality of life for those who live and work in Marsh Farm and surrounding areas

Marsh Farm Futures

working for all the community



MarshFarmFutures/



@ marshfarmfuture



Design & Print www.tbagproductions.com

Business Centre in the Community



- Affordable and sustainable community facilities
- Vibrant local economy
- Build capacity via community 'anchor' organisation
- Support young people
- Improve opportunities and experiences

AIMS



Marsh Farm Futures • Futures House • The Moakes • Luton • LU3 3QB
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