

- Futures Fun Factory
- Large Halls for Hire
- Community IT Facilities
- Office Space Rental
- Meeting Rooms for Hire
- Community Business Events
- Complementary WIFI
- Refreshments and Catering
- Discount for community & voluntary groups

ACTIVITIES



Marsh Farm
Futures



working for all the community

Foreword From The Chair & Welcome From CEO

It gives me great pleasure to welcome you to our newly formatted newsletter. I hope you find it to be a good read with informative and interesting features. I welcome any feedback/ comments on any part of our publication, services, or meetings you may have attended.

In this publication, you can find out about services delivered from Futures House by either Marsh Farm Futures or partner organisations e.g. Foodbank. You will also learn more about Power to Change's Empowering Places Programme, which features setting up Community Businesses and other activities and events related to this important area.

As part of this, we ask you, the community, to support us by attending activities and events that we offer. For instance, the new Stay and Play group for toddlers at only £2 per family, needs to have more participants to make it successful, find out more in this edition. Our indoor playpark, Futures Fun Factory also has a number of special offers, which will be particularly appealing to families.

I look forward to our excellent line up of summer events including Futures Community Fun Day, Community Conversations, and Business Fair. I encourage everyone to participate in these events and help make them successful, as they are events specifically organised for you, the community.

I would also like to use this opportunity to pay tribute to our former Director Cllr, Roy Davies. Roy contributed enormous amounts of time, expertise and advice to Marsh Farm Futures, for which we are grateful. On behalf of the board and staff, we wish him the very best for the future.

Finally, I would like to thank all readers, residents, partners, services users and staff for what is an excellent resource for the community. Remember, Futures House is your



Anna Pedersen
Chair Board of Directors

Welcome to our spring edition of Futures News in a changed format. In this new edition, we provide an overview of a range of services available for you in and around North Luton. We also give details of the services that we provide to the community in Futures House and other work that we do in and around the area to make Marsh Farm a great place to live and work. Further information on events and activities mentioned in the newsletter can also be found on our website www.marshfarmfutures.co.uk.

Some of the highlights in the last quarter include a very successful International Women's Day, a Valentine Dance and Easter Sports Programme at Lea Manor School. You will find some great discounts in this edition including BOGOF's and special discounts to local Marsh Farmers visiting the Fun Factory.

We still have a small number of units available for anyone who wishes to run a business from Futures House with very competitive rates. Don't forget we also have free use of computers for any person to come and use during normal opening hours in the foyer.

Going forward into the summer we are organising a number of events including our annual community Festival and we very much hope that you will take an active part in attending such events and share your thoughts and ideas with us on how we can improve our services to local residents in Marsh Farm.

We aim to offer more timely updates and announcements with a return to quarterly publications in the future. Printed copies of the newsletter will be available at Futures House, Nisa Local & LBC Community Centres.

I hope you enjoy this edition, we welcome any feedback on the newsletter and any other matters that are of interest to you.



Mohammed Rafi
Chief Executive

Services at Futures House

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

Service Provider	Services	Time/Day of the week	How to access Service
Free computer use	Free computer use with internet.	Mon-Fri 9.15am - 4.15pm	Situated in Futures Cafe. First come, first served.
Job Club	CV, Job Application, Advice, Support	Tuesday 9.30am – 12.30pm	Ground Floor / Front Desk
Customer Services Luton Borough Council	Council Tax, Housing Benefit, Advice on Council Services etc.	Tuesday and Thursday 9am - 5pm Lunch 1pm – 2pm	Front Desk, Futures House
Luton Foodbank	Luton Foodbank charity provides emergency food supplies to local people in crisis and poverty.	Monday 11am – 1pm	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 10am – 12pm	For more information Tel: 01582 666877 Email: office@mmcu.co.uk

Luton Foodbank provides emergency food supplies to local people in crisis and poverty. It consists of local organisations and volunteers striving to ensure no-one in the town goes without food.

The Foodbank offers respite by supplying a food parcel of enough nutritious and non-perishable food to last 3 days. This gives people breathing room to begin tackling the causes of their crisis. 30% of their users are experiencing a short term crisis while 87% resolve their crisis after only one or two visits. Last year, around 10,000 food parcels were given out by Luton Foodbank through a number of distribution centres across Luton.



Futures House is a supporter of the Luton Foodbank where a regular distribution session is held. Anyone wanting to claim a food parcel must first speak to a referral agency such as the Citizens Advice Bureau on 0344 2451285 or Luton Borough Council's Crisis Support Team on 0800 4561673 to see whether they are eligible for support.

Community Business continues to generate interest

MFF will continue to make the effort to engage local residents, community organisations, and groups to participate in addressing local issues. Further meetings/workshops and events have been organised. These include:

- Community Conversations on 23 April 2019 – was another opportunity to hear more about the progress made and for those new to the concept to finding out how to start a Community Business. More than a dozen local residents took part to show their interest in Community Business.



- Community Business Week on 16 May 2019 – showcased examples of Community Businesses operating successfully elsewhere, explaining how they work and what benefits they bring to the local community.



- Enterprise Day 24 June 2019 – a FREE event for local residents to come and find out about job opportunities, meet employers, education/training providers including University of Bedfordshire, local colleges and businesses promoting their products and services.

- Community Leadership Training – this is an area being considered as part of our commitment to community engagement. This training will enable residents to come together and take a leadership role to champion issues that affect them. The training will help develop relationships with service providers, community organisations, schools and the local business sector.

- Community Gardening and Fresh Food Growing initiative – This is part of involving and supporting people with learning and behavioural difficulties. The initiative will give them an opportunity to gain skills, remove social isolation and engage in self-motivating activities. Marsh Farm Futures will be using existing grounds around Futures House to create raised gardening beds and provide seeds for food growing. Some of the food cultivated and grown will be donated to Foodbank and also sold to local residents to generate small levels of income. Further development will include a large green house to grow seeds, plants and flowers which will be sold in the local market/co-op.

LUTON'S ENTERPRISE DAY

JOBS | TRAINING
BUSINESS STARTUP
APPRENTICESHIPS

Marsh Farm
Futures 
working for all the community

24th JUNE 2019

FREE to ATTEND 11.00am to 3.30pm



Marsh Farm Futures • Futures House • The Moakes • Luton • LU3 3QB
www.marshfarmfutures.co.uk • Tel: 01582 512 555
ishaq@marshfarmfutures.co.uk

Community Voice

Futures Community Voice

STAY AND PLAY

For Children aged 0-5 years

EVERY WEDNESDAY



Tea/Coffee for parents/carers

Fruit platter for children

Community Hall 3, Futures House, The Moakes

Every Wednesday during term time 9:15am - 11.15am

£2 per family including refreshments

Call 01582 512555 for more info



Luton



European Union
European
Social Fund

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.

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



Monday

11:00 - 13:00 - Luton Food Bank

Tuesday

14:00 - 16:00 - Limbury 50+ Group

19:00 - 21:00 - Sundon Park Arts

19:00 - 20:30 - Yoga

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

Thursday

13:00 - 15:00 - Futures 50+ Group

14:00 - 16:00 - Sangam Ladies Group

19:00 - 20:00 - Ladies Dance Aerobics

Friday

13:00 - 14:00 - Shah Jalal Prayers

14:00 - 15:00 - AMA Prayers

Saturday

Available for hire

Sunday

10:00 - 14:00 - KICC Church Group

CHILDRENS PARTY PACKAGE: Saturday & Sunday

3 hours ONLY £50.00 Plus a £50 Deposit.

This includes (1/2 hour set up, 2 hour party, 1/2 hour clear up)

Community Focus - Sams Story

Tell us a bit about yourself?

I was born in Birmingham but moved to Luton with my parents. I went to Denbigh High school, lived in Devon for a while and then came back to live in Marsh Farm.

How long have you lived in Marsh Farm

I've lived here for 10 years.

What would you say has improved or become worse in Marsh Farm?

Futures House is the best thing about Marsh Farm, also the new shops have improved the shopping area. I miss having the market here like a lot of local people. It was great for bargains and I think it brought more people to Marsh Farm, I hope it comes back. We also need the community launderette to open again, it was really popular. Years ago, Marsh Farm used to be involved in the Luton Carnival but now it's stopped it would be nice to start it again. There's more knife crime although that's everywhere and the local kids like loitering outside the shops. If they had more activities and things to do there'd be less chance of them getting into trouble. It'd be good if local businesses could offer mentoring and apprentice schemes for young people.



Tell me something positive about Marsh Farm?

Generally, people are nice around here although I think we need to have more of a community spirit.

How often do you come to Futures House and what do you like about it?

I'm here most days using the computers or to speak to the council. The staff are helpful and friendly.

Do you know what services are available to the community in Futures House?

Besides the free computers, I know that there are exercise classes, toddler sessions and you can speak to the council. I've also been speaking to Ishaq from Marsh Farm Futures about community business because I want to start my own business.

What would you like to see improved in Futures House?

More activities for kids, life skill workshops, bingo nights, discounted trips for residents talent shows, girl related sports activities, even a single dad's group, we have a number of them in the estate.

Have you attended any events organised by Marsh Farm Futures?

Yes, the Health and Wellbeing event was very helpful and the mini winter wonderland was very nice.

In your opinion, what does Marsh Farm Futures bring to the community and what could we do better?

It's close enough for those of us living in Marsh Farm to walk to and has useful services. More community activities would be nice.

Community Focus - Shannon Lynch, Administrator & Volunteer Coordinator for The Hope Programme

What is the Hope Programme?

The Hope Programme is a long-established charity in Bedfordshire helping people over 10 years of age to cope and recover from the trauma of rape and other forms of sexual violence. We are the only specialist service for victims of sexual violence in the area. We offer a telephone helpline, counselling, coaching and emotional support. Our services are free and victims are not expected to talk about what happened to them. Our fully qualified and specially trained counsellors work from safe and accessible places across Bedfordshire.

Over 90% of our service users feel able to progress to better quality lives after 16 -18 weekly counselling sessions, with improved emotional well-being and reduced trauma.

What's your background and how did you become part of the Hope Programme?

My background is from a psychology perspective, I recently obtained a Master's degree in Forensic Psychology from the University of Bedfordshire, which led me to have a strong interest in helping victims of crime particularly those who have experienced sexual violence. During my research into volunteering to help victims and survivors of sexual crimes, I came across The Hope Programme and instantly believed in the services they provide for Bedfordshire communities. I was fortunate to be offered a job where I can help support victims and point them to other services such as health, education and housing.

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

We are faced with unprecedented demands for our services from male victims, people with mental and physical health challenges, older victims and those who have experienced child sexual abuse and exploitation. We have a waiting list for counselling and receive an average of 10 – 15 calls on our helpline each week.

We need to constantly cover costs and ensure the stability and strength of Hope. We are funded by central government departments and the Big Lottery but year on funding is a big challenge.

What's the best part of your job?

Knowing that we offer a unique and special service to people who have suffered trauma, for some, this has lasted a lifetime.

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

Yes, anyone can self-refer using our helpline number 0300 365 1045. However, they can also be referred by someone else; a friend, relative and professionals, such as their GP, Police and the Signpost Hub.

Contacting the Hope Programme

For general enquiries email admin@thehopeprogram.co.uk. For information about volunteering to support their clients contact Shannon via admin@thehopeprogram.co.uk or on 07377 677683 Tuesday, Wednesday & Thursday 9.30 am to 4.30 pm



For enquires on the services provided or to self-refer call the helpline number on 0300 365 1045, Monday to Friday 10am to 5pm.

Valentines Dance

Local members of the community came out to celebrate Valentine's Day at Futures House, Marsh Farm on Saturday 16th February 2019. The evening consisted of music, dancing, a licensed bar and raffle. The event was organised by Cathy McShane from Marsh Farm Futures, Marsh Farm Fundraising Group and Futures Community Voice. Over 75 people attended the event which was a huge success and left people wanting more.

International Women's Day

Hundreds of people attended our event to celebrate women in Luton and raised over £600 for local charity, Stepping Stones.

The International Women's Day celebration event was held on Saturday 9th March 2019 at Futures House in Marsh Farm and was organised by Simply Dee Events and Cathy McShane at Marsh Farm Futures, special guests included the Mayor of Luton, Cllr Naseem Ayub.

On the day, £635 was raised for Stepping Stones, a charity dedicated to supporting women to transform the stumbling blocks of their lives into stepping stones, creating happier, healthier lives for women, their children and families. Dee Bailey said: "We are most grateful to all the volunteers, speakers, DJ, performers, exhibitors, videographer, caterer, the raffle prize donations and everyone who came and supported us on the day. It was fabulous to see the community, both men and women from different cultures, come and support each other."

Community & Youth Worker Cathy McShane said "It was an amazing, inspiring and emotional day. It was lovely to see the support everyone had for each other and during all of this, money was raised for such a worthwhile charity".

Corporate and community fundraiser for Stepping Stones, Niki Toffis added: "It's an amazing amount and we are truly grateful for the support given on Saturday. The speakers were so inspirational and it was lovely being a part of it."



Events to keep an eye out for

29th June 2019 - Community Quiz Night

10th August 2019 - Community Fun Day & Open Day

17th August 2019 - Elvis Tribute Night



Youth Development

Ambassadors of Change

Marsh Farm Futures secured funding from the Bedfordshire Police & Crime Commissioner (PCC) and ran this programme in partnership with The Walk to Freedom Foundation and Develop.

The Ambassadors of Change Programme was initially for young people between the ages of 16 – 20 who were on a transitional pathway to changing their lives and would benefit from an opportunity like this.

The programme started with a residential in Somerset which was extremely successful and very much delved into why they had ended up in their current lifestyles. Drugs, alcohol and gang culture all played a part. The residential programme returned very positive results not just to us but more so to the young people who took part. On our return they then went into a 5 week course called 'What now' which explored lots of different parts of their lives, including why they were not in work/education and what they would need to do to get themselves where they wanted to be. We had 6 young people on the programme and by the end of the course, 4 participants had found employment and 1 returned to University.



Junior Youth Club

The Junior Youth Club runs on a Wednesday evening 6pm – 8pm and is for ages 7 – 10 years, entry is just £1 and we have a tuck shop that the children can buy snacks from. The club has been running since July 2018 and has gone from strength to strength with an average attendance of 25 - 30 every week. This club has been so successful that we are currently looking at putting on two new sessions for 11 – 13yrs and 14 – 17yrs, so watch this space!

Easter Holidays Free Football

Through our Ambassadors of Change Programme and with funding from the Police & Crime Commissioner, we were able to hire out the whole of the 3G pitch at Lea Manor.



With coaching from Jermaine Hall from Directional, we were able to deliver two X 2 hours sessions, mornings & afternoons over three days, for ages 7 – 11yrs & 12 – 17yrs. All of the sessions were for both boys & girls.

These proved to be very successful, with the morning sessions for the younger ones having over 20 children attending per session, while the older ones in the afternoons had between 25 & 50 attending.

These went so well, that we are now looking at trying to do something similar over the summer, so look out for the leaflets and posters.



Yasmien and Chloe waiting to welcome you

Food Bank Christmas collection

Futures Fun Factory staff worked hard throughout December to collect items for Luton Foodbank. The staff would like to say thank you to all those involved in donating both food and sanitary items throughout the month. We were able to provide crates of much needed items.

Mother's Day 2019

Futures Fun Factory offered all parents and guardians free entry to celebrate Mother's Day. This proved very popular with our customers and it was lovely to see so many faces new and old coming to see us to enjoy the day. We will be running a similar day to celebrate Father's day in June 2019.

School Holiday BOGOF

We are currently offering Buy One Get One Free child entry on Wednesdays during the school holidays. This was started as a trial in 2018 and has proven to be popular amongst new and old customers so we will continue this going forward.

Prices:-

Under 1 = Free
1-4 yrs = £4.60
5-10 yrs = £5.65
11-14 yrs = £6.00
Adults = £1.35



Session Times

10:00 – 11:45am
12:05 – 1:50pm
2:10 – 3:55pm
4:15 – 6:00pm
(Last entry 5pm)

**Buy One Get One Free Child Entry
On Wednesday during half terms**

SESSION TIMES WILL APPLY.
CHEAPEST CHILD FREE.
For further information please call
01582 492166.



Marsh Farm Residents Discount Days

(Term-Time)

Monday and Friday: 10:00am – 18:00pm

Prices:

1-4 years- £1.10

5-10 years- £2.10

11-14 years- £2.50

Adults- £0.60

Please provide an item of identification as proof of address when visiting to obtain your discount (e.g. driving licence).

Please note that discount is for entry to Futures Fun Factory only.

Testimonial From Autism Bedfordshire

Future's Fun Factory provides a place where autistic children can socialise and communicate with others without being judged, develop their motor skills and just have fun! This is also very important for parent/s carers who interact with each other (often giving one another support and advice) as well as siblings who have the opportunity to meet other siblings that develop understanding of autistic behaviour.

By offering a safe and supportive environment, the Future's Fun Factory sessions have delivered many positive outcomes:

For autistic children:

- increasing communication and social skills
- improved social and relationship skills

For siblings:

- improved social opportunities
- improved emotional wellbeing

For parents/carers:

- reduced stress/isolation
- greater understanding about autism through shared experiences with other families.

We give a massive thank you to Future's Fun Factory and the amazing staff who help us every time we hire their facilities: they have been very understanding and supportive and we appreciate all the support they offer us.



Gallery



Marsh Farm Central Areas being developed and transformed with Luton Borough Council Social Housing programme

Clare Heywood, Director of Heywood House said " Heywood House have now expanded, and have taken more space at Futures House. I am particularly proud to say we now employ over 100 local people".



Maria Torr s - Support Manager for Shaw Trust "Supporting people into employment" based at Futures House



Hardware Buzzar Supporting local economy



Ladies Dance Aerobics Thursdays 7pm - 8pm just £3.00 per person

Come and join us and start your journey to being healthier

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
16 June
24 June
29 June
23 July
10 August
17 August
TBA

Event
Father's Day – Free entry to Fun Factory for dads
Business/Jobs/Training/Education/Apprenticeship Fair
Community Quiz Night
Power to Change – Community Conversations
Annual Community Fun Day & Open Day
Community Social - Elvis Tribute Night
Futures Business Voice Events

Board Meetings

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

Date
Tuesday 28th May 2019
Monday 29th July 2019
Monday 7th October 2019
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 some 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



LOTTERY FUNDED

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

f MarshFarmFutures/



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

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