

Welcome to our first digital newsletter. I hope you are all well, keeping safe and coping as best as you can in these challenging times.

With deep ties to our local community, our utmost priority is the health and wellbeing of our residents, our workforce, and the partners we work with. We continue to closely monitor the evolving Coronavirus pandemic and have taken all possible precautions to limit the spread and to ensure business continuity as best as we can.



Unfortunately, Futures House and Futures Fun Factory remain closed to the public. This is being reviewed daily particularly with the changing rules and regulations. Be assured that we are working hard to continue business as usual and hope to be able to welcome you all back soon. Some businesses and services are still running from Futures House e.g. Foodbank on a Monday, Marsh Bears Nursery, Heywood House, who continue to be open to their clients and the Peri Peri takeaway.

We have enacted procedures to protect our staff, customers, and community, MFF staff are currently utilising remote-work capabilities to stay connected and available for our users, customers and clients. You can call us from Monday - Friday between 9am - 5pm on 01582 512 555. We are offering a befriending service three days a week to those who may need support or who are isolated and want to have a chat. We will be starting other initiatives in the near future including employability programme, community care packages and food parcels for those in need, and support for children and families with play facilities, see more information in the newsletter. We have also hosted some zoom calls with some of our groups including the Arts class and are hoping to expand on this in the coming months.

I am immensely proud of the way our community has pooled together to help family, friends and neighbours and have no doubt that working together, we as a community will persevere through these challenging times and emerge stronger than ever.

Mohammed Rafi, Chief Executive, Marsh Farm Futures

Zoom Calls

Zoom Calls – Members of the Art class have now taken part in a number of zoom calls, facilitated by Marsh Farm Futures, where they've been able to see each other, have a chat and take part in a painting session.

We are hoping to offer more zoom calls for the different groups who would usually meet in Futures House for example the over 50s groups and Exercise classes. We would like to host a virtual quiz night and possibly Bingo. Let us know what you would like to be involved in. Email us at info@marshfarmfutures.co.uk or cathy@marshfarmfutures.co.uk

CORONAVIRUS TESTING

Essential workers, anyone with symptoms of coronavirus or anyone who lives with someone showing symptoms can now get tested.

Remember:

Wash Hands – Keep washing your hands regularly

Cover Face – Wear a face covering in enclosed spaces

Make space – At least 2 metres apart

These are current guidelines and therefore subject to change.

To book at test click on this link: www.gov.uk/get-coronavirus-test

Visit www.covid19.nhs.uk to download the Test and Trace App.

Befriending Service

Befriending Service – Marsh Farm Futures are pleased to let you know that we are now operating a phone befriending service for anyone who is elderly, alone or in need of advice on who to speak to about a particular issue. This service is available Monday – Wednesday 9am – 5pm

Please see below for details and contact information.

Marsh Farm Futures

BEFRIENDING SERVICE

DO YOU LIVE IN MARSH FARM OR THE SURROUNDING AREAS?

ARE YOU ISOLATED, ELDERLY OR ALONE?

NEED SIGNPOSTING TO HELP AND SERVICES?

JUST WANT A CHAT?

CALL US

MONDAY - WEDNESDAY

9AM - 5PM

01582 586 133

SUPPORT AND HELP FOR THE COMMUNITY

The following organisations offer help and support to people in the community

Marsh Farm Futures



Area of activity: Marsh Farm and surrounding areas

Who can they help: Open to anyone struggling or self-isolating due to Covid 19 (certain criteria must be met)

What can they offer: Food and care packages, signposting and a befriending service.

Contact: email cathy@marshfarmfutures.co.uk , info@marshfarmfutures.co.uk or call 01582 586 133

Salvation Army



Area of activity: Luton wide

Who can they help: Open to all

What can they offer:

- completing food assessments for people to pick up food at Foodbank distributions
- referring people to crises aid in self isolation
- arranging for food delivery
- debt advice service, open as usual, free confidential service for anyone in debt
- pastoral care and guidance for all

Contact: for food assessments or support call 01582 450038, for debt advice call 01582 343699 or email lutondas@salvationarmy.org.uk

Discover Islam



Area of activity: Luton wide

Who can they help: all groups

What can they offer: Telephone support and advice

Contact: visit the Discover Islam website <https://discover-islam.co.uk/contact/>

Marsh Farm Outreach



Area of activity: Marsh Farm area only

Who can they help: those self-isolating

What can they offer: essential tasks for those who are self-isolating.

Contact: visit their Facebook page at <https://www.facebook.com/MarshFarmOutreach/>

Age Concern Luton



Area of activity: Luton wide

Who can they help: older people (over 70), carers of older people and anyone returning home from hospital

What can they offer: emergency shopping and regular shopping support, medication collection, essential handyman repairs, regular wellbeing phone and video calls, food parcel deliveries, incontinence products and heater loans, general advice and information.

Contact: telephone: 01582 456812 or email: admin@ageconcernluton.org.uk

Making MFF Digital

How would you like Marsh Farm Futures to communicate with you?

What information would you like to receive from us?



Let us know at info@marshfarmfutures.co.uk putting MFF digital in the subject field.

Website: www.marshfarmfutures.co.uk

Follow us on Twitter @marshfarmfuture and Facebook marsh farm futures.

OFFICES FOR RENT IN FUTURES HOUSE

Futures House is a modern architectural building with natural light and a stunning atrium area. We offer quality office space of various sizes to rent on either short term 12-month licenses or long-term leases, at very competitive prices.

Tenants can enjoy allocated parking bays as well as free visitors parking. There is an onsite café and seating area for visitors as well as a tenant's lounge and kitchen area. We also have conference and meeting spaces which tenants can hire for their meetings and events.



AVAILABLE NOW

Others available are:

A first floor Unit - 1794 Sq. ft Office for up to 30 persons (Available from 1/4/21)

A first floor Unit - 4214 Sq. ft Office with 2 meeting rooms for up to 60 persons (available from 1/4/21)

To view any of these offices and to find out more about other office space available in Futures House email: facilities@marshfarmfutures.co.uk or call 01582 512 555.



Community Focus Interview

Local resident, Charlotte Fleckney talks to us about how the pandemic has affected her and her family.

How have things changed in your local area because of the pandemic?

I haven't seen any kids out playing or meeting friends, shops are quieter and seeing everyone having to wear masks is all very different.

How has the pandemic affected you personally?

I was on maternity leave when the pandemic hit so it made things harder to have my baby weighed and with my children off school, it made routine hard. Financially it's become harder because being at home we were using more electricity and food and the income coming in was less.

Have you been working or were/are you furloughed?

I was on maternity leave for a while then I was on furlough, but I am now currently back at work.

Have you adopted any new healthy habits during lockdown?

No, I didn't eat healthily at all! It was more quick and easy foods which are worse for you and I ended up eating more than I would normally!

How have things changed in Marsh Farm since Covid 19 and lockdown?

Locally shops have changed, the dentists in the area, like other places, cannot carry out normal routine check-ups and schools have changed to make it safer for children, their families and teachers. Also, unlike before, children and adults have not been able to socially interact.

Have you been able to see family and friends?

I have managed to see some close family but not many friends unfortunately. My mum lives in Ireland and I haven't been able to see her since January. She's a nurse so it's not safe for her to travel right now.

As a parent, how have your children coped during lockdown?

My 2 year old didn't cope too well to begin with, being stuck in and not doing his usual routine so his behaviour got quite bad but he is much better now that he's back at nursery. My 10-year-old also struggled with not being in school or playing outside with his friends. My 8-month-old does not really understand what is going on to be honest.

Continued on next page

Have you seen any positive or negative behaviour from people as a result of the pandemic – local heroes etc?

There's been so much positive behaviour from NHS workers, doctors, dentists, nurses, teachers and many more. They have done amazing work and helped in so many ways possible.

Unfortunately, there's been a bit of negative behaviour from people that don't want to comply with the rules, but a lot of people are doing what they can do to help. More positive than negative.

What would you suggest Marsh Farm Futures introduce to help you or other people in the community during this time and moving forward?

I don't feel much more can be done to support everyone. Everyone is doing as much as they possibly can, maybe more financial support or advice for those out of work or on furlough could be a big help.

EMPLOYMENT ADVICE

These agencies and organisations can help with employment help and advice, particularly if your employment has been affected due to Covid 19.

Job Centre Plus (JCP)

Jobcentre Plus is a government-funded employment agency. Its purpose is to help people find work, while it also provides financial support to eligible job hunters to help remove barriers to work.

JCP provide a range of programmes to support people back into work.

Finding the nearest centre: <https://find-your-nearest-jobcentre.dwp.gov.uk/search.php>

Contact: <https://www.gov.uk/contact-jobcentre-plus>

Find a Job - <https://www.gov.uk/find-a-job>

Email: DWP1@DWP.GSI.GOV.UK



National Careers Service

Qualified careers advisers offering free and impartial information, advice and guidance to help with decisions about careers, courses and work: <https://nationalcareers.service.gov.uk/>

Contact: <https://nationalcareers.service.gov.uk/contact-us>

or NationalCareersServiceNCC@futuresforyou.com

Tel: 0800 100 900 or 0800 917 9419

Enquiry Form: <https://nationalcareers.service.gov.uk/webchat/chat>



Redundancy Support Service for Apprentices

This service is for apprentices who has been made redundant or think they might be made redundant in the future.

Once registered, details of any potential employers and opportunities will be emailed each week.

<https://apprentice-support.apprenticeships.education.gov.uk/apprentice>

[Tel: 08000 150 400](tel:08000150400)

Luton Employability Training Skills Hub (LETS)

A range of workshops and one to one sessions to help in your search for jobs, interview techniques and confidence building. You must be in receipt of JSA, ESA or Income Support.

Call 01582 343/ 07931 973967 or email: info@letsfair.co.uk

*Information kindly provided by Paul Thompson, Employment and Skills Manager SEMLEP.

Futures Fun Factory is currently closed due to COVID-19 but please look out for further updates on our website and social media.



Click on the links below for the latest Marsh Farm news items

<https://marshfarmfutures.co.uk/charities/josephs-storebasket-donate-food-outside-futures-house/>

<https://marshfarmfutures.co.uk/community-business/community-event/go-dharmic-donates-food-to-community/>

Food and Care packages

If you are in receipt of benefits, unemployed or on a low income and feel that a care package and/or food parcel would benefit you and or your family, please email cathy@marshfarmfutures.co.uk or sokoli@marshfarmfutures.co.uk or call 01582 586 133.

Luton Adult Learning

If you or someone you know is looking for work, then why not take part in an online interactive skills course run by Luton Adult learning. They currently have a Passport to Employment course to help identify skills, improve your cv, job applications and interviews and a Passport to Childcare course, introducing you to safeguarding, Early Years foundation stage and health and safety.

Contact them for more information about these and other courses.

Email: info@lutonacl.ac.uk or call 01582 490033.

The Phoenix Fund

The £1m Phoenix Fund will support Black, Asian, and Minority Ethnic charities and groups in England that are working in the heart of their communities during the COVID-19 pandemic. Application window deadline 13 October.

To find out more visit https://globalfundforchildren.org/the-phoenix-fund/?dm_i=6S7,6ZNFN,N-8ZXP,S5PL6,1

MFF Community Chest Funding

As part of our commitment to local residents and groups we offer small non-repayable funds that enable voluntary and community organisations to provide services or activities.

Call us to find out more 01582 512 555 or email cathy@marshfarmfutures.co.uk



www.marshfarmfutures.co.uk



@MarshFarmFuture

www.facebook.com/MarshFarmFutures

REALLY WILD PLAY AT MARSH FARM



➤ Free activities for children with their parents/carers

**Futures House, The Moakes,
Marsh Farm, LU3 3QB**

(please meet in front of the orange building)

Sessions to choose from:

Thurs 1 Oct, Thurs 8 Oct

OR

Thurs 15 Oct, Thurs 22 Oct, Thurs 29 Oct
(please attend all three sessions if possible)

- ✓ **Join Groundwork for three sessions of free outdoor wild play activities. (sessions last 1 hour, no toilets on site).**
- ✓ **Each session will be themed around a different story book!**
- ✓ **Aimed at pre-school children to improve their literacy and language**
- ✓ **Activities include: story telling, bug hunting, gardening activities, arts and crafts and many more!**

To sign up please visit:

<https://wildplaymarshfarmsessionone.eventbrite.co.uk>

<https://wildplaymarshfarmsessiontwo.eventbrite.co.uk>

For more information call: Rosie on 07736134135