

Autumn/Winter 2021

NEWSLETTER



Marsh Farm

FIREWORKS DISPLAY

Friday 5th November

Lea Manor Field. Gates open at 6pm

For further details please call 01582 512 555



MESSAGE FROM MFF CEO, MOHAMMED RAFI

A warm welcome to you all.

I am pleased to present you with the Autumn/Winter edition of the MFF Newsletter.

The impact of the pandemic has been enormous both to personal lives and livelihood, and our business, like many others, has had an economic knockback. We are, however, resilient and with the 'new' normal, Futures House is once again open to the public and we have attracted some new tenants, having lost some as a result of the pandemic.

Futures Fun Factory has remained closed throughout the pandemic, but the good news is that it will be reopening in December and we are looking forward to welcoming you back. I know a lot of families have missed it and I'm sure when you see the work that's been done, it will have been worth the wait.

In this issue, we have featured some of the new tenants we have in Futures House as well as activities, support groups and events that have taken place.

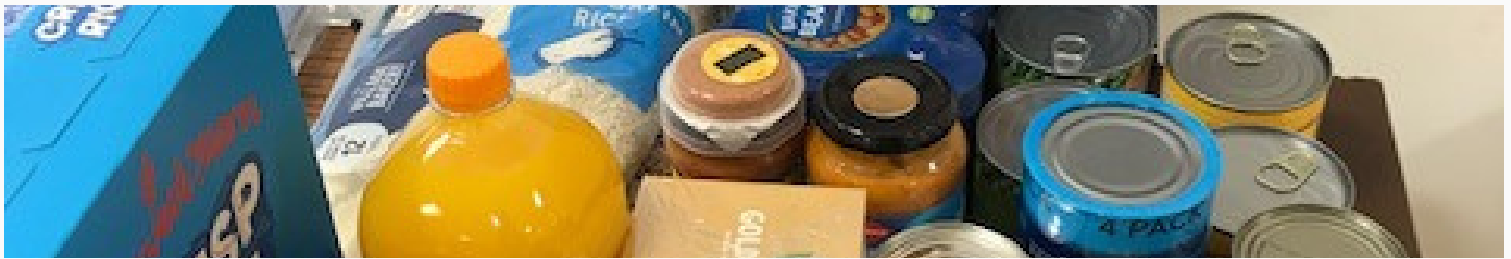
Through our work in the community during the pandemic, you may recall that MFF won the Spirit of Luton award, we have now also received an award from the Jamia Islamia Trust. This is testament to the hard working staff who continue to do their best to support the community and I'm very proud of them.

I hope many of you will join us to enjoy the spectacular free fireworks display on Friday 5th November at Lea Manor Fields.

Remain vigilant, stay safe and keep well.

Regards,

Mohammed Rafi



Better Futures Programme Update

The Better Futures Programme was funded by the COVID-19 Community Led Organisations Recovery Scheme, delivered by Power to Change, Locality, the Ubele Initiative and Social Investment business in partnership with the National Lottery Community Fund.

The Better Futures Programme supported over three hundred families in Marsh Farm and the surrounding areas during the pandemic with care and food packages, children's packed lunches and 1:1 support through the befriending service.

The final phase of the project was training to help people in the community who may have lost their jobs or need to retrain, get into employment. We ran an intense Security Supervisor course which gave participants a certificate and full door supervisor badge at the end of successful completion.



Reflecting on the programme, project lead and Youth and Communities Manager for Marsh Farm Futures, , Cathy McShane, said: "Supporting the community and families in particular, during what has been a very trying time was made possible through this grant and we are grateful for that.

"We've had positive feedback from families who benefitted from the programme, including trainees who have been able to secure full time jobs as a result of the free training.

"Although we are now back to normal and out of the pandemic, the issues still remain, and families are still struggling. Marsh Farm Futures will continue to support families in whatever capacity we can, and our Befriending service will continue if you need support call Cathy or Selina on 01582 512 555. "



Healthwatch Luton has now opened offices in Futures House.

They are an independent local consumer champion bringing together people's views and experiences to improve health and social care.

They engage with the full range of local communities across Luton to enable them to access information and make their voice heard. Healthwatch Luton work in collaboration within existing networks including neighbouring Healthwatch organisations to gather people's views and represent people's views in order to influence decisions.

They also offer a signposting service to enable people to take more control of their own health, treatment and care, and understand and use the increased choices available to them.



To find out more, click [here](#) to go to their website.



ATT10TIVE Workshops in Futures House



ATT10TIVE Workshops in Futures House

Att10tive Social Enterprise which provides life skills workshops and runs community events all over Bedfordshire, held three days of workshops debating skills and training at Futures House.

The Att10tive team, managed by Montell, were joined by fifteen Luton Sixth Form College students who learnt what being a Youth Ambassador and role model involves. They were joined by some prestigious guests; Kimberley Lamb, head of the VERU; Colin Neufville, Executive Manager at IBC; Garry Forsyth, Bedfordshire Chief Constable; Cathy Barr, CEO of the Shared Learning Trust; Richard Cooper, Head of the Chamber of Commerce and Sinead McNamara, Luton Borough Council's Head of Partnerships and coordinator of Love Luton.



"These workshops, one of quite a few we've held, are a wonderful, positive and empowering experience for our partners and for the young people many of whom will go on to be youth ambassadors and future leaders. "



GROW IT, COOK IT, SHARE IT

at Marsh Farm Futures House



Groundwork East worked in partnership with Marsh Farm Futures to offer local families the opportunity to learn how to grow food and cook healthily.

Rosie Cliffe, Project Officer at Groundwork East (Luton and Bedfordshire) who led the sessions with the families said: "There was a really good turnout for the six-week course which aimed to teach how to grow and eat simple fruit and vegetables.

"Amongst the vegetables grown were garlic, onions, broad beans, winter spinach and cress. The kids got to make fruity animal shapes and fruit yoghurt and each family got a recipe sheet to try them out at home.

"One of the parents said that besides the practical side, it was a terrific opportunity to socialise with other parents and children.

"Our goal is to continue to empower local communities to take charge of their lives, green spaces, and local environments.



Kip McGrath, Luton North is one of the new tenants in Futures House.

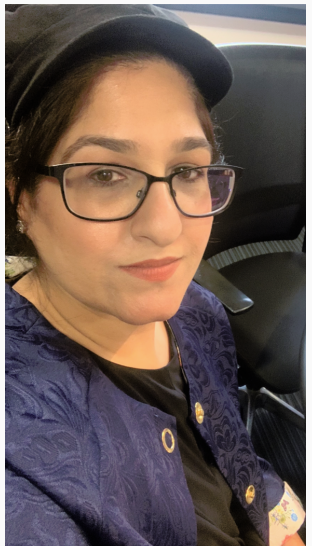
Offering 1:1 tuition in different subjects including English and Maths for children aged between 5 – 16 years old. Kip McGrath's unique learning programme has been developed over 40 years and is specifically designed to cater for children with a variety of needs and abilities.

Centre Director, Ms Sajida Khan said: "We are pleased to have moved our centre to Futures House. I know that the ethos of Marsh Farm Futures is to improve, inspire and empower the community, this completely allies with our vision.

"We not only offer a free assessment to each child, and can tailor make programmes to suit individual needs, but also offer help and support for families on a low income, so please contact us and find out how we can help you.

"Moving to Marsh Farm has given us the opportunity to be in the centre of the community. With its easy access, and central location for Luton North, we look forward to helping more children in the area achieve their full potential."

For more information, [click here](#) to go to their website.



ExComS IT & Network Support

Ex Communications is another new tenant that has moved into Futures House.

A multi-national company, they offer IT and Network onsite and virtual support in UK, western Europe, India, and Morocco to name a few. They currently employ about ten people in their offices in Futures House and around 40 – 50 people globally.

Operations Head, Mohammed Qasim said: "We moved our business to Futures House after being recommended the location and also because of their reasonable rent and ample parking facilities. We moved here in 2020 just as the pandemic hit its peak and it definitely impacted on our business like many others. Fortunately, we have been able to stabilise and continue to offer our services."

For any of your IT needs, call us on 01582 585 947.





The Ebonista Project provides emotional and practical support to women and children who have been subjected to domestic abuse. They currently run confidential drop in sessions at Futures House and the Dallow Learning Community Centre. In addition, they offer a variety of group programmes to educate, raise awareness and empower women and children as well as a dedicated helpline that is accessible Mon-Fri 10am-6pm. Founder and Managing Director of the Project, Shenel Davis said: “We welcome women from all backgrounds but have a strong focus on reaching women from the Black African and Caribbean communities who may have experienced barriers accessing support due to systemic racism and a lack of cultural understanding in our society.

“Ebonista, a combination of Ebony+Sister, supports women from every race; however grassroot agencies focusing on Black women are desperately needed. The project is not only led by women who have years of experience working with and empowering others who have been subjected to domestic abuse and other types of trauma, but all of us have our own lived, personal experiences of domestic abuse and sexual violence.

Being 100% led by female survivors is the basis for our passion to educate our community and support other women and their children to survive and thrive.

We run a variety of group programmes to educate, raise awareness and empower women and children who have faced such trauma. For more information [click here](#) .

YOU ARE NOT ALONE. YOUR VOICE MATTERS. YOU WILL BE HEARD.

THE EBONISTA PROJECT

Have you or someone you know been subjected to **domestic abuse** or **sexual violence**?

Would you like to **Speak with a Trained Advisor** about your options to live a life **free from fear and abuse**?

Pop into **The Ebonista Hub** a **safe space** where you can **access emotional and practical support**.

OCT TO NOV

MONDAYS 4pm - 8pm
Dallow Learning Community Centre
234 Dallow Road, Luton, LU1 1TB

THURSDAYS 10am - 2pm
Futures House
The Moakes, Marsh Farm, LU3 3QB

For more info or advice please contact us on 07306 088816 or support@theebonistaproject.org.uk

@theebonistaproject
www.theebonistaproject.org.uk

COMMUNITY FUND

The Ebonista Project is a not for profit community interest company limited by guarantee.
Company number 12747066

Community Spirit in Marsh Farm

Local resident and member of Denmark Close Residents Group, Deniece Dobson, noticed that her street was run down and neglected with litter, weeds, over hanging trees and bushes as a well as a fly tipping issue.

She sent letters to all residents to ask for their support in giving Denmark Close a good clean up. This resulted in a summer of cleaning up the area, socialising and meeting neighbours, some vulnerable and on their own who all joined in in different capacities to take part. At the end of summer, a celebration fete was held, and everyone involved was issued with a participant certificate. MP Sarah Owen also attended and sat down to talk with residents about their issues.



Speaking afterwards, Deniece said: "The response from residents was brilliant - with 30+ people getting involved at various stages throughout the month. Everyone had something to offer be it words of encouragement or cups of teas for the volunteers.

"We were very lucky to get a lot of support and guidance from Phyl Rainey & Kevin Poulton, from abcd-in-luton.org, an organisation set up to support residents of Luton to take pride in their environment. Thanks too to Luton Borough Council, Barry from Nisa local, Cathy from Marsh Farm Futures and Dave Crean from MFFG for all their support. 'If you are interested in doing a similar project where you live - visit abcd-in-luton.org for support and advice'. Support is available and when we take responsibility for our neighbourhood, it literally can only get better."





Marsh Farm Futures (MFF) is recruiting for the following positions

Community Leisure Manager (£35,000-£45,000)

- Management of the Play Park, the Community Halls and Futures Cafe
- Ensure day to day standards are maintained and that the Play Park, Community Halls & Futures Cafe operates to the highest level at all times including, health and safety and fire procedures.

Community Leisure Deputy Manager (£25,000-£30,000)

Support the Manager in the management of the Play Park the Community Halls and Futures Cafe

- Ensure day to day standards are maintained and that the Play Park, Community Halls & Futures Cafe operates to the highest level at all times including, health and safety and fire procedures.

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Futures Café Cook (£18,000 - £20,000)

Responsible for the preparation, cooking and service of food to agreed standards and specification.

Community Leisure Duty Officer (£ 9.50 p.h)

Serving customers at Futures Fun Factory reception, Cafe and Futures Halls, handling cash and electronic payments.

- Setting up and hosting birthday parties and group bookings.

Cleaning duties

o download a job description and application form , [click here](#) to go to the jobs page on our website.



Help and Advice

Food and care parcels

Luton Foodbank are here, at the entrance of Futures House, every Monday from 11am – 1pm. Call 01582 725838 for more information on eligibility and other locations

Joseph's Storebasket distribute free food parcels, including culturally specific food and fresh vegetables, every Friday at the entrance to Futures House from 10am – 1pm. They also offer a free delivery service . To register email: josephstorebasket@outlook.com

Befriending Service – Marsh Farm Futures is here for you if you need someone to talk to or need signposting to another organisation. Call Cathy or Selina on 01582 512 555.

Domestic Abuse

You are not alone – In an emergency, dial 999

National Domestic Abuse 24 hour helpline Tel.0808 2000247

Chat online to someone who can help and support you

Help for victims of domestic violence

Ebonista Project - 0

LGBTQ Support

All Ages from MindOut

Young People aged 13 – 19 years from TOKKO

Luton Borough Council

Housing/Benefit Advice - They are no longer at the front desk of Futures House but can be contacted on 0300 7900 345

Council tax enquiries - 0300 7900 340

Futures Fun Factory remains closed but we look forward to welcoming you back towards the end of the year.

Gallery



Neighbourhood clear up in Denmark
Close 2021



SIA Training in Futures House
2021



Jamia Islam Community Awards 2021 with MFF Director Dave Crean,
MFFG Member Ian Johnsen, Cathy McShane and Ishaq Kazi



Neighbourhood clear up in
Denmark Close 2021



Covid Testing outside 2021