



WHAT'S ON IN FUTURES HOUSE

Monday

11am – 1pm - Luton Foodbank
4.30pm – 6pm - Brain up Abacus (Math's Class)
5.45pm – 7.15pm - Beavers (Term time only)
7pm – 8pm - Sendo-Ryu Martial Arts



Tuesday

2pm – 4pm - Limbury 50+ Group
5pm - 7pm - Luton Town FC Youth Session
7pm - 8.15pm - Yoga



Wednesday

9.30am – 3.30pm - Sundon Park Arts



Thursday

1pm - 3pm - Futures 50+ Group
7pm - 8pm - Sendo - Ryu Martial Arts
7pm – 8pm - Ladies Dance Aerobics



Friday

1pm – 12pm - Shah Jalal Prayers
2pm – 3pm - AMA Prayers



Saturday

Available for Social Bookings

Sunday

10am – 2pm - KICC Church Group

**HALLS AVAILABLE FOR HIRE FOR YOUR GROUP OR SOCIAL FUNCTION,
CALL US ON 01582 512555 OR [CLICK HERE](#)**



MESSAGE FROM MFF CEO

Welcome to our Spring 2022 Newsletter

I am so pleased to be able to say that our indoor play park, Futures Fun Factory has reopened. The venture is led by our new Community Leisure Manager Louise and her deputy, Jordan, with our wonderful duty officers who are present to help you with your enjoyment. If you have come in to visit us, you would have seen that we still have our popular slides and playframe and also colourful new climbing walls, geared towards the more adventurous children and adults, not for the faint hearted! There is further information to read about the Fun Factory inside on the next page of this newsletter. Alongside this, we have also reopened our Futures Community Café selling hot and cold food as well as snacks. New drinks including slush puppies have been provided as well as a brand new menu for you to enjoy. Come and drop by to enjoy the delicious food provided by our own local cook, Alison. We aim to formally relaunch the playpark in June so come and join us in celebrating a wonderful local facility for our children and young adults.

A big thank you to SEMLEP who supported us with the climbing walls.

Our building, Futures House, is now almost at full capacity but we still have some office space available so if you're interested in having an office in a modern managed facility with ample free parking in North Luton, give us a call on 01582 512555.

We have had a number of very successful community events including a St Patrick's Day celebration and a St George's Day lunch. We are currently preparing for the Queen's Jubilee and a lot of other community-oriented events as the year goes on. Come and take part or just drop by to discuss the activities that are run from Futures House, I'm confident that you will find something of interest to you.

If you would like to email any enquiries, suggestions or find out more about Marsh Farm Futures and what we do, send an email to: info@marshfarmfutures.co.uk or call us on 01582 512555.

Regards,

Mohammed Rafi



FUTURES FUN FACTORY IS BACK!

The long-awaited reopening of Futures Fun Factory is now a reality after it closed in 2020 due to the Covid 19 pandemic.

As part of Marsh Farm Futures' commitment to offer affordable well managed facilities to the community and boost the local economy, extensive work was carried out before the doors opened on 11th April.

Boasting new colourful climbing walls and a general refurbishment, FFF has been warmly embraced by the community. The Café in Futures House has also had a complete revamp and our new Cook, Alison and her team are offering teas, coffees, hot chocolate and a variety of meals and snacks.

Community and Leisure Manager, Louise Lydon said: "We are all excited that Futures Fun Factory is open, with a new team, new activities, competitive prices and a community café. We want to make sure that all visitors have the best experience when they come to see us. So far, the feedback has been amazing.

"We are introducing more baby and toddler activities and our climbing walls definitely offer something challenging and different for older children as well as adults! We are also now taking bookings for children's parties.

We encourage businesses to think of Futures Fun Factory and halls for their team building days and events, we have some surprisingly great deals. Looking forward to welcoming you soon."

Follow us on facebook and Instagram

Click [here](#) to go to our website page for more information.



ST PATRICK'S DAY CELEBRATION

Marsh Farm Futures opened their doors to the community to celebrate St Patrick's Day on Thursday 17th March 2022. Guests enjoyed a three-course meal, drinks and live music.

MFF Youth and Communities Manager, Cathy McShane said :” It’s fantastic to be able to open our doors again and celebrate events like this with the community. Our heavily subsidised tickets meant that everyone could enjoy a delicious three course meal, socialise with others and have a little dance. Proceeds from this event have gone towards organising other community activities.

“It was great to see everyone having a fantastic time. Special thanks to volunteers, Wendy, Gemma and JJ, Ian Johnsen, local Cllr and MFF Director Ann Donelon, MFF Director Dave Crean and MFF staff who worked tirelessly to make this a wonderful day.”





ST GEORGE'S DAY

Over 100 guests attended a fun filled St George's Day celebration at Futures House on Saturday 23rd April 2022.

The community event sponsored by Marsh Farm Futures, featured entertainment from Johnny Dee, who had everyone in stitches, a three-course meal and drinks for all, plus a lot of singing and dancing.

One of the attendees, Kate, said: "I had such a lovely time, the food was tasty, everyone looked happy, the entertainer was at his best and it was just so well organised. I won a raffle prize which was really nice too. I'm already looking forward to the Queen's Jubilee celebration, thank you for a wonderful day!"

Marsh Farm Futures Director and organiser, Dave Crean said: "Thanks to all the community who turned up for this event. It was fantastic to see the joyful spirit in everyone who was there, and I hope that it gave some great memories too.

"Big thanks to Johnny Dee who was just fantastic, Cathy McShane, Alison Fearon, Anne Donelon, Ian and Tracey and other staff and volunteers who helped make this a wonderful St George's Day celebration. "



RECRUITMENT



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

Futures Café Cook 16 -24 hours a week (will include some weekends) £9.90 per hour

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

[Click here for more information on this job](#) or call us on Tel. **01582 512555**.

OFFICE SPACE



Futures House is a modern architectural building with natural light and a stunning atrium area. We offer quality office space to rent with sizes from 10 sq m up to 300 sq m on either short term 12 month licenses or long term leases, at very competitive prices.

As a tenant, you will benefit from allocated parking bays, free visitors parking, an onsite café and seating area for visitors as well as a tenant's lounge and kitchen area.

Currently Available:

A first floor 1794 Sq. ft Office for up to 30 persons (Available now)

A first floor 4214 Sq. ft Office with 2 meeting rooms for up to 60 persons (Available now)

To find out more about these and others that may be available, please call Heng Khoo 01582 512555 or email heng@marshfarmfutures.co.uk.

HELP AND SUPPORT FOR YOU

Click on the links to access their websites

Help with food

Luton Foodbank are in Futures House Halls every Monday from 11am – 1pm. Call 01582 725838 for more information on eligibility and other locations

Joseph's Storebasket - free food parcels, including culturally specific food and fresh vegetables, every Friday from Futures House from 10am – 1pm. 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

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

Men's Domestic Violence Helpline 0808 8010327

Ebonista Project Domestic violence helpline for women - 0730 6088816

LGBTQ Support and Advice

LGBT Foundation - All ages_

TOKKO -Supports young people aged 13-19 to advance in life, feel safe and bring a reality to their imaginative ideas. 01582 5449900

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

Samaritans - If you need someone to talk to, they'll listen. They won't judge or tell you what to do. **Call 116 123 free 24 hours a day.**

Healthwatch - your health and social care champions. Advice and support if you are having any issues with GPs,hospitals, dentists, pharmacies, care homes or other support services.01582 817060

Cruse Bereavement Support - Get support and advice no matter how long you've been grieving. 0808 808 1677

PICTURE GALLERY



Young Arlo and Mum, first visitor to the reopened Fun Factory.



Astro and Sparkle on the climbing walls



Guest at our St George's Day celebration



Guests at our St Patricks Day celebration



MFF Team: Cathy McShane, Directors; Dave Crean and Anne Donelon and Alison, Futures Cafe Cook



Happy guests at our community event



New climbing walls in FFF



Happy guests at our community event



MFF CEO Mohammed Rafi serves food with Ian Johnsen



Futures Cafe Food



Happy guests at our community event