

# SUMMER NEWSLETTER

August 2022



**Marsh Farm Futures are proud to be finalists in three categories: Business of the Year less than 50 Employees, Community Business of the Year and Lockdown Leader of the Year.**

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## MFF TRUSTEE RECEIVES QUEEN'S AWARD

Long standing Marsh Farm Futures Board Member, David Crean, has been awarded his third Queen's award for services to volunteering.

David Crean, who also received an MBE in 2012 for services to the community is a well known local Marsh Farm resident, who has worked tirelessly on different projects for the community including the Marsh Farm Children's Christmas Present Drive, St Patrick's, St George's and the Queens Platinum Jubilee Celebrations in Futures House. He also does voluntary work with the Luton Irish Forum and Safer Luton Partnership who nominated him for this award.



**He said:** "It's lovely to be recognised when you volunteer and make a difference in people's lives. You don't do it for the accolades or to be noticed, so when you are, with no less than a Queen's award, it's an incredible feeling."

"I am passionate about community work and feel very humbled and honoured to be recognised when so many other people offer their services in the same way."

**COMING SOON**  
**FUTURES COMMUNITY FUN DAY**  
**Saturday 10th September 2022**  
**12pm - 4pm**



# MESSAGE FROM MFF CEO, MOHAMMED RAFI

Welcome to the summer edition of the Marsh Farm Futures newsletter.

We are almost back to where we were pre-pandemic in terms of activities and services. We are however, still working with partners to bring back the doorstep services that used to be available from Futures House.

Futures Fun Factory reopened in April this year and has been welcomed by the community who have told us how much they enjoy the new climbing walls and also our community café offering hot and cold food as well as slushies and other drinks. We have several discounts including Residents' days and Childminder discount days, read more in this edition of the newsletter.

The cost-of-living crisis continues to rear its head and we are seeing more and more people who are on the breadline. The Luton Foodbank and Joseph's Basket continue to help those in need with food and care items and we aim to continue working in partnership with them and others to meet the growing needs of the community.

With current times being so tough, we have hosted a number of successful events to help and support the community. You can read more about them in this edition.

We are very pleased that the Community Fun Day is back this year, as well as continuing with the annual fireworks event. There will be different activities and acts on the Fun Day, where we will also be formally relaunching and celebrating the reopening of the indoor play park with competitions and prizes up for grabs.

We are pleased that we have taken on some new clients in Futures House. We still have some office space available, if you are 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 are honoured to be finalists in the SME business awards 2022, in three areas: Business of the Year less than 50 Employees, Community Business of the Year and Lockdown Leader of the Year.

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](mailto:info@marshfarmfutures.co.uk) or call us on 01582 512555.

Chief Executive  
Marsh Farm Futures



# QUEEN'S PLATINUM JUBILEE CELEBRATION

Around 125 people, came to enjoy traditional tea with cakes, scones and sandwiches at Futures House. With music, drinks, a raffle and entertainment, it was a huge success and feedback from the community was extremely positive.



**Lorraine, a local resident and regular attendee to MFF community events said:** "Wow, had the most amazing time! It was once again very well organised and there was so much to eat and drink. Love that Marsh Farm Futures offer these activities to the community!"

Mayor of Luton, Sameera Saleem, attended the event and got into the spirit of the occasion. MFF Directors; Dave Crean, Cllr Anne Donelon, Cllr Yasmin Waheed and Stephanie Power were also in attendance.



**Dilys and John who attended the celebrations said:** "Our congratulations to everyone at Futures who took part in making the Jubilee party a success, what more can one ask for in a beautifully decorated hall with GOOD food, GOOD company, GOOD entertainment and most of all everyone enjoying themselves."





# QUEEN'S PLATINUM JUBILEE CELEBRATION

**Youth and Communities Manager, Cathy McShane said:** "We are so pleased with how successful our Queen's Platinum Jubilee celebrations turned out. Everyone had a fantastic time and the pleasure and gratitude has been expressed through cards, emails, posts and in person. It really was a great day and the hard work was absolutely worth it.

"Older adults are at an increased risk of loneliness and social isolation and with this in mind, we have organised and hosted a series of social events for our over 50s with more to come in the coming months . It's a perfect opportunity to socialise, laugh and engage with others.

"Our thanks to Luton Mayor, Sameera Saleem, for joining us. Huge thanks to Luton Rising, the Futures 50+ club, Marsh Farm Fundraising Group, specifically Dave Crean, Ian and Tracey, MFF Trustee; Anne Donelon and all the volunteers including Wayne, Maria, Bernie, Tasha, Sandy, Jenny and of course MFF staff for all their help and support."



Over one hundred people attended a Health and Wellbeing Day in Futures House on Saturday 16th July 2022. This free annual event hosted by Simply DeeZ Events in Partnership with Marsh Farm Futures, gives the community the opportunity to meet and speak to different health and wellbeing experts and attend workshops.

Representatives from various organisations attended, including Children and Adults Community Health who spoke about Sickle Cell Support, Ebonista Project; supporting victims of domestic violence. Other organisations involved included Fibromyalgia UK, Flying Start, Pancreatic Cancer UK, Luton Sexual Health, Menopause Alliance, Headway, Resolution, Keech, Women's Aid Luton, who all had information stands at the event.



Commenting on social media after the event, **Veronica Ebanks said:** "I really enjoyed the day. My thanks to Simply DeeZ Events and Marsh Farm Futures for creating a fab event."

**Mark Pedder said:** "Lovely to meet so many inspirational people who do so much for our community."

**Youth and Communities Manager, Cathy McShane said:** "We had a good turnout and it was an excellent opportunity for the community to find out about the invaluable support available for any health, social or mental health issues, for themselves, family, and friends. It also served as a networking event for the health and wellbeing representatives."

"Thanks to all the organisations who took part, Dee Bailey for all her hard work putting this together and to everyone who attended."



Att10tive Social Enterprise, managed by Montell Neufville, held a week long Youth Ambassador Programme in Futures House. Participants were invited to learn a wide variety of skills that they wouldn't learn at college or university including presentation skills, teamwork, being adaptable, using your initiative, understanding local communities, being a mentor, project planning skills, networking, problem solving, public speaking and leadership development. Participants can then use their skills to become role models in their communities, help deliver a range of workshops across Luton schools and colleges and enhance their CV's and life experience.

The week was supported by a variety of senior professionals including the Principal and Communications Manager of Luton Sixth Form, Executive Manager of Vauxhall Motors, Head of YouTurn Futures, CEO of Marsh Farm Futures, CEO of the Shared Learning Trust, a community development officer from Luton Council, the Regional head of the Princes Trust and the Assistant Chief Constable of Bedfordshire Police.



**Montell said:** "I always take the view that we should share our knowledge and experience to help develop people to be the best that they can be, only this way can we make a contribution to having a better community for everyone. Training and developing all these youth ambassadors every year makes a huge difference to the town as they are then equipped with the skills and knowledge to take social action in many different ways.."



Commenting further, **MFF CEO Mohammed Rafi, who gave a presentation on leadership skills said:** "It was very good to meet these engaging young people and discuss their views on leadership. I received great, constructive feedback and really look forward to being involved in future Youth Ambassador events."



Futures Fun Factory reopened on 11th April and has been going from strength to strength.

Boasting new colourful climbing walls and a general refurbishment, FFF has been warmly embraced by the community.

Look out for new deals coming your way!

The Café in Futures House has also had a complete revamp and Cooks, Alison and Andy are offering teas, coffees, hot chocolate and a variety of meals and snacks.

**Follow FFF on Facebook and Instagram**

Click [here](#) to go to our website page for more information or call them on 01582 492166.



**Opening times, discounts and prices below.**



Resident Discount day !!  
Every Monday and Fridays  
9:30-18:00

1-4 Years - £2.00  
5-10 Years - £2.70  
11-14 years - £3.50  
Adults - £1.50

All you have to do is bring proof of address and have a postcode of - LU3 3\*\*

## ChildMinder Discount Day

Every Thursday -9:30-18:00

Prices

1-4 Years - £2.50  
5-10 Years - £4  
11-14 Years - £4.50  
Adults - £1.50

Valid throughout school holidays as well!



## Mid week Treat!

Tuesday - Thursday  
3pm -6pm  
Adults £2  
Children £4

Excluding Climbing Walls and only available during term time.

For more info: 01582 492166  
Futures House, The Moakes, Luton,  
Beds, LU3 3QB  
ff@marshfarmfutures.co.uk




SOFT PLAY		CLIMBING WALL OPENING TIMES	
<b>1-4 years</b>	OFF PEAK- £4.50 PEAK- £6.50	<b>5-10 years</b>	OFF PEAK- £7.00 PEAK- £8.00
<b>5-10 Years</b>	OFF PEAK- £6.00 PEAK- £7.50	<b>11-17 Years</b>	OFF PEAK- £8.50 PEAK- £9.50
<b>11-14 Years</b>	OFF PEAK- £7.50 PEAK- £8.50	<b>Adults</b>	OFF PEAK- £9.50 PEAK- £10.50
<b>Adults</b>	£2.00		

**OPENING TIMES**

**Monday-Friday**  
09:30-18:00

**Saturday**  
09:30-17:00

**Sunday**  
10:00-16:00

**PEAK TIMES ONLY**  
2 hour time slots start from 09:30 Monday-Saturday  
10:00-Sunday







# LINE DANCING CLASSES IN FUTURES HOUSE

**Debbie Connolly holds a weekly Line Dancing class in Futures House.**

**How did you get into Line Dancing?** I originally started line dancing with a neighbour, around 1995 at the Brache, Gypsy Lane, run by Joan and Ollie Moran. More than 200 other people turned up that first night! I remember seeing a demonstration of Scotia Samba and learning the steps, it was such an achievement! I've danced ever since.

I started teaching line dancing around 9 years ago and never looked back. I love it and find it really satisfying when someone understands something you teach them, especially if they thoroughly enjoy it too!



**What kind of music is played during the classes?** I teach dances choreographed to both pop and country music - from Ed Sheeran, George Ezra, Jonas Brothers and Rod Stewart to Dolly Parton, Glen Campbell, Keith Urban and Luke Combs. I'd like to think there's something for everyone and hope this variety encourages people to give the classes a go rather than be put off because they don't like country music!

**What about if I've never tried line dancing before?** Beginners are initially taught a very simple dance in small sections without music, until the whole dance has been covered. Then we dance it to music which hopefully gives them a sense of confidence and enthusiasm to try something with a greater variety of steps.

Line dancing is a great way to have fun, keep fit and learn something different, but also mix with a variety of different people and age groups. One of our dancers is over 90! You don't need a partner, we have a lot of widows who have made long term friendship groups. There are weekends away, and social events arranged occasionally throughout the year where you can dance to live acts. I've made a lot of really great friends, some I've known for over 20 years! I'd really recommend it to anyone to try.



**Ann Woodrow, who attends the weekly classes and said:** "It's a fabulous class, so friendly and Debbie is great! It's also such a great price for an hour and a half session."

**Adult Line Dancing classes take place every Thursday at Futures House from 10.30am - 12pm. Call Debbie on 07810 742 368.**



# WHAT'S ON IN FUTURES HOUSE COMMUNITY HALLS

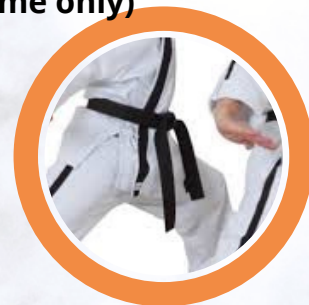
## Monday

11am – 1pm - Luton Foodbank

4.30pm – 6pm - Brain up Abacus Math's class (Term time only)

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

10.30am - 12pm - Adults Line Dancing Class

2pm - 3pm Boxing Saves Lives

1pm - 3pm - Futures 50+ Group

7pm -8pm - Sendo - Ryu Martial Arts

7pm – 8pm - Ladies Dance Aerobics



## Friday

10.30am - 12pm Joseph's Food Basket

1pm – 12pm - Shah Jalal Prayers

2pm – 3pm - AMA Prayers

## Saturday

Available for Social Bookings

## Sunday

10am – 2pm - KICC Church Group



**Our halls and meeting rooms are available for  
hire, call us on 01582 512555 or [click here](#)**

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 10sq m up to 300 sq m 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. We also have conference and meeting spaces which tenants can hire for their meetings and events.

We currently have a number of small, medium and large office spaces available including:

**Unit 17** – A first floor 1035 Sq. ft office

**Unit 22** – A first floor 319 Sq. ft office

**Unit 27** – A first floor 467 Sq. ft office

**Unit 31** - 315 Sq Ft office

**Unit 33b** – A first floor 1794 Sq. ft office for up to 30 persons

**Unit 33** – A first floor 3878 Sq. ft office with 2 meeting rooms for up to 60 people

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**To find out more please call Rafi on 01582 512555 or email [rafi@marshfarmfutures.co.uk](mailto:rafi@marshfarmfutures.co.uk).**



# HELP AND SUPPORT

## 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 10.30am – 12pm. To register email: [josephstorebasket@outlook.com](mailto:josephstorebasket@outlook.com)

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**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.  
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### 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  
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### 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  
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### Luton Borough Council

**Housing/Benefit Advice** 0300 7900 345

**Council tax enquiries** - 0300 7900 340  
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**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.**  
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**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  
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**Cruse Bereavement Support** - Get support and advice no matter how long you've been grieving. 0808 808 1677  
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**Debt Support - Citizens Advice Bureau** - 0800 144 8848  
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**Government information on support for households with energy bills**

# UPCOMING EVENTS



**Marsh Farm Fireworks - 5th November 2022**

**Winter Wonderland - Date to be confirmed**

**Check our website, Facebook and Twitter pages for further information on upcoming events.**

# PICTURE GALLERY



**Stairway to Heaven in Futures Fun Factory.**



**School Children give Fun Factory the thumbs up**



**MFF Trustee, Ann Donelon serving guests at an event in Futures House**



**Futures Cafe hot food**



**Queen's Platinum Jubilee**



**Futures Cafe Cook**



**Happy guests at an MFF community event**



**New climbing walls in FFF**



**Trustees Barry Patel and Dave Crean at Luton Irish Forum event**



**Att10tive using training space in Futures House**



**Groundworks in Futures Halls**



**Residents unite to clear their local area**



**For further information or if you have any comments or suggestions, please  
email us: [info@marshfarmfutures.co.uk](mailto:info@marshfarmfutures.co.uk)  
or call us on: 01582 512 555**

**MARSH FARM FUTURES  
FUTURES HOUSE  
THE MOAKES  
LUTON, BEDS  
LU3 3QB**