

MARSH FARM FUTURES AUTUMN/WINTER E-NEWSLETTER

MARSH FARM FIREWORKS 2022

December 2022



IN THIS EDITION OF THE MFF AUTUMN/WINTER NEWSLETTER:

**MARSH FARM
FIREWORKS**

**WELCOME MESSAGE
FROM MFF CEO**

MFF SME AWARDS

**CRIME PREVENTION
ADVICE FROM
BEDFORDSHIRE POLICE**

**INTERNATIONAL
MEN'S DAY**

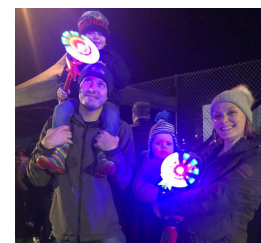
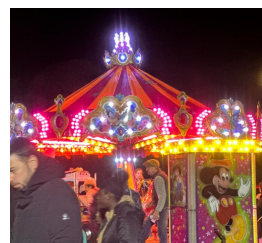
**LUTON & DUNSTABLE
RADIO**

**HELP & SUPPORT FOR
YOU**

UPCOMING EVENTS

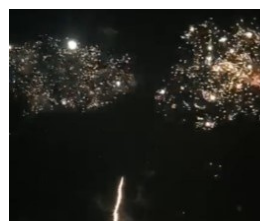
**WHAT'S ON IN
FUTURES HOUSE**

Over 3,500 people came out to enjoy the annual Marsh Farm Fireworks display on Sunday 6th November 2022. Hosted and sponsored by Marsh Farm Futures (MFF) with support from Nisa Local. There were rides for the children to enjoy. Dave Crean, MFF board member with community volunteer and well-known local man, Ian Johnsen, prepared and gave out free hotdogs donated by Barry Patel from Nisa Local.



Cathy McShane, MFF Leisure Team Manager, said: "I would like to say a huge thank you to everyone who attended and helped make this another successful Marsh Farm Fireworks event. It was magical to see the sky lit up with all the different fireworks and feel the joy and excitement in the air with everyone equally delighted."

"Thank you very much to Barry Patel and staff from Nisa Local, who support us every year. Thank you to BT Events and to all the catering units and children's activities providers who all contributed to making this a successful event."



Watch the live finale [here](#) ** contains flashing images**

Alexia, who attended the display said: "It was quite simply the best fireworks display I have ever seen, I go to them every year and this year was by far the best."

"The fireworks arrangement was fantastic with amazing colours. The music went along with every single firework they lit off! Display aside, I saw everything being set up earlier and the amount of knowledge, professionalism and consideration for safety shown has easily assured me that their displays are one of a kind and one that I will always go to and feel safe!"



MESSAGE FROM MFF CEO, MOHAMMED RAFI

Hello and welcome to the Autumn/Winter edition of the Marsh Farm Futures newsletter.

We are working towards bringing back as many doorstep services as possible and with that in mind, have worked in partnership with Luton Citizen Advice Bureau to offer an outreach service here at Futures House. This was a recurring request from the community, particularly as their services were very much sought in these challenging times to help with debt and, legal and housing advice. Despite publicising this, the take up has been slow and we hope that more people take advantage of their accessibility in Futures House. An advisor is here every Wednesday from 9am – 12pm and all you need to do is call 01582 512 555 to book an appointment.

We have also introduced a warm food hub for over fifty-fives' every Monday from 11am in Futures Café. Simply turn up, and you will get a bowl of hot homemade soup and a roll and bottomless cups of tea and coffee until 4pm. There are some easy chairs there and you can sit down with friends or a book or magazine and just relax.

Our free fireworks display took place on Sunday, 6th November this year and was excitedly enjoyed by over 3500 people. During the October half term, we reached out to the family workers in schools in the Northwell area to signpost families who receive free school dinners to Futures House where their children were able to have a hot lunch as either a takeaway or eat in. Over eighty meals were given out over the week.

Preparations are underway for our popular annual pensioners Christmas lunch. It will take place on 15th December, with a three-course meal and entertainment. We also hope to have carol singing from the local school children on the day. For tickets, contact Cathy on 01582 512 555.

This year, I am pleased to inform you that our mini Winter Wonderland is back! This two-day, free entry community event for families will take place on 17th and 18th December. It will feature, among other activities, an ice rink in front of Futures House and a visit from Santa to hand out Christmas presents to children, with 250 children on each day getting a free present.

The Fun Factory continues to offer several discounts including Marsh Farm residents' days on Mondays and Fridays and Childminder discount day on a Thursday.

In this edition you can read more about activities and events that have taken place in Futures House as well as upcoming events. Meet PCSO Noreen Khan from Bedfordshire Police in this newsletter who has given useful crime prevention advice for this seasonal period.

Finally, we still have a few office spaces available to rent, 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.

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.

We wish you all a merry Christmas and a happy New Year.

M. Rafi
Chief Executive

MFF WINS BIG IN BUSINESS AWARDS

Marsh Farm Futures were proud winners in the SME Luton and Beds Business Awards which took place in September 2022. Having initially been finalists in three award categories, Community Business of the Year, Business of the Year less than 50 employees and Lockdown Leader of the year, it was a momentous occasion when winners were announced.



MFF Trustee Dave Crean, Leisure Team Manager Cathy McShane, CEO Mohammed Rafi and Trustee Barry Patel, receiving their award

With other very worthy finalists, Marsh Farm Futures was delighted that CEO, Mohammed Rafi, won the Gold Award for best Lockdown Leader and Marsh Farm Futures won the silver in Best SME Business under 50 employees. MFF Trustees, Barry Patel, Dave Crean and Yasmin Waheed celebrated with the staff team.

Speaking at the ceremony, Chief Executive, Mohammed Rafi, said: " We are honoured to be representing Marsh Farm and Luton at these regional awards and sharing success with other businesses who have been nominated as finalists.

"We are extremely proud to have been finalists in three award categories, and delighted to have won the Gold Award for Lockdown Leader and the Silver Award for Business of the Year less than 50 employees.

"Winning these awards would not have been possible without the support of our hard-working colleagues and the board. On to the National finals next!"



CEO Mohammed Rafi receiving the award for Best Lockdown Leader



Marsh Farm Futures staff and trustees at the event



MEET PCSO NOREEN KHAN FROM BEDFORDSHIRE POLICE



I am PCSO Noreen Khan, a Police Community Support Officer and I work for Bedfordshire Police. I am based at Futures House in Marsh Farm and cover the north west area of Luton.

I started as a PCSO in October 2021, after seeing police officers out and about doing their job protecting the community and helping people. As a mother of five, I wanted to be a role model for my children as well as other women, especially those from my own ethnic background who I think, for various reasons, are under-represented in this area of work. I absolutely love my job as I get a real buzz out of helping people and I particularly like working around the needs of children of all ages.

So, what does a PCSO do?

We are the friendly face and relationship builders between the community and the police service. We help reduce crime and protect the public.

This involves many things such as helping to reduce anti-social behaviour within the community as well as working in partnership with various local agencies, such as Luton Council, local businesses and Neighbourhood Watch.

PCSOs are also ambassadors between the police and our communities and support local schools by engaging with staff, pupils and parents.

Seasonal Crime Prevention Advice from Bedfordshire Police

During this time of year, we often see an increase in burglary due to the earlier nights and people purchasing expensive items as Christmas presents.

We have lots of advice on our [website](http://www.marshfarmfutures.co.uk) but here are our top tips on staying safe this festive period.

Here's what we recommend you do before you go out:

- Make your home look as if it is occupied by keeping a light on a timer (use an energy saving bulb) and lock doors
- Never leave your keys and valuables within view or reach of windows, letterboxes, or cat-flaps
- Always lock your front door from inside – especially UPVC front doors that have handles, as they are often left unlocked when people are in their house.
- Close, and ideally lock, all windows when you're not in the room – around one in four burglaries still happen because doors have been left unlocked or windows left open
- After putting up the Christmas lights, put away DIY equipment and garden tools in your shed, storage cupboard or garage, and ensure they're securely locked up
- Check your outside lighting and CCTV equipment is in good working order and replace any faulty equipment. It's also worth checking the batteries in torches and smoke alarms



CRIME PREVENTION ADVICE FROM BEDS POLICE

Fraud Prevention for older people

We are also seeing a spike in fraud related crimes targeting the older generation.

We'd like to share some tips with you to help you prevent fraud and beat the scammers:

- Be suspicious of all 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes
- Don't agree to offers or deals immediately. Insist on time to get independent or legal advice before making a decision
- Don't hand over money or sign anything until you've checked someone's credentials and their company's
- Never send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment you're not comfortable with
- Never give banking or personal details to anyone you don't know or trust. This information is valuable so make sure you protect it
- Always log on to a website directly rather than clicking on links in an email
- Don't just rely on glowing testimonials. Find solid, independent evidence of a company's success
- Always get independent or legal advice if an offer involves money, time or commitment
- If you spot a scam or have been scammed, report it and get help
- Don't be embarrassed about reporting a scam. Because the scammers are cunning and clever there's no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others.

If you have been a victim of fraud or burglary, please call 101. If you believe a burglary is in process, please call 999.

Find out more about crime prevention advice on our website:

<https://www.beds.police.uk/cp/crime-prevention/>

To find out more about Bedfordshire Police go to their website
<https://www.beds.police.uk/>

Over 70 people came to Futures House to celebrate International Mens' Day 2022 in Futures House on Saturday 26th November 2022.

Over 12 exhibitors including Samaritans, Empowered Learning, Man Dem Chat and Recovery College and over 15 guest speakers including Ricky Hill, John Cheatdom, Jordan Thomas GB World Karate Champion, Jason Richards, Deputy Head Teacher, Barrister and therapist and many more joined Simply Dee events and Marsh Farm Futures to celebrate International Mens' Day 2022.



**Author and Singer
John Cheatdom**



**Ricky Hill opens
the event**



Guest speaker



Samaritans at their stand

BBC Three Counties Radio also joined in the celebrations taking a photo outside Futures House with presenter Danny, Dee, Cece Terrelonge and Luton legend Ricky Hill, as the first clue in the station's Treasure Quest.



Speaking after the event, Cathy Mcshane from Marsh Farm Futures said: "It's great to have a returning event come back to Futures House. This is our second International Men's event and we were lucky enough to have not only inspirational speakers from different walks of life, but also representatives from organisations and self help groups who focus on men's mental and physical health.

"The international Men's Day is a great complement to International Women's Day which we celebrate annually in Futures House in conjunction with Simply Dee Events, and is part of the wide ranging programme of events that Marsh Farm Futures offers to the community.

"Thank you to Dee Bailey, who worked very hard to make this event possible, the incredible speakers and everyone who came to the event."

LUTON & DUNSTABLE RADIO LIVE SHOW

L & D Radio carried out their first live outside broadcast in Futures House on Wednesday 23rd November.

L & D Radio presenter, Keith Bowden who does the Clang show, every Wednesday, 15.00-18.00, spoke to different businesses and community groups within Futures House, including Marsh Farm Futures, Imercare Solutions Ltd and the Sundon Arts Group who have Art Classes in Futures House every week.



L & D Hospital Radio team, Keith Bowden, Glyn Davies and Paul Twydell

Charmaine Norrish from the Bedfordshire Hospitals NHS Charity Team was also a guest at the live event and spoke about the work they had been doing supporting patients of both Bedford Hospital and Luton and Dunstable University Hospital. Louis Pratt & Kate Gooden from Keech Hospice came in to join the live broadcast and spoke about their work in the community. Marsh Farm Futures CEO, Mohammed Rafi, spoke about Futures House and how it benefits the community in various ways including offering affordable office space and giving discounts to residents in Futures Fun Factory, indoor leisure park.



MFF CEO, Mohammed Rafi chatting to host Keith

L&D Radio Manager, Glyn Davies said: "As a community Radio station, our aim is to engage with the community, tell them about different activities and events available to them, play good music, interview people of interest and generally make people feel better wherever they are, when they listen to us. Our live outside broadcasts were a key feature of ours prior to COVID, this was our first one in years and we've had great feedback. We aim to do more live feeds from different areas in the community so stay tuned."

Listen to L & D Radio on 1134 AM (1134 MW) & online, email them at info@ldhr.co.uk



HELP AND SUPPORT FOR THE COMMUNITY

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 or turn up at Futures House

Food First Luton - Free school meals for children, register to receive supermarket vouchers and free places and meals on holiday activities, Go to www.luton.gov.uk/freeschoolmeals for more information.

Warm Hubs

Futures House- Every Monday from 11am - 4pm Over 55s' only - Free hot, home made soup with a roll and bottomless teas and coffees.

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

Domestic Abuse

In an emergency, dial 999

National Domestic Abuse 24 hour helpline Tel.0808 2000247

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.

tokko.co.uk Tel 01582 5449900

Luton Borough Council

Housing/Benefit advice 0300 7900 345

Council tax enquiries - 0300 7900 340

Support with the cost of living [click here to find out more](#)

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.

Bereavement

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

cruse.org.uk 0808 808 1677

Debt

Debt Support - Citizens Advice Bureau - 0800 144 8848. An advisor will be in Futures House every Wednesday but you must book an appointment in advance. Call 01582 512 555.

Government information on support for households with energy bills

helpforhouseholds.campaign.gov.uk/help-with-your-bills

UPCOMING EVENTS





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
7pm - 8.15pm - Yoga



Wednesday

9.30am - 3.30pm - Sundon Park Arts
5pm - 8pm Temple Martial Arts Kick Boxing



Thursday

10.30am - 12pm - Adults Line Dancing Class
3pm - 5pm 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**

"improving the wellbeing and quality of life of people in Marsh Farm and the surrounding areas"



■ **OFFICE SPACE AVAILABLE**

■ **TRAINING AND MEETING ROOMS**

■ **BUSINESS CENTRE**

■ **CHILDREN & YOUTH ACTIVITIES**

■ **HALLS FOR HIRE**

■ **COMMUNITY EVENTS**

■ **INDOOR SOFT PLAY**

■ **COMMUNITY CAFE**



MARSH FARM FUTURES

FUTURES HOUSE, THE MOAKES, LUTON, BEDFORDSHIRE, LU3 3QB

Tel. 01582 512 555

www.marshfarmfutures.co.uk

 **@MarshFarmFuture**

 **Marsh Farm Futures**