

Marsh Farm  
**Futures**  
working for all the community



2023  
**Autumn**

# NEWSLETTER



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Rent our spaces



  Marsh Farm Futures

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# A Message from our CEO

Hi everyone,

Welcome to the Autumn edition of Futures Newsletter. I hope this message finds you well. Marsh Farm Futures is here to support you during this lengthy cost-of-living crisis, which is making life difficult for so many. You will find information in this newsletter of many organisations that offer help and support and I would encourage you to reach out to them if required. Other than the food banks on Mondays and Fridays at Futures House, I am also delighted to announce the opening of our Community Fridge, an incredible resource for stopping food waste and as a food resource, more information is provided on page 4 of this newsletter.

Over the summer, we had great success with our Summer Holiday Camp, which offered both a morning drop-off session and an afternoon stay-and-play session, both of which provided a free and nutritious meal. Our Get Outdoors Group helped encourage families to spend some quality time in the fresh air with our weekly wellness walks and two community trips to Rushmere and Stockwood.

In June we marked the 75th Anniversary of HMS Windrush's arrival, this was a vibrant celebration of Caribbean culture with hat-making workshops, carnival costumes, outdoor games, Caribbean beats and fusion food. We hope those who attended had an informative and joyous time.

Futures Fun Factory has some great upcoming packages for soft play and climbing walls; please also note the new term time opening hours on page 10. The Fun Factory will be closed on Wednesdays to provide SEND sessions; anyone wishing to attend, please contact the team. There is also some information about our great birthday party packages available. There is an updated timetable for our community halls, so you know what's going on in your area, if you are interested in any of these groups or clubs, please reach out to them individually to join. We'd also like to remind you that our halls are available for social hire on Saturdays, perfect for christenings, mehndi's, weddings and birthday parties. A few office spaces are still available to rent so if you are interested in having an office in a modern managed facility with ample free parking in North Luton, give us a call.

Finally, we would like to remind everyone about the upcoming annual Fireworks display on November 5th and invite you to our super spooking Halloween party in the Fun Factory! We'd also like to extend well wishes to those celebrating Diwali. We hope you have a great time throughout Autumn and I look forward to meeting you at one of our events.

Take care!



**Mohammed Rafi**

Chief Executive Officer





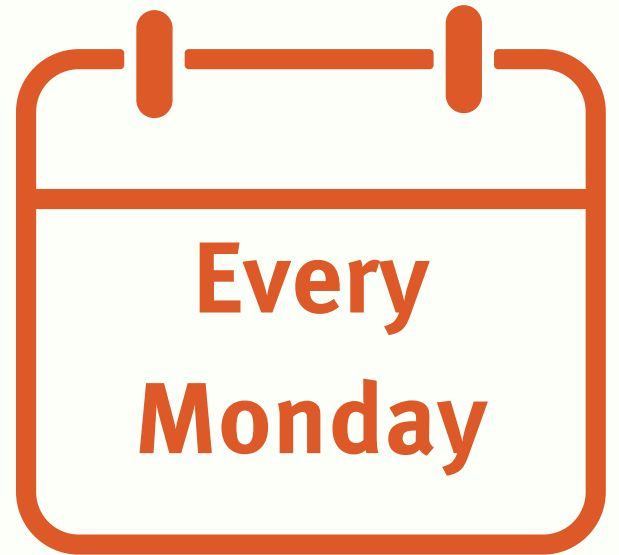
# Advice & Signposting Sessions

Come and join our  
Advise and  
Signposting  
sessions at

Futures House every  
Monday.

Ran by the Luton  
Food Bank.

Call 01582 512 555  
to book in.



11 am  
till  
1 pm



# WINDRUSH

## Celebrating 75 Years of Windrush: A Cultural Extravaganza

In June, Marsh Farm Futures marked the 75th anniversary of H.M.S. Windrush's arrival with a vibrant celebration of Caribbean culture in the UK. Local children from two schools participated in hat-making workshops led by designer Rowan, who shared his Caribbean-influenced journey as a designer. Inspired, the children designed and painted their own bucket hats, connecting with Luton's hat-making heritage.

The Windrush celebration at Futures House on June 24th was a spectacle. A live DJ played Caribbean beats, plus outdoor games and Caribbean fusion food added to the festive atmosphere. Inside, a hat exhibition and dazzling carnival costumes delighted visitors. Displays from Luton Adult Learning, Mary Seacole Housing Association, and information about the Windrush generation educated attendees. With thanks to Bedfordshire Cultural Support Fund and 75RUSH for making this event possible.



## Abuse Helplines

In an emergency please call 999

National Domestic Abuse Helpline 24/7  
08082000247

Mens Domestic Violence Helpline  
0808 8010327

Ebonistas Project Helpline for Women  
07306088816

Childline - Child Abuse Helpline  
0800 1111

Stop It Now - Child Sexual Abuse Helpline  
0808 100 0900

## Food Support

**Luton Foodbank** - Futures House every Monday 11 am - 1 pm. Call 01582 725838 for information on eligibility and other locations.

**Joseph's Store Basket** - Free food parcels, including culturally significant food. Register at josephsstorebasket@outlook.com or show up at Futures House every Friday from 10.30 am - 12 pm.

**Food First Luton** - Support with food scarcity and information about supermarket vouchers for children with free school meals.

## Debt Support

**Turn2Us** - Advice on financial security and debt  
0808 802 2000

**StepChange** - Free legal support and debt advice  
0800 138 1111

**Citizens Advice Bureau** - Free legal advice  
0800 144 8848

## LGBTQ+ Support

**Switchboard** - LGBT+ Helpline for anyone struggling with their sexual or gender identity. Open 10 am till 10 pm  
0800 0119 100

**TOKKO Luton OK2B** - Youth group for queer people aged 13-19. Email lizzie.bottrill@tokko.co.uk or call 01582 544990

## Housing Support

**Shelter** - Offers support, advice and advocacy for tenants rights. Call 0808 800 4444 for urgent homelessness support.

**Luton Borough Council**  
Emergency Repairs - 0800 014 7333  
Housing/Benefits Advice - 0300 7900 345  
Council Tax Enquirers - 0300 7900 340

**National Gas Helpline**  
Suspect a gas leak? Call 0800 111 999

HELP &

SUPPORT

## Mental Health Support

**Samaritans** - Confidential helpline for anyone who needs someone to talk to, big or small. They'll listen. Call 24 hours a day, seven days a week- 116 123

**shout** - Don't want to speak? Text 'SHOUT' to 85258 for free, confidential support via text 24/7

**YoungMinds.org.uk** - Signposting and support for young people's mental health, including a parents helpline.

**muslim youth hotline** - Faith and culturally sensitive support. Open 4 till 10 pm 0808 808 2008





Marsh Farm Futures launches Luton's first ever 'Community Fridge' as part of The Community Fridge Network in a growing effort to tackle food waste. Food waste is a big issue in the UK. The average household throws away £700 worth of food every year and at the same time, 4 million people in the UK are living in food poverty. Most food waste in the UK is avoidable and could have been eaten had it been better managed.



*Our Grand Opening ft. High Sheriff Of Bedfordshire*

The Community Fridge is one of a growing number opening across the UK. The concept first arrived in the UK in 2016 with Community Fridges opening in Swadlincote, Frome and London. Now, over 50 projects are running across the country. Marsh Farm Futures is calling all local food businesses/ allotment holders in Luton to donate surplus food. With thanks to the Greener Future Fund, managed by BLCF and funded by London Luton Airport.

Open  
Wednesday's 5 - 7:30 pm  
&  
Friday's 3 - 6pm

Come along and register  
for free!



# Get Outdoors

## Reflecting on the Success of Marsh Farm Futures' Get Outdoors Programme

As the summer sun begins to wane and we transition into the Autumn season, we take a moment to reflect on the remarkable journey we've embarked on together with Marsh Farm Futures' Get Outdoors Programme.

**Weekly Wellness Walk:** Our Friday noon walks outside Futures House allowed adults to rediscover nature's beauty and connect with each other.

**Sensory Walks:** Tailored for adults and young people with SEND, these engaging adventures explore the senses through storytelling, making the outdoors more accessible to all.

**Get Outdoors Community Trips:** Two unforgettable trips to Rushmere and Stockwood brought families together, creating lasting memories in nature.

We encourage you to continue embracing nature and its many benefits. Whether it's a weekend hike, a leisurely stroll, or simply spending more time in your garden, keep the outdoors close to your heart.

We extend our heartfelt gratitude to Sport England & National Lottery's Together Fund for their generous support, which made this programme possible.





# Community Halls **Whats** On...

11 am - 1 pm Luton Food Bank  
4.30 - 6 pm Brain Up Abacus Class  
7- 8 pm Sendo-Ryu Martial Arts

Monday

Tuesday

2 - 4 pm Limbury 50+ Group  
7 - 8.15 pm Yoga

9.30 am - 3.30 pm Luton Art Club  
5 - 8 pm Temple Martial Arts Kick Boxing

Wednesday

Thursday

10.30 am - 12 pm Adults Line Dancing  
1 - 3 pm Futures 50+ Group  
7 - 8 pm - Ryu Martial Arts  
7 - 8pm Ladies Dance Areobics

10.30 - 12 pm Josephs Food Basket  
12 - 1 pm Shah Jalal Jumu'ah Prayers  
2 - 3 pm AMA Jumu'ah Prayers

Friday

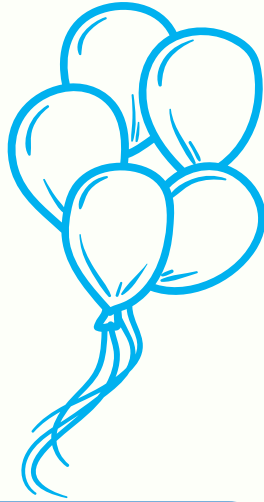
Sat/Sun

Saturday  
10 - 11 am Tai Chi  
Sunday  
10 am - 2 pm KICC Church Group



# Party's

Come and  
celebrate with  
partys at  
Futures Fun  
Factory!



at



## Private Hire

Private event for 2 hrs - £300  
Additional £50 to include climbing  
walls.

Climbing wall use will depend on  
staff availability.

Maximum 80 people including  
adults.

Private hires are closed to the  
public and outside of open hours.

Weekdays - 6 - 8 pm

Saturday 5 - 7 pm

Private hire is only for access to  
the venue but you are welcome to  
bring your own food/party bags  
etc.

*Minimum 4 week notice*

## Soft Play Party

2 Hours inc. 30 mins for food &  
cake.

£150 for 10 children.

£13 per additional child.

## Combo Party

*Soft Play & Climbing Walls*

Climbing wall use will depend on  
staff availability.

2 hrs 30 inc. 30 mins for food &  
cake.

£200 for 10 children.

£17.50 per additional child.

Each party includes food for each  
child, juice throughout and a  
party bag per child. (Please feel  
free to bring some sweets to put  
in the party bags)

**A deposit of £50 will be taken at  
the time of the booking.  
Balance must be paid 2 weeks in  
advance of the event.**

To book call or email:

01582 492166

fff@marshfarmfutures.co.uk





# Summer Holiday Camp

We're excited to share a quick update on our summer holiday camps, made possible by the Department for Education's Holiday Activities and Food programme.

This summer, we offered 300 spaces on our camps and playschemes for children receiving Free School Meals, and an additional 40 spaces for families affected by the cost-of-living crisis. We ensured that everyone had a fantastic time with activities like soft play, arts and crafts, biscuit and cupcake decorating, and our thrilling climbing walls. In August, we organised eight camps spread over four days. Our morning camp catered to children aged 6–8 and offered a drop-off option for parents. In the afternoon, we hosted a stay-and-play session for families, fostering togetherness. These initiatives reflect our commitment to creating an active and inclusive community.



*Energise*  
**LUTON**  
HOLIDAY CAMPS

 **be active**



# Opening Hours

Last entry 1 hr before closing

## Peak

School Holidays & Bank  
Holidays

### Monday - Friday

10:00 am - 12:00 pm

12:30 pm - 2:30 pm

3:00 pm - 6:00 pm

## Off Peak

Term Time Only

### Monday - Friday

10:00 am - 6:00 pm

**Wednesday - CLOSED**

## Weekend

### Saturday

10:00 am - 12:00 pm

12:30 - 2:30 pm

3:00 pm - 5:00 pm

### Sunday

10:00 am - 12:00 pm

12:15 pm - 2:15 pm

2:30 pm - 4:00 pm



## Price List

### Peak

School Holidays & Bank  
Holidays

1 - 4 Years - £6.50

5-10 Years - £7.50

11-12 Years - £8.50

Adults - £2.00

### Off Peak

Term Time Only

1 - 4 Years - £4.50

5-10 Years - £6.00

11-12 Years - £7.00

Adults - £2.00

SEND sessions are available  
on Wednesdays for  
individuals, schools and  
organisations.

Contact:

[alexia@marshfarmfutures.co.uk](mailto:alexia@marshfarmfutures.co.uk)



# NEW Climbing Walls

Discover family fun at Futures Fun Factory with our new climbing walls! Older kids can climb, younger ones can play in our soft play area, and parents can relax at our Community Cafe. It's the perfect destination for active family outings. Join us today!

## Price List

**Children MUST be 5 and above  
Peak**

**School Holidays & Bank  
Holidays**

5-10 Years - £8.00

11-17 Years - £9.50

Adults - £10.50

**Off Peak**

**Term Time Only**

5 - 10 Years - £7.00

11 - 17 Years - £8.50

Adults - £9.50

Soft Play  
&  
Climbing  
Package  
Coming Soon!



# U P C O M M I N G



Don't know what to do with the kids this spooky season? Bring them down to Futures Fun Factory for the best Halloween party in town!



Don't miss our iconic fireworks display this Guy Fawkes Night at Lea Manor Fields







# Rent Our Spaces?

## Grow your business with office space at Futures House

Perfect for start-ups, solopreneurs, growing and medium sizes businesses who are looking for space, our offices can be perfectly tailored to your business as it flexes and grows. Rent flexible office space, suitable for 1-20+ people with 24/7 around-the-clock access allowing you to work whenever inspiration strikes.

We also have meeting rooms for hire for up to 32 people with free WiFi, white boards, flip charts and projectors available.

## Host in one of our Halls

At Futures House, you'll find three fully air-conditioned Community Halls- equipped with sliding partitions to cater to events of any size. Planning a community gathering or a personal celebration like a birthday, wedding, or mehndi, our versatile spaces are the ideal choice.

