

Marsh Farm Futures

working for all the community

2023 Winter NEWSLETTER

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A Message from our CEO

Hi everyone,

Welcome to the Winter edition of Futures Newsletter. Autumn has gone, and winter is here; before you know it, it will be spring. I hope this message finds you well and looking forward to the festive season.

Marsh Farm Futures is here to support you during this lengthy cost-of-living crisis, especially as the weather turns colder. As always, 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.

We were very grateful to receive a number of Warm in Winter bags donated by Small Acts of Kindness that we have been distributing among vulnerable members of our elderly community to keep warm in the colder months.

Kids Out and North Luton's Rotary Club have also donated a very generous 300+ Christmas presents that we will be distributing among vulnerable children in our community throughout the festive season.

Many of you joined us for our annual Marsh Farm Futures Fireworks Display and it was lovely to see so many familiar faces. We're so glad the display was thoroughly enjoyed by all, and hope to see you all again next year!

I am thrilled to announce that Futures House has had a defibrillator installed, thanks to a grant from the Department of Health & Social Care. We are very proud to have taken this step to help ensure the wellbeing and safety of our community.

We had an important visit from Bedfordshire's Violence & Exploitation Reduction Unit with the anti-knife campaign 'Just Drop It'. The team came interact with the local community, especially young people, to challenge people's misconceptions and highlight the devastating ripple effect of knife crime.

In October, we celebrated spooky season with an all-out Halloween Party in Futures Fun Factory. This event was a blast; tickets sold out quickly though, so be sure to keep an eye out for Futures Fun Factory Christmas Party going on sale!

I'm proud to announce that our Community Fridge is a continuing success and has recently been awarded a 5-star hygiene rating, which is a testament to the team's ongoing hard work and commitment. There is a heartwarming piece in this issue on how the community fridge touched one of our over 50s groups.

We'd like to remind you that our halls are available for social hire on Saturdays, perfect for christenings, mehndi's, weddings and birthday parties.

If anyone is struggling with not only finding suitable work but keeping it, take a look on page 5 and fill in a referral. This comes from one of our very own tenants Shaw Trust whom I am happy to be able to support. A few of our 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.

We'd also like to remind you to check out the details of our upcoming Christmas events at the back of this newsletter; I look forward to meeting you at one of our events.

I would like to give a big thank you to all Marsh Farm Futures Staff, our volunteers, including all our Trustees who gave up their valuable time to make our work possible and such a success. Finally, I wish everyone a peaceful, healthy and magical Merry Christmas and a Happy New Year!



Mohammed Rafi

Chief Executive Officer



Fabulous Fireworks

Sponsored by
Nisa

Marsh Farm Futures once again illuminated the skies and hearts of the community with our annual Fireworks Display at Lea Manor Fields on 5th November.

This year's event was extra special, it was very well attended and with a breathtaking display that captivated families and friends alike. The fireworks, synchronised perfectly to a family-friendly 2023 playlist, created a stunning spectacle that left attendees in awe.



Marsh Farm Futures team enjoying the display.

One visitor exclaimed, "It's been the best one yet, the timing with the music was really cool," capturing the sentiment of many. Another loyal attendee expressed, "I come here every year and always love it," showcasing the enduring appeal of this cherished community tradition. Marsh Farm Futures Trustees Barry, Annette, Dave, along with CEO Rafi, thoroughly enjoyed their time at the event. It was sponsored by our very own trustee Barry, owner of the local Nisa's, the evening was a resounding success. The Nisa staff revelled in the festivities, enjoying their thank-you cakes the following day, a small token of appreciation for their support.



Monna & Louise from Nisa enjoying their thank you cakes the next day

The vibrant array of vendors added to the festivities, offering delightful treats and entertainment for all. From DrkDish's to Really Awesome Coffee's and Munchees Burger Van's mouthwatering offerings, there was something to satisfy every craving. Gumbles Funfair added an extra dose of excitement. One of the highlights was the light-up stall, offering a fundraising opportunity for a local fundraising group. This endeavour brought our community organisations together in support of each other.



CEO Mohamed Rafi & Board Member and owner of our local Nisas Barry Patel



 **KidsOut**
THE FUN & HAPPINESS CHARITY

Big Gift Give Away

Marsh Farm Futures is gearing up for a heartwarming initiative this holiday season. The organisation has received an overwhelming outpouring of kindness, with over 300 presents generously donated by Kids Out and the Luton North Rotary Club. These presents will find their way into the hands of local vulnerable children through an incredible collaboration. Marsh Farm Futures will be distributing these presents to local Holiday Camps run by Energise Luton.

Additionally, the magic of Christmas will be brought alive closer to home at Marsh Farm Futures' very own Santa's Grotto. The space will transform into a wonderland adorned with these thoughtful presents, awaiting the eager anticipation and wide-eyed wonder of vulnerable children identified from the local community. This holiday season, let us all take a page from this heartwarming initiative, embracing the spirit of giving and spreading joy wherever we can.



Futures House Gets a Defib



Marsh Farm Futures has successfully secured a grant from the Department of Health and Social Care to install a life-saving defibrillator at Futures House. This initiative marks a pivotal step toward enhancing the safety and well-being of our community. Every year in the UK, over 30,000 out-of-hospital cardiac arrests occur, with less than a tenth of the victims surviving. However, with timely and effective treatment (CPR and defibrillation), the survival rate can soar to an encouraging 70 percent.

It's crucial to note that the likelihood of survival diminishes by 10% every minute following a cardiac arrest, emphasizing the critical importance of every passing second. By making defibrillators more accessible, we significantly increase the chances of survival for those experiencing a cardiac arrest. The defibrillator, situated prominently on the exterior of Futures House, will be accessible 24/7 to all members of our community. In case of an emergency, remember to promptly dial 999; the

operator, will I guide you to the nearest defibrillator and provide the security code to access it? This life-saving equipment is designed with user-friendly, loud, and clear instructions, enabling anyone—even those without prior training—to potentially save a life. Its presence not only saves lives but gives peace of mind within our local community.

Our grand opening was attended by Annette White and Heng Khoo our Health board member and COO who applied for the grant. The installation of the defibrillator at Futures House embodies Marsh Farm Futures' commitment to the well-being of our residents.



Department
of Health &
Social Care



Spooktacular Halloween Party

What a scream of a Halloween bash we had at Futures Fun Factory in Marsh Farm! Our sold-out Halloween Party was an absolute treat (with just a pinch of spookiness) for all our little goblins and ghosts.



From soft play to climbing walls, party games to a spine-tingling spooky disco, we conjured up a day of monstrous fun! Our older adventurers scaled new heights on the climbing walls, while the soft play area was a hive of activity. The party games kept everyone engaged, and our eerie arts and crafts station let imaginations run wild as little artists crafted their own spooky masterpieces. And let's not forget about the feast! We made sure no tummy went empty with delicious food for each child. To top it all off, each little party-goer took home a special party bag, packed with goodies to keep the Halloween spirit alive. We're thrilled to have shared this spine-tingling event with all of you!

A massive thanks to all the attendees for making this Halloween Party a monstrously successful affair! Save the date for our Christmas Party; don't miss out on the jolly festivities awaiting you at Futures Fun Factory. Join us as we celebrate the most magical time of the year! Keep an eye on our social channels and website for more details and ticket sales.



Help & Support

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

Rape Crisis - 24/7 Helpline
0808 500 2222

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

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

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

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

Non Emergency

In an emergency please call 999 for police, ambulance and fire & rescue.
Non Urgent NHS
111
Non Urgent Police
101



'Just Drop It' at Futures House



"Just Drop It" aims to educate by sharing real-life stories, impactful films, and interviews with those directly affected by knife crime. It highlights the ripple effects, devastating lives, families, and communities. The campaign underscores that resolving this issue is not a problem one person, group or agency can solve but a

collective responsibility.

During their visit to Marsh Farm Futures House, VERU engaged residents, sparking thought-promoting conversations and spreading education. The campaign serves as a call for unity, urging people to stand together against knife violence and create safer environments.

The campaign was delivered by Bedfordshire's VERU team who were joined by Beds Police Officers, local community members and members of the Marsh Farm Futures team.



Local Police Officer, VERU team and Marsh Farm Futures COO Heng.

VERU team interacting with young people from local schools

Bedfordshire's Violence & Exploitation Reduction Unit (VERU) has launched the "Just Drop It" campaign to address the pressing issue of knife crime in local communities. With the tagline "Think Twice. Think Life. And Just Drop It," the campaign emphasizes the collective responsibility to eradicate knives from the streets and protect young people.

Warm in Winter Bags

Thanks to a generous donation from the charity Small Acts of Kindness, Marsh Farm Futures has received an number of Warm In Winter Bags, each carrying not just essentials but also a message of warmth, comfort, and solidarity.

These thoughtfully curated bags are designed to provide essential warmth and sustenance during the chilling months. Packed with a cosy blanket, thermal socks, hat, and gloves, packets of hot drinks, porridge, and soup – warming for both body and soul. There's also a booklet filled with useful information, offering tips, resources, and support contacts, ensuring that the recipients have access to the help they might need.

Members of Futures 50+ group receiving their bags

Marsh Farm Futures has already begun distributing these Winter Warmth Bags to vulnerable members of the elderly community, ensuring that no one feels forgotten or overlooked during these colder months.



Sarah from the Small Acts of Kindness team delivering the bags to our Administration Officer Summer.



Community Fridge Blooms



Community Fridge Team celebrating their flawless 5 star hygiene status. Marsh Farm Futures Community Fridge continues to flourish, not just with edibles but with an unexpected splash of colour and joy. The ethos of the Community Fridge is simple yet impactful: to repurpose and redistribute food that would otherwise face the grim fate of waste. Since opening in July this year up until 1st December it has diverted an impressive 33,470 kg of food waste away from landfill and into the hands of the community.

Its recent recognition with a 5-star food hygiene rating shows our commitment to quality and safety. Every Wednesday from 5 pm to 7:30 pm and Friday from 3 pm to 6 pm, we welcome everyone. Recently, a delightful surprise blossomed within this project, courtesy of Bramingham Sainsburys. Rather than disposing of unsold flowers, they chose to gift these vibrant blooms to the Community Fridge.

The Limbury Over 50s group, a community group at Futures House every Tuesday, became the recipients of this beautiful gift. "They are gorgeous," remarked Margret, a member of the Over 50s group. "I can't wait to brighten my house up with them."



Margaret from Limbury's 50+ Group



Find and keep a job with the support of
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Fill out a referral form and a member of our team will get in contact!



shaw trust

We understand that finding the right job can feel overwhelming, that is why we are here to support you in that journey, and introduce you to find exciting job opportunities that you may not even know exist!

We're firm believers that the most powerful path to helping individuals move into work that suits them is by actively nurturing, training, and growing their skills right within the workplace.

Our commitment goes beyond just finding you a job; it's about helping you carve out your future in the world of work.

We'll be your unwavering support throughout this journey, from exploring your interests to landing you the job, and even after you've started, we'll continue to support you.

WHP Pioneer is more than employment support; it's an opportunity. It's voluntary, it's accessible, and it's open to anyone eligible and eager to step into the workforce.

Your future is yours to shape, and we're here to make it happen together!





Rent Our Spaces?

Grow your business with office space at Futures House

Perfect for start-ups, solopreneurs, growing and medium sized 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 50 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.



Marsh Farm Futures



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