

Marsh Farm
Futures
working for all the community

2024
Spring
NEWSLETTER

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Community Fridge at Christmas

December proved to be a record-breaking month for the Marsh Farm Futures Community Fridge, with an astounding 158 kilograms of food donated in the two weeks leading up to Christmas. This incredible feat was made possible thanks to the generosity of our local partners, including Bramingham Park Sainsburys, who contributed a substantial 57.5 kilograms of food with an in-kind value of £50.00. Additionally, we extend our thanks to Penrose Garden Roots to Recovery for their donation of fresh produce from their allotments, enriching our offerings with nutritious options. The impact of these donations was profound,

with over 180 kilograms of food redistributed back into the community throughout December, diverting a significant amount from ending up in landfills. Throughout the month, the fridge served 22 individuals, which hopefully added a little something extra to their Christmas. Moreover, the growth of this initiative is a testament to the support of our community. We are thrilled to announce that we now have 100 registered members, each contributing to the success of this vital resource.

Our Youth & Community Officer Emily collecting the generous donation from Bramingham Park Sainsburys

The Community Fridge continues to be open on Mondays from 2:30 to 5:30, Wednesdays from 5 to 7:30, and Fridays from 3 to 6, and registration is free and open to all.



Santa visits Futures Fun Factory

On Friday, 16th December 2023, the festive magic was in the air as the lead-up to the big day built. Here at Futures Fun Factory, we had the absolute pleasure of hosting a Christmas Party. It was another smash hit Fun Factory event that sold out online! We were overjoyed to see so many families join us for this special event, and we're thrilled to share some heartwarming feedback from two of our wonderful parents who attended: Shannon: "What a great few hours! It was amazing, and the kids got spoiled. Well done to you all; I was impressed!!! We'll be back next year!" Kyley: "Absolutely amazing party! The kids had a great time,

the staff are always so happy and helpful. Well done to all, and thank you for putting on such a great day." We are immensely grateful for such kind words and are delighted to have provided an unforgettable experience for all who attended. Our Christmas party was a day filled with festive activities and joyous moments.



Santa's Grotto inside Fun Factory

From arts and crafts to live entertainment, a delicious lunch and special gifts for every child, excitement was in the air. The highlight of the day was undoubtedly the special visit from Santa Claus himself! Each child had the opportunity to meet Santa, share their Christmas wishes, and receive a lovely gift. The enthusiasm and joy from both the children and the dedication of our staff made this event truly magical. We are immensely grateful for the opportunity to spread happiness and create lasting memories for our community. Mark your calendars, because our Easter 2024 offers promises to be just as exciting!



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



Community Jobs Fair

On the 27th of February, Marsh Farm Futures played host to a vibrant and bustling job fair here in our Community Halls. It was a fantastic event, with such a warm



and welcoming atmosphere. The job fair was part of a series organised by the Luton Council, with the aim of engaging residents and linking them up with a range of employment and training opportunities.

We were honoured to be selected as one of the venues for this initiative, and it was heartening to see so many local community faces. One of the highlights of the event was the presence of some of our very own tenants, including representatives from Bedfordshire Police and Shaw Trust. Their participation added great value to the fair, providing attendees with direct access to potential employers and support services right within their own neighbourhood.

From household names like EasyJet to esteemed institutions like the Princes Trust and Luton Council themselves, there was something for everyone. Other participants included the, Home Instead, Mitie,

The Forklift Truck Training Centre, National Careers Service, and Avon. Cllr Javeria Hussain, Portfolio Holder for Skills and Employability, said: "We are excited to hold these job fairs which we hope will be helpful. Our aim is to support the local community by providing a platform for job seekers to connect with local employers and access resources that can help them to find the right career pathway or training opportunity. Whether you're actively seeking employment, considering a career change, or simply curious about what opportunities are out there, we encourage you to attend future events like these."

Luton

Tea & Toast Morning

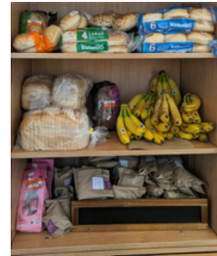
We're delighted to share the new success of our Tea and Toast morning, an initiative launched in December at Marsh Farm Futures. Since it started, it has become a warm and welcoming gathering for those seeking social companionship. Over the past few months, we've been thrilled to witness a growing attendance, with a regular group of members now forming the backbone of our group. It's heartening to see familiar faces mingling with newcomers, fostering connections over cups of tea and a slice of toast. Every Friday from 10 am to 12 pm, Hall 1 at Futures House transforms into a hub of warmth and camaraderie.



Whether you're in search of something to do or simply wish to forge new friendships, our Tea and Toast morning welcomes all with open arms. And the best part? It's completely free to attend!

One of the most remarkable aspects of our Tea and Toast morning is its collaboration with our Community Fridge a partnership that goes beyond mere sustenance. Together, we're tackling food waste by redirecting surplus donations back into the community. Each week brings a new spread of bread and pastries, generously provided by our donors, ensuring that nothing goes to waste.

Let's continue to build upon the success of our Tea and Toast morning, creating a warm environment where everyone feels valued, included, and supported.



A range of donations from the Community Fridge



**EASTER
HALF TERM
SPECIAL**

Special discounted prices for Climbing Walls!

5 - 10 YEARS - £4
11-17 YEARS - £5
ADULTS - £6

Limited sessions and spaces per day, these must be Pre-booked.
This offer is for the climbing walls ONLY and does not include entry into the soft play.

Everyone who books and turns up for the session will be entered into a draw for a chance to win a 50% off voucher for the Climbing Walls for them plus 5 friends who will also enjoy free pizza and a drink on us!

Please visit The Fun Factory or Call us on 01582 492166 to Book.

SESSIONS dates:
Monday 1st April 2024
Thursday 4th April 2024
Monday 8th April 2024
Thursday 11th April 2024

Session Times:
10am, 12:30pm, 3:15pm and 4:15pm

HAPPY EASTER



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

01582 512 555

info@marshfarmfutures.co.uk



Futures House, The Moakes Luton, LU3 3QB



marshfarmfutures.co.uk