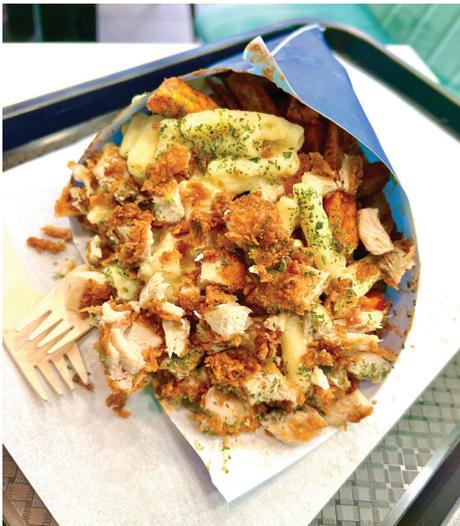


# community

Luton, Dunstable and Bedfordshire's free Community Magazine

ISSUE 128 • JULY 2022





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# Get your copy!

Community Magazine is available for you to pick up throughout Luton, Dunstable and Bedfordshire.

Our pick up points include:

- Central Bedfordshire Libraries
- Luton Town Football Club
- Keech Hospice shops
- Tesco Dunstable
- Marsh Farm Adult Learning
- Lewsey Community Centre
- Luton Borough Council
- Bury Park Community Resource Centre
- Central Bedfordshire College campuses...

## ... and many more!

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# Welcome!

## Here comes the summer!

Welcome to the July edition of our magazine which you'll find packed with stories from across the community.

We also welcome two new contributors, namely, The Wildlife Trust in Bedfordshire and Daisarella who shares her adventures on Days Out With The Kids. Also back for this edition is Cuisine with Cassie who reports back on her recent visit to one of Luton's newer eateries. Enjoy!

I'd also like to use this welcome to invite you to join the Luton Lions for this year's Love Luton Run Fest where we will be raising as much money as possible to keep Luton's most vulnerable warm this winter.

It goes without saying that the soaring fuel and food prices are putting an enormous strain on so many households – for those already living below the poverty line, the cold winter months ahead are a frightening prospect.

Alternatively, if running isn't your thing but you can still spare a little of your time, we are the **looking for volunteer marshalls** for the race.

This year's race takes place on 30th October. Sign up to join the Luton Lions at [ciluton.co.uk](http://ciluton.co.uk) or for volunteer marshalls please email Aimée and Phyl on [volunteer@ciluton.co.uk](mailto:volunteer@ciluton.co.uk).

Have a great month!



FOLLOW US ON TWITTER @CILUTON



# Growth ahead for Central Bedfordshire College

People living in Luton and Central Bedfordshire are set for a huge expansion in opportunities for 16 to 18 and adult education.

Central Bedfordshire College, which is already attracting record numbers of students from Luton, Dunstable, Leighton Buzzard and surrounding areas, now plans to go further by joining one of the country's most successful college groups.

It proposes to join The Bedford College Group, a move which will bring new investment in staffing, an increase in the range of courses and the introduction of full degrees.

The Bedford College Group is focused on increasing people's potential earning power, based on the strong connection between

pay and qualification level. It shares Central Bedfordshire College's ambition to increase the amount of Level 3 (A-Level equivalent) and Higher Education (University Level) provision. This will mean more opportunities for adults and more progression routes for students who have joined the college from school.

All of Central Bedfordshire College's campuses will stay.

The merger is expected to take place in February subject to public consultation and final board agreement.

The Bedford College Group was chosen as a merger partner because of its strong track record in investing in education and expanding course provision while maintaining quality over many years.

Dr Ali Hadawi CBE, Principal of Central Bedfordshire College, said: "We're extremely pleased to be working towards this new phase in the college's history.

"Under the proposal, we will retain our identity and continue to operate from our current campuses but with a substantial increase in activity to better serve the communities around us.

"We are extremely excited to be joining The Bedford College Group with its exceptional record of quality and investment in its current constituent colleges.

"The group has a solid track record of expanding provision while at the same time maintaining standards.

"We are very confident that this new partnership between two of the region's leading educational institutions will greatly improve the career prospects of our local residents. With the economic challenges our communities and the country are facing, the timing couldn't be better."

As well as increasing the opportunities for students, the merger will increase the college's capacity to improve the productivity of businesses in Luton and Central Bedfordshire by ensuring more people are trained with the skills they need at the right level.

The merger will not lead to any cuts in provision or staff losses, due to Central Bedfordshire College's already sound finances and efficiency.

Central Bedfordshire College trains 16-18s and adults in a wide range of subjects including business, construction, engineering, digital media, engineering, catering, motor vehicle and sports.

The Bedford College Group has a long experience of investment and quality improvement. The group includes Bedford College, Tresham College, Shuttleworth

College, The Bedford Sixth Form and the National College for Motorsport.

It has been judged to be in outstanding financial health for the last two decades.

The mergers would create a strong strategic educator, contributing even more to the regional economy.

Central Bedfordshire College would retain its own identity and management structure.

Key points about the proposed merger with The Bedford College Group (TBCG)

- TBCG has a very strong track record of merger, investment and quality improvement that enhances the institutions that join the group.

- TBCG has strong finances and a merger would create a larger group that is financially outstanding. The merger improves overall resilience.

- A merger with TBCG would, uniquely, create a single, clear, major strategic educator in Central Bedfordshire.

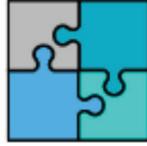
- Many of the curriculum developments CBC wishes to undertake have already been designed and implemented within the Bedfordshire and Northamptonshire area, significantly reducing the investment risks

- The two colleges broadly share the same mission, vision and values already

- Our respective provision does not overlap so there is no need for any distracting rationalisation, and we can immediately progress with serving the community

- TBCG cherishes the history and individual identity of its constituent colleges, within a strong group structure.

**To read more about the merger and take part in the formal consultation go to [www.centralbeds.ac.uk](http://www.centralbeds.ac.uk)**



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## The Mall celebrates turning 50 with monthly £2,022 'Community Chest' fund

The Mall Luton is celebrating turning 50 this year by launching a huge array of charitable events and competitions for the local community.

Since opening in 1972, The Mall has been a huge advocate of supporting community living in Luton and has continued to work alongside local charities, community groups and organisations and schools to provide invaluable resources to those in need. To celebrate 50 years in the community, the centre is launching a summer of celebration for The Mall, with a variety of events and competitions on the horizon.

One of the first projects taking place for The Mall this summer is the 'Community Chest' fund, launching in June and concluding in October. Local organisations and charities in Luton, Dunstable and the surrounding area will be able to send in applications to request a portion of a monthly fund worth £2,022, detailing how they will use their requested sum and why it will have a positive impact on their community. At the end of each month the chosen causes will be announced on social media

and all entries will refresh for the following month.

The fund will provide a brilliant opportunity for groups to be recognised for their work supporting the local area, and to receive funding which may have become increasingly challenging in recent years. Application forms will be available to download commencing 1st June on The Mall's website.

Alongside the Community Chest shoppers can enjoy various events throughout the summer, including a monthly collaborative giveaway on social media with Cake Box, a tenant at the shopping centre, where a shopper celebrating their own 50th birthday will win a birthday cake every month until September.

For more information about the upcoming celebrations, visit The Mall's website or social media channels.



For all advertising and editorial enquiries contact [mostaque@ciluton.co.uk](mailto:mostaque@ciluton.co.uk)

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# LET'S HEAR FROM...

# The Wildlife Trust



The Wildlife Trust in Bedfordshire are working with communities to bring the benefits of green spaces to those who may not appreciate or know about this facility on the doorstep. The Bradgers Hill Wilder Futures project is designed to inspire people to understand, care for and take action for the precious green spaces that envelop the urban Luton landscape, it has communities at its heart. The project is using creative ways to engage diverse audiences and forge a new sense of place and belonging within the local green spaces.

The Trust aim to inspire and empower the community local to Bradgers Hill to take action in their lives and forge meaningful connections with their local green space in order to preserve it for future generations.

The project is focussing on schools and community engagement to impart the importance of the natural environment and how to care for it, Conservation management, learning to enhance and preserve a vital area of bio-diverse grassland and finally connecting community and nature to inspire people to use local green areas and see the improvement to their overall wellbeing.



We are working alongside Luton Borough Council and the conservation volunteers to deliver more work parties now being run monthly and we are supporting the Friends of Bradgers Hill group relaunching a programme of tasks and litter picking days. Volunteers at these tasks have helped to lay a hedge at one of the main routes into Bradgers Hill and cleared significant areas of scrub exposing the mediaeval lynchets - the longest in Bedfordshire. We plans to install interpretation to help explain the significance to those passing through the site, in addition to the ecological interest found there.

Thanks to a partnership with the Luton Youth Network we have helped start a women's only walking group in the town and plan to deliver wellbeing and wildlife walks for a variety of different groups in the months ahead.

We are also working with the Tokko Youth Centre in Luton, another youth group,

to lead conservation tasks and walks for young people, and hope this will lead to a long-term programme of activity for young people; and working with the Chilterns Conservation Board to include this as part of the Chalkscapes Community Engagement initiative.

It was through this initiative along with an exciting partnership with Action for conservation that we ran tree planting days with local schools, planting 300 new saplings as part of the Hay Wood expansion project at Stopsley Common. The common leads onto Bradgers Hill and the wood shows how varied the habitat is with great opportunities for engagement - the children competed to see who could plant the most trees!

To find out more about volunteering opportunities, or just to meet the project team working in your community, please get in touch [Noreen.Iqbal@wildlifebcn.org](mailto:Noreen.Iqbal@wildlifebcn.org)

Luton - let's get wild!



**JOIN THE LUTON LIONS FOR THE  
LOVE LUTON'S RUN FEST**

**RAISING MONEY TO KEEP LUTON'S MOST IN  
NEED WARM THIS WINTER**



**SUNDAY 30TH OCTOBER**

**SIGN UP: [CILUTON.CO.UK](http://CILUTON.CO.UK)**

JOIN THE LUTON LIONS FOR...

# Love Luton's Run Fest

We know the cost of living crisis is worsening day by day This will be felt hardest by those families already experiencing poverty and struggling to meet the rising cost of food and utilities.

Even before the pandemic and the cost of living crisis a council report in 2019 highlighted nearly half of the children in Luton are growing up in poverty, Luton has some of the most deprived wards nationally.

We know from our existing services and working with schools that many families are struggling with providing food for their children and covering the cost of living, we also know that our older community are struggling with the cost of living.

Keeping Luton Warm is an initiative driven by Community Interest Luton working with

Discover Islam Luton, Connect4Causes, InspireFM and Luton Lions. To raise funds in order to support households that will struggle this winter to pay for their utilities.

Through Keeping Luton Warm we want to support individuals and families so they don't have to make the choice between food and utilities.

We will work with our local schools and partners to distribute one off vouchers to households struggling with utility cost this winter.

We will be taking part in the Love Luton Run Fest on 30th October 2022 where runners from all over Luton will take part supporting the Winter Campaign to Keep Luton Warm.

Join the team here: [www.ciluton.co.uk/community-projects/luton-lions-love-luton/](http://www.ciluton.co.uk/community-projects/luton-lions-love-luton/)

# AfroFest Comes to Luton

Luton AfroFest will host its first African festival that will showcase African music, cultural, fashion, and cuisine. The event is free and will be held on Saturday, July 23rd at Manor Park, Luton.

Primarily funded by Luton Rising, Luton AfroFest will bring together the local community in celebration of African heritage and culture with food and information stalls, a fashion show, storytelling, exhibitions, family friendly fun activities with live music and performances.

Cllr Javeria Hussain, Chair of Luton Rising, said: "We are so excited for Luton AfroFest which will be a fantastic and vibrant

community event showcasing rich African music, art and culture in a lively, inclusive and positive community setting.

"We at Luton Rising are proud to support events such as this which celebrate Luton's super diversity and brings communities together to celebrate and learn about different cultures that make up our wonderful town. Make sure you pop 23 July in your calendar as this is an event not to be missed!"

Live music will feature African headline artists Kasai Masai, Limpopo Groove, Traditional Senegalese Band, British band 3 Kings as well as local artists.

[info@afrofestuk.co.uk](mailto:info@afrofestuk.co.uk) | [www.afrofestuk.co.uk](http://www.afrofestuk.co.uk)

For all advertising and editorial enquiries contact [mostaque@ciluton.co.uk](mailto:mostaque@ciluton.co.uk)

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NOMINATE NOW



THE 2022 LUTON & BEDFORDSHIRE  
COMMUNITY AWARDS

[www.ciluton.co.uk](http://www.ciluton.co.uk)

Last month we officially launched the 2022 Luton & Bedfordshire Community Awards. And you can nominate your hero by visiting [www.ciluton.co.uk](http://www.ciluton.co.uk)

The awards are often seen as being at the heart of our work, enabling, as they have, many firmly established and successful relationships.

# The Categories

## STEP UP AND STAND OUT

THE HERO OF THE COMMUNITY DURING THE COVID CRISIS

## RESPONSE TEAM CHAMPIONS

WORKING TOGETHER FOR THEIR COMMUNITY DURING THE COVID CRISIS

## YOUNG HERO

## CHARITY FUNDRAISER OF THE YEAR

## SERVICE WITH A SMILE

## ROLE MODEL OF THE YEAR

## COMMUNITY BUSINESS OF THE YEAR

## THE MASKED HERO

FOR EXTRAORDINARY HEALTHCARE DURING THE ONGOING PANDEMIC

## THE MASKED ANGEL

FOR EXTRAORDINARY WORK IN THE FIELD OF SOCIAL CARE DURING THE PANDEMIC

## EXCEPTIONAL ACHIEVEMENT AWARD

## COMMUNITY PROJECT OF THE YEAR

## THE ARTS AWARD

## THE MARK WEST DIVERSITY, EQUALITY & INCLUSION AWARD

## HELPING HAND AWARD

## LIFETIME ACHIEVEMENT AWARD

## FUNDRAISER OF THE YEAR

## VOLUNTEER OF THE YEAR

## EDUCATOR OF THE YEAR

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COMMUNITY INTEREST LUTON

Supporting local needs

**letshub**  
LUTON EMPLOYMENT TRAINING SKILLS

# DAYS OUT WITH THE KIDS

## WITH DAISARELLA

There are so many fun things to do with the kids this Summer in and around Luton, and one of our all-time favourite places to visit as a family is – Mead Open Farm.

We've visited Mead Open Farm several times now, and it never fails to deliver! There are three large undercover animal barns, ever-changing hands-on animal experiences whether it be bottle feeding lambs, cuddling the cute rabbits, grooming the ponies, or watching cow-milking demonstrations.

If the weather is 'iffy' on the day of your visit, they also have a HUGE indoor soft play called Shaggy's Playworld, Magical Veggie Wood, and Mini Moo's for the littler children. Indoors there is also a very affordable tea-room so that you can sit and enjoy a much needed break whilst the kids run wild safely.

Mead Open Farm is set within 30 acres of beautiful Bedfordshire countryside, and has activities such as crazy golf, go-karts, outdoor parks, jumping pillows, Shaggy's cove and sand pit, sky trails, rock climbing, Digger village, plus seasonal tractor, and Trailer rides.

During our recent visit, we got a little bag of food and walked around the farm feeding all the animals – and don't think, they have plenty of hand washing facilities scattered around the farm.

We have visited during some of their special events, and this Summer they will be hosting a special event called 'Summer Festival of Fun', although details for this event have yet to be released, it normally involves dedicated picnic areas, summer activities for the little and older children, plus animated characters walking around the farm and performing in one of their 'band stage' barns.



Mead Open Farm is just South of Leighton Buzzard in Bedfordshire.

Find out more by visiting [www.meadopenfarm.co.uk](http://www.meadopenfarm.co.uk) and keep up to date with Daisarella and her local parenting antics at [www.instagram.com/daisarellablogs](http://www.instagram.com/daisarellablogs).

For all advertising and editorial enquiries contact [mostaque@ciluton.co.uk](mailto:mostaque@ciluton.co.uk)

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# Cuisine with Cassie

Welcome to Cuisine with Cassie! I hope you enjoyed reading about my visit to Papa J's in the last edition and you've had a chance to enjoy a wonderful meal there too. This month, I visited new kid on the block - Fries Club! Situated on Upper George Street, this newcomer to the Luton food scene opened up in December 2021 and is offering up an array of stunningly saucy treats.

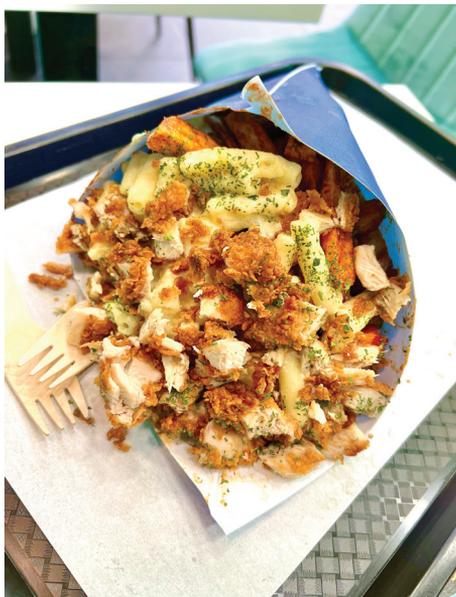
This place is ALL about fresh eats. You won't find any processed, frozen meats on offer here. Each dish is cooked to order, and to perfection. You can find decadent burgers, saucy boneless bits, wings and you guessed it – fries! Not just any fries though, completely customisable fries. Just choose your seasonings, your toppings and your sauce and you're all set. There are so many options you'll be spoilt for choice, but that just gives you an excuse to go back again and again... right?!

Let's start with the burgers. I ordered the Seoul Sista Chicken Burger which contained \*deep breath\*... Fries Club Sauce, lettuce, red cabbage, cheese, red onion (I subbed this out), gherkins, jalapenos and seol sista sauce. All wrapped around a perfectly crispy, drenched in sauce, buttermilk chicken fillet



– there's really only a few words I can say to describe how fabulous this burger was - messy, massive, magnificent. I also had a little sample of the El Chapo Beef Burger which included two beautifully cooked patties, jalapenos, caramelised onions, gherkins, salsa, Monterey Jack cheese and regular cheese. I know what you're thinking... salsa in a beef burger?! But it really works!





Next up on the menu tour are the boneless bits. I opted for the Bangkok style which are coated in a wonderfully flavourful and tangy medium spiced sauce. They were so crunchy and well-made that even after around 20 minutes of sitting in the sauce, they were still crispy! These were the absolute highlight of my experience at Fries Club I was tempted to go back not even 24 hours later for more.

Now onto the third and final segment of my meal & the dish the restaurant was named after – the fries. They have seven different options of seasonings including cajun spice and Mexican fajita and I went for peri peri salt. I had the choice of six options for my toppings including three different types of cheese and I opted for mac n cheese and shredded chicken. Finally, I decided to give the staff full autonomy over my sauce (there are 25 options!) and after a brief conversation about how much spice I can handle we settled on chipotle. I got a large, which I think was literally bigger than my head - but they were great! What's not to love about

fries loaded with mac n cheese, chicken and spicy sauce?! Fully customisable food is the way forward and Fries Club are doing it right!

The restaurant itself is bright and vibrant, with some tables dotted around for those eating in. It's also absolutely spotless. The vibe of the place is great, with music in the background and the chattering of happy customers. Staff are knowledgeable, friendly and passionate about providing the best experience possible and if you can't decide what you want they'll happily listen to your preferences and provide solid recommendations.

Although there are a lot of places in Luton to order a similar type of food, I truly believe Fries Club is bringing something new and unique to the food scene – and they're doing it incredibly well. Incredible food made from fresh ingredients, cooked to order entirely to your specification in a pleasant restaurant setting. I'll be back again very soon.

Happy Creating!

# The High Sheriff of Bedfordshire tours Luton's religious centres



Although largely ceremonial now, the High Sheriff still to this day remains the Sovereign's representative in the county for all matters relating to the judiciary and the maintenance of Law and Order.

Lady Clifford visited Luton's Madinah Mosque on Oak Road, Church of God in Christ (COGIC) on Dunstable Road, Discover Islam Centre on Upper George Street, and Guru Ravidass Sangat on Cardigan Street. The warmth and hospitality she received at each of these places of worship humbled and moved her. She praised Luton's diverse religious communities for their generosity and concern for those in need and lesser privileged. She acclaimed the selfless philanthropic efforts of all the faith communities carried out on a regular basis.

Lady Clifford said, "Thank you for sharing so many wonderful and challenging stories of hope. My visit has proven to be an excellent chance for networking and building relationships. The number of groups and

individuals making a difference in Luton is inspiring. Religious leaders, faith-based organisations, and faith groups provide vital support, comfort, and guidance to the communities they serve."

"My heartfelt gratitude to all who volunteer in our county. Their daily acts of kindness and giving are a living testament. I have no doubt that Luton and Bedfordshire will continue to become happier, stronger, and prosperous with each act of love & compassion extended towards one another."

Commending the role played by GRASSROOTS, Luton Council of Faiths (LCoF) & Near Neighbours Programme, Lady Clifford stated, "By bringing people together from different communities, you are indeed promoting social action and transformation. I'm delighted that your efforts have been recognised, and that LCoF has received The Queen's Award for Voluntary Services last year. My heartiest congratulations to LCoF and all involved in it!"

# Walk a mile in our shoes By Headway Luton

An Acquired Brain Injury (ABI) can impact a person in many ways – physically, cognitively, emotionally. For many of us, walking a mile (1.6k) is something we do all the time and take for granted. However, after a brain injury, travelling a mile can feel as daunting as climbing a mountain.

Some survivors of brain injury may have reduced mobility, many experience chronic fatigue, and others may experience poor balance or changes to their eyesight. People often develop anxiety about being in crowded areas.

On Thursday July 21st 2022, clients, staff, volunteers and friends of Headway Luton will be gathering in Wardown Park. We are

going to take on the challenge of walking/ wheeling/running one mile (2 laps) around Wardown Park Lake.

We encourage the public to come down and support us, cheer us on, and of course sponsor us. We will be meeting at 10am near the suspension bridge on the side of the Kiosk. We set off at 10:30am.

You can donate via our Go Fund Me page <https://gofund.me/c789bea1>

All money raised will be used to support our clients living with an (ABI) in Luton, Houghton Regis and surrounding areas.

To find out more about Acquired Brain Injury and our service, go to our website [headwayluton.com](http://headwayluton.com), call us: 01582 876729 or email us: [enquiries@headwayluton.com](mailto:enquiries@headwayluton.com)

## Quiet Hour at The Mall

The Mall Luton has launched a new Quiet Hour session to support those wishing to visit the shopping centre who may appreciate a quieter experience.

Taking place every Tuesday morning from 9 – 10am, The Mall hopes that introducing quieter hours will provide a more comfortable environment for anyone who struggles with the challenges of visiting a shopping centre, providing a valuable service for those who may find this to be an overwhelming experience. In particular, Quiet Hour will be well suited to autistic people who may struggle to filter out background noise, which can often be a cause for huge distress.

Practices to mitigate sensory overload include switching off music and limiting tannoy messaging to emergency situations, ensuring no fire alarm testing takes place, turning off digital screens where possible and rolling out additional training to staff members.





## Update to the Attorney General's Guidelines on Disclosure

By Esther Olasehinde,  
Liberty Law Solicitors

The Attorney General's Guidance on Disclosure are guidelines issued by the Attorney General for investigators, prosecutors and defence practitioners on the application for disclosure in relation to the Criminal Procedure and Investigations Act 1996 Code of Practice Order 2020.

One of the elements to ensure that a fair trial is the conducted is the disclosure process. The right to a fair trial is a doctrine enshrined into our legal system and guaranteed by Article 6 of the Human Rights Act 1998. It states:

"In the determination of his civil rights and obligations or of any criminal charge against him, everyone is entitled to a fair and public hearing within a reasonable time by an independent and impartial tribunal established by law"

This right is a foundational element of democracy which ensures that justice is carried out in a balanced and unbiased manner. It also safeguards against abuse from governments and public authorities.

The guidelines outline principles which should be followed in regard to disclosure.

The guidance covers principles from third party material, electronic material

and disclosure involved in a charging decision through to trial at the Crown Court.

The update to the guidelines is effective from 25th July 2022 and can be found on [www.Gov.uk](http://www.Gov.uk) by typing Attorney General's Guidelines on Disclosure in the search bar.

The banner features the Liberty Law Solicitors logo (LLS) at the top. Below it, there are three award and accreditation logos: 'TOP RANKED Chambers UK 2022 Liberty Law Solicitors', 'The LEGAL 500 UNITED KINGDOM LEADING FIRM 2022', and 'The Law Society Awards 2021 EXCELLENCE IN LAW HIGHLY COMMENDED'. At the bottom, contact information is provided: 't: 01582 853 783' and 'e: info@libertylawsolicitors.co.uk'. Social media icons for LinkedIn, Twitter, Facebook, and Instagram are also present.



We are very pleased to announce the beginning of our Jubilee Garden project, as part of The Queen's Green Canopy (QGC)

This is a unique tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022 which invites people from across the United Kingdom to "Plant a Tree for the Jubilee".

We are very proud to be able to create this brand new space for everyone to enjoy. With BIG thanks to Bedfordshire and Luton Community Foundation funding to support our upcoming Jubilee projects.

*The Safer Luton Partnership*

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 clare.copleston@theslp.co.uk

**Social Media:**

 @LutonSOS  
 @LutonSOS

# For when you need a little help...

## Alcohol/Drugs

Changing Lives  
01582 488253

Clarendon Link (Free & confidential service for Asian women affected by drugs) 01582 439480  
ResoLUTIONs Luton  
0800 054 6603

Stepping Stones  
01582 457114

Walk to Freedom  
0800 093 77928

## Counselling

Youth Counselling Service at TOKKO  
01582 544990

## Disability

Disability Information Advice Line (DIAL)  
0808 800 3333  
helpline@scope.org.uk

Luton Shopmobility  
01582 738936  
lutonshopmobility@outlook.com

## Domestic Violence

Broken Rainbow (Support for LGBT)  
0800 999 5428

Changing Lives  
01582 488253

Elder Abuse Helpline (for vulnerable older adults)  
0808 808 8141

Luton All Women's Centre  
01582 416783

Mankind Initiative  
01823 334244  
admin@mankind.org.uk

Men's Advice Line  
0808 801 0327  
info@mensadvice.org.uk

NSPCC  
020 37632277

Stepping Stones  
01582 457114

The Survivors Trust (Support for survivors of rape & sexual violence)  
0808 801 0818

Women's Aid  
01582 391856

## Eating Disorders

B-Eat Eating Disorders  
0345 634 7650

Caroline Eating Disorders Counselling & Support Service  
01582 457474

## Emotional Support

Childline  
020 78252500

CHUMS (Child Bereavement)  
01582 863924

Samaritans  
Call Free on 116 123

Self Injury Support (Support for girls & women)  
0808 800 8088

## Family Support

CHUMS (Child Bereavement)  
01582 863924

The Luton Family Information Service  
01582 548888

Manor Contact Centre  
01582 415401

## Female Genital Mutilation

Daughters of Eve  
07983 030488

## Forced Marriage

Forced Marriage Unit  
0207 008 0151

IKWRO (Support for Middle Eastern women & girls) (Arabic/Kurdish)  
0784 627 5246 (Farsi/Dari/Turkish)  
0207 920 6460

Karma Nirvana  
0800 599 9247

## General Health

Acquired Brain Injury Headway UK  
0808 800 2244  
www.headway.org.uk

## Mental Health

Changing Lives  
01582 488253

Mind Infoline  
0300 123 3393

Stepping Stones  
01582 457114

## Mentoring

GreenHouse Mentoring  
01582 528213

## Sexual Health Advice

Family Planning & Sexual Health Clinic  
01582 497070

Men4Men (health & wellbeing of adult Gay, Bi-sexual & MSM men)  
01582 511034

## Stalking

National Stalking Helpline  
0808 802 0300  
advice@stalkinghelpline.org

Victim Support (Bedfordshire)  
0300 303 0165

## Support for LGBT

OK2B  
01582 544990

## Welfare & Housing

Citizens Advice Bureau  
0344 254 1285

Squared  
01582 391053  
office@squared.org.uk  
squared.org.uk

Mary Seacole Housing Association (MSHA)  
01582 415651  
mail@maryseacoleha.com

Luton Borough Council  
01582 546000

Luton Rights  
01582 453372

Pathways Project (homeless organisation)  
01582 451315

Penrose  
01582 343230

Shelter  
0300 330 1234

Luton Irish Forum  
01582 720447  
noelette@lutonirishforum.org

Luton Law Centre  
01582 482 000

## Useful websites for support

[www.b-eat.co.uk](http://www.b-eat.co.uk) (eating)

[www.brook.org.uk](http://www.brook.org.uk) (sexual health)

[www.childline.org.uk](http://www.childline.org.uk)

[www.help4teens.co.uk/Connexions-Direct](http://www.help4teens.co.uk/Connexions-Direct)

[www.disabilityaction.org](http://www.disabilityaction.org)

[www.shelter.org.uk](http://www.shelter.org.uk) (housing)

[www.talktofrank.com](http://www.talktofrank.com)

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[www.recoveryourlife.com](http://www.recoveryourlife.com)

[www.samaritans.org](http://www.samaritans.org) (mental health)

[www.studentdepression.org](http://www.studentdepression.org)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

[www.quit.org.uk](http://www.quit.org.uk) (smoking)

[www.livewell-luton.org.uk](http://www.livewell-luton.org.uk) (smoking)

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