



*It's great
to be back!*



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Beauty

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- 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!

PUBLISHER:

Koyes Company Ltd., 12 Alexandra Avenue,
Luton, Bedfordshire, LU3 1HG

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PRINTED BY:

Bartham Group Unit A, Park Avenue
Industrial Estate, Sundon Park Road,
Luton, Bedfordshire, LU3 3BP

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IT'S GREAT TO BE BACK!

It makes me happy to be welcoming you to this, our first Community Magazine since we all went in to lockdown in March.

Like everyone else, the pandemic has impacted us both our personal and business lives.

Several of our projects had to be put on hold for many months – not least of which, this year's Luton & Bedfordshire Community Awards.

I am pleased to say that we have now launched the awards – having pushed back the date of the ceremony – and our fantastic sponsors have stepped up yet again.

We're also featuring four, new, special awards that recognise the herculean efforts of people during this, often frightening and worrying time.

These are:

STEP UP AND STAND OUT - The hero of the community during the 2020 Covid crisis

RESPONSE TEAM CHAMPIONS - Working together FOR their community during the Covid crisis

THE MASKED HERO - For extraordinary healthcare during the 2020 Covid crisis

THE MASKED ANGEL - For extraordinary work in the field of social care during the 2020 Covid crisis

Voting is now open at www.ciluton.co.uk

I very much hope you enjoy reading this edition and I look forward to being back here again next month. Until then, stay safe.





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LUTON FOODBANK 'HERE TO HELP' CAMPAIGN ENCOURAGES PEOPLE TO SEEK ASSISTANCE



In October, Luton Foodbank launched its 'Here to Help' campaign aimed at encouraging people to use the charity if they need help.

The Covid-19 pandemic has seen demand for the services of charities such as the Luton Foodbank increase as many in the town experience financial difficulties.

The 'Here to Help' campaign coincided with the end of the Job Retention Scheme, the government initiative which aimed to protect jobs through the pandemic.

Despite it being replaced with the Job Support Scheme on 1 November, it is expected many employers will be forced to shed jobs in the coming months in a bid to avoid going out of business.

Rachel Hopkins MP, who is also a volunteer with the charity, said: "The government's decision to end the Job Retention Scheme will have a damaging impact

on communities around the country, with more and more people forced into financial insecurity.

"While I welcome the Job Support Scheme, I am concerned that it may not be enough to prevent the number of redundancies increasing.

"This is an incredibly challenging time for many in our town, and I encourage those that find themselves in difficulties to contact the Luton Foodbank."

Salma Khan, the project manager of the Luton Foodbank, added: "There are many people faced with the uncertainty of not knowing if they will be able to provide for their families. We want them to know that we are here to help."

If you or someone you know wants information about how to access food parcels, you can contact the Luton Foodbank on info@lutonfoodbank.org.uk or on 01582 725838."



**YOU CAN NOMINATE NOW ON ALL
OUR CATEGORIES INCLUDING
FOUR VERY SPECIAL ONES...**

**STEP UP
AND
STAND OUT**



Recognising the hero of the community
during the 2020 Covid crisis

**RESPONSE
TEAM
CHAMPIONS**



Working together to help their
community during the 2020 Covid crisis

**THE
MASKED
ANGEL**



For extraordinary work in the field of
social care during the 2020 COVID crisis

**THE
MASKED
HERO**



For providing extraordinary healthcare
services during the 2020 Covid crisis

**NOMINATE YOUR HERO
AT WWW.CILUTON.CO.UK**

LUTON COUNCIL OF FAITHS ZOOM PEACE EVENT

Every year, Luton Council of Faiths (LCoF) commemorates International Day of Peace at its Annual Peace Walk event in which Luton's communities of faith or no faith background visit different places of worship and enjoy hospitality.

Due to Covid –19, this year's peace walk event was held online. It was called 'Zoom Peace' event.

It celebrated Luton's faith communities' outstanding work during the Covid-19 pandemic, by showing video clips, news items and pictures of community in action.

All dignitaries admired and applauded Luton's faith communities saying places of worship and faith leaders have been the first port of call, for people in distress facing death, bereavement, isolation, mental health issues and issues of physical, emotional and spiritual well-being.



From L to R: Lord Lieutenant of Bedfordshire Helen Nellis, High Sheriff of Bedfordshire Susan Lousada, Chair UNA-Luton Dr Nazia Khanum, Bishop Richard Atkinson, Luton South MP Rachel Hopkins and the presenter Ryad Khodabocus



People and School pupils walking and visiting places of worship in Hockwell Ring area and Leagrave High Street during Luton's Annual Peace Walk 2019

It is great that on 'International Peace Day' our communities were recognized and affirmed for their outstanding services.

Southfield and Chantry Primary School pupils shared poems and numerous community leaders and representatives contributed to the evening uplifting everyone's spirit to continue serving those in need.

Concluding the evening Right Reverend Richard Atkinson, C of E Bishop of Bedford said we are all created, loved and valued by God. We must therefore continue to ask what more I can do for others.

High Sheriff of Bedfordshire Susan Lousada said, "Two words I take from this evening are 'HOPE' & 'PEACE:'"

Eastern Touch

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SAY 'I DO' WITH AFTERNOON TEA

It's one of the nation's favourite traditions and what better way of saying 'I DO' than with afternoon tea in the heart of Woburn, the origin of the beloved British experience.

The Woburn Coffee House with the picturesque Woburn Orangery overlooking the private walled garden is a beautiful boutique wedding venue. Nestled in the heart of historic Woburn, the wonderful combination of elegant decor and friendly atmosphere offers a truly unique location for brides to get ready in the White Room, and enjoy a romantic ceremony and reception - all under one roof.

The Woburn Coffee House plays host to many celebrations whether that be for birthdays, anniversaries, Christmas parties or engagements - but the venue also gets to play a special role for brides and grooms under their umbrella brand - Woburn Orangery Weddings.

The couple get exclusive use of the entire venue, this includes; the White Room which is a secluded and characterful setting on the upper floor for the bridal party to be pampered by hair and make-up artists on their special day, the Woburn Orangery which is a romantic setting for the wedding ceremony with stunning backdrops of the beautiful Orangery walled garden, and of course the Orangery Walled Garden which is an enchanting private walled garden for photograph opportunities and reception drinks (dependent on weather).

Karen Best, Proprietress, of the Woburn Orangery Weddings commented: "Back in December 2010,



myself and my partner were handed the keys to 21 Market Place - what is now recognised as Woburn Coffee House. The pale blue house stood so proudly in the Market Place, and when you opened the door you were instantly transformed into a calm electric with memories and history seeping out of every wall and timber plinth. This is where the magic was first born.

"We had no idea that we would make it into a home for afternoon tea, and especially a place for people to make their marital commitment to one another. It truly is a magical building, and

one that we are so proud to offer our guests for celebrations. You can almost smell the happiness, excitement and sheer electric oozing out of the walls.

"The place has a really unbeatable atmosphere, and that's why we decided to set up Woburn Orangery Weddings three years ago. I mean, is there a more quintessential way of saying 'I DO' than sipping tea and eating deliciously fresh canapés?

"Plus, our in-house Wedding Co-ordinator Ian, has substantial years of experience in specialising weddings and will ensure that every couple have a day to truly remember - COVID doesn't even come into the picture".

Woburn Orangery Weddings is currently complying with the Government's new dining and wedding guest regulations, and are accepting bookings of up to 15 people.

To arrange a visit of the venue or for more information please visit www.woburnorangeryweddings.co.uk.

INTRODUCING NIIS BEAUTY...

Niis Beauty was established in 2020. However, the idea for the brand came to Luton-born Nisa Nazir many years ago.

From a very young age Nisa was enchanted by hair, beauty, fragrances and the many forms it took. Nisa always loved the elegance of the long, luscious hair of the women she met. This fascination, laced with a dream, is where it all began. In the years that followed, Nisa set out to forge the ultimate hair care experience. Along the way, Nisa decided to introduce beauty and fragrances too. The exciting part was mixing oils and scents to create the best formula for the products.

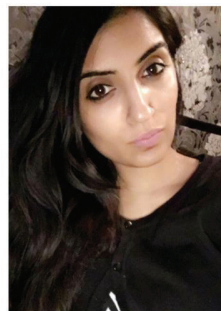
It is Nisa's belief that the body and hair is our greatest gift and that the time we spend tending to it should be both effective and indulgent. Nisa started her business with the faith that she could create products which treated your specific needs without compromising on luxury.

All Niis Beauty products are produced and manufactured in the UK. Nisa is working closely with a formulation team in the UK who help create these amazing vegan natural products. It's a wonderful feeling when she achieves a great finished product.

Nisa is proud of the recognition of her brand, her brilliant customer service and swift delivery. She takes great pride in her presentation and making each and every customer feel great.



NIIS
Beauty



Niis Beauty has grown in a very short time with many salons now stocking and using all the products. Nisa is really proud to announce that Niis Beauty is expanding, and from January 2021 will be working with another company and is going global! This is a massive achievement for Nisa and her brand. She cannot wait.

Niisbeauty products now available are:

- Unisex Vegan Hair and Beard Oil
- Unisex Supreme Skin Stem Cell Regenerator
- Unisex Supreme Skin Night Repair Cream
- Perfumes for both Men and Women

Follow on Instagram, Twitter and Facebook:
[@niisbeauty](#)

Introducing Niis new hair oil to help thicken, grow, strengthen, protect against hair loss, anti-frizz, prevent hair breakage and split ends, silkiness and shine with a gorgeous scent!

This oil also includes vitamins A and E to nourish and hydrate your hair.

This oil can be applied three ways:

- 1 - A mask before you wash normally
- 2 - Apply on damp hair after wash
- 3 - Daily application on dry hair/ends

This blend of five natural oils, castor, almond, coconut, jojoba and apricot carefully mixed to create the perfect mix for all benefits. You will see and feel a difference in your hair.

This oil has a gorgeous oud and rose scent which makes your hair smell absolutely luscious.

Want flawless skin? Niis Stem Cell Regenerator Serum will give you visible results from just seven



days of usage. It helps with anti ageing, uneven skin tones, pigmentations, dark circles under the eye and smoother softer skin. Just an amazing product. Can be used on both men and women.

MEET THE VOLUNTEERS



**Dixie -
Treasurer &
Volunteer**

I love being a volunteer, it always brings me cheer. I

only work two days in all, but have a good time overall. Our customers do love to chat, and we're all ok with that. Sometimes they stay for tea and that's all right with me. We go to carnivals and parades, hoping for the charity, money is made. We have a laugh while working together, us ladies are birds of a feather.



**Carol -
Volunteer &
Secretary**

Volunteering can work two

ways, give and take. A huge thank you to Luton Shopmobility for giving me back my confidence. 18 years ago I joined this amazing charity firstly to be able to get around town on a scooter but now I have lots of reasons, being a Trustee and Secretary, being a volunteer and of course I'm still a customer. Every visit is as fun as the next, gaining confidence along the way. Thank you everyone



**Sue - Vice-
Chair &
Volunteer**

We are a small group of caring people who look after

people with various disabilities, but we do like to have fun and a good laugh. I like doing charity events and we give each event 100%. In short, we are a caring team who look out for each other and our customers. I volunteer three days a week which I would rather be doing that than sitting at home being bored.



CHILTERN
LEARNING
TRUST



RE-TRAIN TO TEACH IN 2021

A recruitment campaign aimed at showcasing the career opportunities in teaching begins this month (November) in Bedfordshire.

With the Covid-19 pandemic impacting upon the future career prospects of so many, the Chiltern Training Group is spearheading a drive to attract a diverse range of candidates into the industry.

The group is one of the county's longest established teaching organisations and has in its 27-year history trained many that switched careers later in their lives to enter the profession.

"So many that have come into teaching bring with them the skills they gained in their previous careers," said Adrian Rogers, Chief Executive of Chiltern Learning Trust.

"Those prior experiences enhance teaching and learning, and it is for that reason that we place such emphasis on attracting those from different backgrounds.

"We want more and more outstanding leaders working in schools in the region, making a positive impact in our communities."

With the Covid-19 health crisis continuing to create so much uncertainty, the Government has encouraged people to take up opportunities to retrain and upskill.

The Chiltern Training Group will be running a series of online 'meet the teacher' sessions over the course of the month as part of their pledge to increase their intake of teachers for 2021/22.

Sign up for a chance to hear about the career opportunities in the Chiltern Learning Trust's eleven schools.

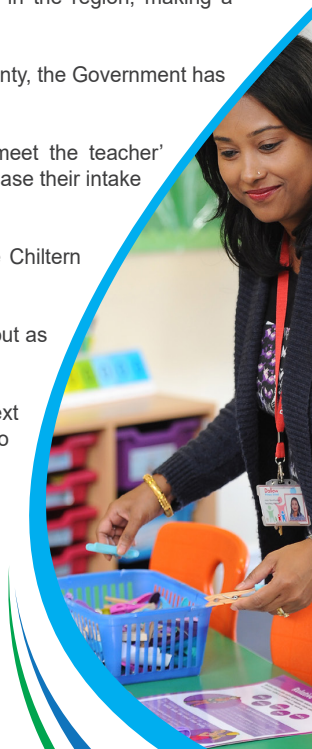
Adrian added: "We acknowledge the challenges that have come about as a result of Covid-19. These are difficult times for us all.

"It is for this reason that we have opened up more spaces on our next recruitment intake. We would encourage those looking to retrain to consider a career in teaching."

You can book yourself in for a bespoke career chat by contacting Chiltern Training Group on recruitment@ctg.ac.uk.

PRIMARY & SECONDARY

ROUTES INTO TEACHING



BARNFIELD COLLEGE TO HOST DIGITAL OPEN DAY



DIGITAL OPEN DAY

SATURDAY 21 NOVEMBER

10am - 2pm

[Register](#)

Barnfield College is holding a digital open day to give young people an insight into life on its campuses.

Prospective students can discover their options, explore the campuses and facilities and speak to expert tutors, support staff and students from their own home at Barnfield College's digital open day on Saturday 21 November.

The day will include a range of interactive experiences and live virtual course talks from tutors, providing information, advice and guidance about the courses on offer at the college.

With a focus on being career-ready, reaching industry standards and accessing higher education, discover how Barnfield College will help you to challenge yourself and achieve your goals.

Young people can also find out all about student life, the college's support network and how studying at college can kick-start students towards career success or progression to university.

There will be a chance to talk to the college's support teams and discover experiences and opportunities on offer, ranging from the latest work experience to on-demand enrichment activities.

Admissions workshops will include advice and guidance about course options and the different course levels, entry criteria and how to apply to study at Barnfield College.

All of the live virtual talks will be followed by Q&A sessions so that visitors can have their chance to find out about life at Barnfield.

On-campus tour dates will be published at barnfield.ac.uk and bookable year-round.

Visit barnfield.ac.uk to pre-register for the event and receive updates straight in to your inbox.



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“Launching Luton”: Cricket-How we connected communities

Luton faces a number of challenges, a cricket mad town, England’s Monty Panesar’s place of birth. Named UK’s worst place by Reddit users, parts are in the top 10% most deprived nationally.

The games profile hasn’t been one of its strong points.

Amran Malik, it’s Lord’s Taverners Wicketz* Senior Development Officer and myself sought to address breaking down some of these challenges/barriers through the English Cricket Boards (ECB) Core City Project. This also involves work with other key partners including: Borough Council, County Sports Partnership, Towns Business, Education and Leisure sectors, Grounds Management Association, Bedfordshire Police including its Police and Crime Commissioners Office, High Sheriff and ECB Regional Facilities Team.

Amran’s drive and energy has received national recognition, he sadly, tells stories being targeted by unsavoury/overt racist activities. Using the power of Wicketz, a competition offer, mixed faith side and pathway County Age Group opportunities were created. Combat Cricket brought together mixed martial arts/cricket focus supporting Afghan youngsters.

October 2019 saw the World Cup Trophy tour sponsored by Strawberry Star take place over 5 days, visiting 23 locations-reaching out to over 3000 people. All ages and a number of religious and faith premises were visited, felt energised and part of something special, perhaps beyond their reach normally? Targeting community events we used a portable net to help raise the games profile.

In May 2020-7 ECB funded non turf pitches and 2 nets were installed. Nomadic teams in Midweek/Sunday Leagues were embraced, integrating the games offer. The first women’s team and (pre-Lockdown) 5 female/19 male coaches-including Samina 1st L2 South Asian female coach-also receiving national recognition. 17 South Asian umpires and 11 grounds volunteers were trained/developed to help sustain the game.

Our journey continues: Everyone working together including those across the whole cricket landscape, aligned with ECB’s Inspiring Generations Strategy.

**Wicketz: Free Lords Taverners national community cricket programme targeting children and young people living in areas of deprivation/hard to reach groups. Twitter: @WicketzLuton*



Dave.summers@cricketeast.co.uk
Diverse Communities Officer

NEW CHIEF EXECUTIVE FOR LUTON-BASED HOMELESSNESS CHARITY

The Board of Trustees at Signposts is delighted to announce the appointment of Tim Archbold as the Charity's new Chief Executive Officer.

Signposts offers accommodation and support across Luton and Central Bedfordshire to anyone experiencing homelessness.

Established in 1985, their ethos is that it takes more than a roof over someone's head to make a difference.

They believe in treating everyone with dignity and respect, and empower their clients to make a difference in their lives.

Tim joined Signposts in 2016 as Head of Operations and has worked closely with the Board and the outgoing Chief Executive Kevin Porter for the last 4 years.

COMMITTED

Tim has a wealth of experience within the homelessness sector, having worked in both statutory and voluntary sector organisations for over 10 years.

Tim is passionate about ending homelessness and is fully committed to putting people with lived experience at the heart of what Signposts does.

Tim says, "It is a real privilege and honour to be given the opportunity to lead Signposts to the next stage of its development."

It has been a challenging start to the role, as Tim took over during lockdown. However, he has shown his innovative side, making the most of technology to regularly communicate with staff, and producing weekly video bulletins which helped to motivate and unite the whole team.



Tim has already made a positive impact at Signposts, setting up the Rough Sleeper Initiative outreach team, which resulted in a 47% reduction in Luton's rough sleeping population (the first reduction in 5 years).

He has also committed to making Signposts a Psychologically Informed Environment, and recruited a health psychologist to deliver regular reflective practice across the whole organisation.

FIRST CLASS

Carole Vanschagen, Chair of Trustees, said "The appointment of a successor to Kevin Porter was a critical step for the Trustees and in Tim we believe we have appointed the right individual with first class qualities suited to this role.

"He has already settled well into the role and we look forward to developing and taking Signposts forward with him at the helm".



WOMEN'S AUSTERITY ARTS PROJECT IN LUTON SPEAKS UP ON WHY THE ARTS CANNOT DISAPPEAR.

Six months ago, a group of local Luton women exposed the brutality of austerity through an arts and media project, award winning producer, Shemiza Rashid, catches up with the women following the COVID-19 pandemic that followed and how the women coped through a national lockdown.

The Mother Monologues was a series of poems and monologues created by local Luton mothers from different socio-economic and cultural backgrounds about the hardship and pressures mothers face often silently and largely caused by Government-led austerity.

Devised through a series of creative writing workshops, the narrative was used as stimuli for a theatre performance including a bespoke digital art installation designed by Luton Artist Sophie Greswell at The Hat Factory Arts Centre back in March. A percentage of the ticket sales from the performance

were donated to a number of charities helping the community in the pandemic with food and bills.

Over the last six months the nation has entered into a global pandemic causing national lockdowns which have only but highlighted the brutality of austerity further and the arts and entertainment industry has entered into a financial crisis.

The women involved in the project believe it is imperative to reiterate the importance of the arts within communities but most importantly in highlighting social and economic issues such as austerity. The project is currently being edited into a documentary for digital audiences with local videographer Lydia Howell. The documentary is scheduled for release by January 2021.

Despite the pandemic the women involved have continued to find ways to tell their stories and celebrate the joys of creativity.

'End Austerity', written by Haneefah Muhammed featured was screened at Fringe of Colour; a multi-



award-winning initiative dedicated to supporting Black and Brown people/People of Colour at the Edinburgh festivals, as artists, workers and audience members.

Jess Brough, founder of Fringe of Colour, said, "End Austerity lights a candle for one of the most vulnerable groups of people in our society – the older generation of Black women who have given several decades to caring for others and yet were not afforded the same care by the state during the pandemic."

The piece was also mentioned in American business magazine, Forbes. Sophie Greswell's own short film 'Where are you from' was also selected for screening with the animations described as 'absolutely stunning.'

Shemiza Rashid, producer of The Mother Monologues and multi-award winning social and cultural activist, faced lockdown head on.

Shemiza juggled the home-schooling of six children whilst presenting multiple radio shows from home including a special COVID-19 community outreach show for Inspire FM, contributing to The Parenting show on BBC Three Counties and presenting The Asian Show.

Shemiza says, "Parenting and motherhood has really been tested in the pandemic. I saw how the

presence and value of radio, art, Music, books, and film had increased in my life which helped ensure some desperately needed respite. It's critical we continue to invest in the arts to help with mental health recovery."

Shemiza is in the planning stages of her next project; a radio drama which looks at the link between menstrual mental health and suicidal thoughts. Throughout the pandemic there was an increase in period poverty amongst women struggling to attain basic menstrual sanitation. Shemiza worked with food banks across the country to raise awareness of this issue, increasing the supply of sanitary products and ensuring service users were aware that these essential items were available.

To find out more or get involved in the 'Periods in Poverty' project please contact Shemiza Rashid.

"I was so proud to be a part of The Mother Monologues with Shemiza and the women involved. What a huge and unexpected impact we made, from just writing of our real life experiences, to creating a play, to then performing a sell-out show! Wow

Who could have known that following the moment I shared my story of such severe hardship that this year, 2020 of all years would turn everything around and would see me and my business create such value and opportunities for the arts in Luton."

A smiling man with a beard, wearing a red and black plaid shirt and black overalls, is leaning forward in a workshop setting. The background shows shelves with various items and tools.

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Little Red Arts

Little Red Arts was founded by artists for artists, the idea, to give Luton's arts its very own hub, a place where arts of all disciplines can develop and showcase their talents in all their glorious forms, providing a social hub for like minds to meet and collaborate.

It has not been without obstacles, the departure of two directors last year left the business in a precarious situation. A huge amount of support was received from the local community at the beginning of the year which gave me the confidence and clarity that Little Red is truly an asset for the town and so I continued with the business alone, obtained a premises licence and created the much needed late licenced, alternative live music venue for the Town.

Then the unimaginable happened, a world-wide pandemic swept over us and I, along with many other businesses were forced to close casting another shadow over Little Red's bright future.

I am so grateful for the support I then received, emergency funding came in from Central Government and we are now being funded by Arts Council England, this is huge, not just for Little Red but for many grassroots artists and for Luton as a whole.

So, the big question, what does Little Red offer?

Little Red is a large and diverse meeting space and has a large open community arts studio, 4 micro arts studios, dance and photography studio, events hall, coffee shop and fully licenced bar. We can host a variety of social events, workshops, arts markets, dance and wellbeing activities, exhibitions and training room. I could go on and on.

Located in the heart of Luton town centre on George Street we are set to change the image of the notorious high street offering a vibrancy that only the arts can deliver.

How has Covid 19 impacted us and how have we adapted to the pandemic situation?

Little Red was closed for six months during lockdown and the future was uncertain, but great news! Arts Council England accepted my application and the funding received will allow me to expand my team, employ a full time Events Manager, admin and security, improve the toilets and entrance and upgrade some equipment.

New seating arrangements will be added allowing us to continue providing fun and safe events like quiz nights, acoustic live music, soothing vocals, micro cinema as well as open mic and comedy, we will have fun! Some events will be streamed live for those who are quarantined and self-isolated, nobody misses out here!

The arts studio will be undergoing some changes to allow classes to continue with social distance and safe practice and the funding will allow us to provide a range of free arts courses led by local Grassroots artists.

The new website has been launched and being updated with Little Red's events, classes and latest featured artworks, music videos and short films. Luton has a wealth of local talent and this extended hub will give you all the latest info on what your favourites are creating.

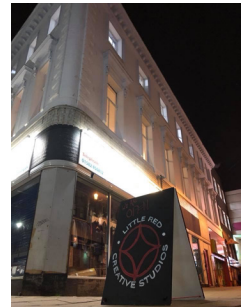
A tiered membership scheme has been introduced to Little Red, for more info on this, jobs, events and artists go check out litteredarts.com.

Thank you for supporting the arts!

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Can you help The Red Box Project?

Welcome to the Red Box Project, an initiative that quietly ensures that no young woman misses out on her education because of her period.

We are 100% community driven and run by women around the UK. We place constantly stocked Red Boxes of sanitary wear in schools for young women to access, aiming to reach those who may not be able to afford these vital items.

After reading about 'Period Poverty' in the news, three young women were angered at the idea that young women were missing out on their education because they couldn't afford the products they needed during their period.

They decided to take action and contacted several secondary schools in Portsmouth to ask if a constantly stocked box of sanitary wear would be welcomed. The feedback from teachers was that the issue was real, and the resource was needed.

Recognising that the need was nationwide, they invited women from across the country to be a part of this movement and the response was overwhelming.

From Scotland to Cornwall, women began to group together and set up Red Boxes of tampons and towels in their local schools. They fundraise, collect, have craft sales and donations drives, all to make sure their boxes never became empty. For more information go to: <http://redboxproject.org/>

The Luton project has been set up by Joan Bailey with the help of family and friends. Our aim is to provide free sanitary products to Luton High Schools where any young woman who does not have access to these basic requirements and missing school every month because they may be embarrassed can get free supplies.

We need your help! No young woman should miss school because of her period.

We are collecting
donations for
The Red Box Project

Thank you for donating packets of
Sanitary Towels and Tampons.

The Red Box Project is part of a nationwide attempt to end period poverty.

Drop your donations here to help us ensure that no young woman misses school because of her period.



- Red Box Project
www.redboxproject.org

Please donate towels at any of our collection points. Look for these posters or check our Facebook page to find out where you can drop items: www.facebook.com/redboxprojectluton

For more information or to register as a drop-off point please contact Joan Bailey on 07768 160 744 or jdbailey1@hotmail.co.uk

If you cannot get to one of our locations or would prefer to donate cash you can do so on our Just Giving page www.justgiving.com/crowdfunding/redboxprojectluton.



The Red Box Project

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.co.uk
mobility@shopmo.myzen.
co.uk

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

Caraline 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

Useful websites for support

www.b-eat.co.uk (eating)
www.brook.org.uk
(sexual health)
www.childline.org.uk
www.help4teens.co.uk/
Connexions-Direct

www.disabilityaction.org
www.shelter.org.uk
(housing)
www.talktofrank.com
www.victimsupport.org.uk
www.womensaid.org.uk

Mental health

www.recoveryourlife.com
www.samaritans.org
(mental health)
www.studentdepression.org

Physical health

www.nhsdirect.nhs.uk
www.quit.org.uk (smoking)
www.livewell-luton.org.uk
(smoking)

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