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a very happy
Christmas!

With love
from all the
CiL team x

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Green light for a new Aldi in Luton

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- Luton Borough Council
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- Central Bedfordshire College campuses...

... and many more!

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WELCOME

Welcome to the December edition of Community Magazine and I think it's fair to say, that we are all welcoming the end of 2020.

Whether in small or large part, the events of this year have affected each and every one of us – it's certainly a year that will stay long in the memory. And yet, we must keep the faith and hope for good times ahead, and certainly the dedication by scientists to deliver a vaccine to beat the virus is wonderful, allowing us to see a future where hugs and handshakes are, once again, a normal part of life.

As for so many people of faith who missed being able to celebrate their religious festivals this year, the traditions of a Christian Christmas will also be a little different, but I hope that whatever you have planned for the coming weeks, it is a time of peace and wellbeing.

Stay safe, keep warm and look after each other.

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COVID-19 RAPID TESTING LAUNCHED IN LUTON

Luton Council is encouraging residents and people who work in the town, who do not have Covid-19 symptoms to come forward and take a new rapid lateral flow test which can provide results within 45 minutes.

Community-wide Covid-19 testing will be launched on Thursday, 10 December, as a pilot which is being delivered in partnership with the council and NHS Test and Trace and is part of the government's continuing drive to increase the availability of testing.

Two 'walk-in' rapid test centres have been set up at Lewsey Community Centre, Landrace Road and Farley Community Centre, Delphine Close, which the public can access from 8am-8pm, seven days a week. You do not need to book an appointment, just turn up. Individuals will receive their results by text or email within 45 minutes.

Lateral flow tests are a new kind of technology that can be used to test a higher number of people who have Covid-19 but are not displaying any symptoms. This will help us identify and isolate more people who are at high likelihood of spreading the virus, and therefore break the chains of transmission.

As rapid tests are a new method of testing any resident who gets a positive result will be advised to immediately self-isolate, along with anyone who they live with. They will need to order a Covid-19 home test kit online at www.nhs.uk/coronavirus or call 119, to confirm they have the virus.

Residents who do not have any other support they can access and need help while self-isolating should view our coronavirus support webpage at www.luton.gov.uk/self-isolation which provides details of a number of organisations and group who can provide assistance or they can call 01582 548955. Individuals may also be eligible for the £500 Test and Trace Support payment, for more details visit https://m.luton.gov.uk/Page/Show/Health_and_social_care/coronavirus/Pages/I-need-financial-support.aspx

People who test negative will still need to follow current national rules and guidelines recommended for stopping the spread of the virus including the tier 2 restrictions of not meeting socially with anyone they don't live with (or in a support bubble) in any indoor setting along with washing hands frequently, social distancing measures and wearing face coverings when required.

More details of what you can and can't do in tier 2 are available at www.gov.uk/guidance/tier-2-high-alert.

The council is also training teams to carry out targeted outreach testing focusing on those who are high risk either of contracting the virus or transmitting it, such as people working in health, educational or care settings.

Cllr Khtija Malik, Portfolio Holder with responsibility for public health said: "Case rates in Luton are still very high so please remember you are not allowed to meet socially with people you don't live with, apart from your support bubble, in any indoor setting including homes, restaurants and shopping centres. If we all continue to work together we can keep our loved ones and community safe."

The council has received 10,000 tests so far and will be able to reorder new tests up to a maximum of 10 per cent of the town's population each week.

A third test centre will be available to the public in Luton Central Library from 21 December.

Luton's other test sites at Hockwell Ring Community Centre, Bury Park Community Centre, Vicarage Road and at the airport continue to operate for anyone with Covid-19 symptoms (a new continuous cough, or a high temperature or a loss or change to your sense of smell or taste). To book a standard Covid-19 test at one of these sites visit www.nhs.uk/coronavirus or call 119.

For more details view our webpage at www.luton.gov.uk/Covid19-testing

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NEW ALDI STORE IN LUTON GETS THE GREEN LIGHT

Hampton Brook's plans to deliver a new Aldi foodstore at Gypsy Lane in Luton has been given the green light by the Court of Appeal; a decision welcomed by local residents and councilors.

2020 Developments - the company behind Luton Town Football Club - was appealing the decision of the High Court which granted permission for the new development, supported Luton Borough Council, and also its subsequent refusal for a Judicial Review.

On the 16th November, the Court of Appeal announced that 2020 Development's application for permission to appeal against the High Court's decision for a Judicial Review had been refused.

The Order made by the Rt. Hon. Lord Justice Stuart-Smith stated that the original judge was right to refuse permission for the reasons previously given. He said that 2020 Developments' submissions continued to be over-legalistic and unrealistically forensic rather than looking at the substance of the decisions and the basis upon which they were made.

Ian Jackson, Director of Hampton Brook, said: "Having been exasperated by 2020's actions over the past two years and their continued attempts to block the delivery of this local Aldi for the people of Gypsy Lane, we are delighted by this ruling."

He added: "It is pleasing that the Court of Appeal was satisfied that the decision to grant planning permission for the new Aldi foodstore at Gypsy Lane was correctly made in the first instance by Luton Borough Council and accordingly the decision upheld."

Hampton Brook can now move forward with its plans for the construction of the new Aldi store. This is expected to lead to over 45 new permanent jobs, with additional

local jobs being created during the construction process. This sale of the disused site will also deliver funds to safeguard the future of leisure operator Venue 360 by reinvesting funds to improve its facilities and the retention of around 80 jobs.

Previously in support of the Aldi foodstore being built at Gypsy Lane, local resident Frank Fox said: "We want this Aldi so much. It will also create desperately needed new jobs."

Councillor Javeria Hussain of Luton South Ward, added: "The local economy has been hit hard by Covid-19 and with rising unemployment, many South Ward residents are finding it difficult to put food on their table."

"This store creates over 45 jobs for local people and safeguards the facilities and jobs at V360, just when we are in very difficult economic times and many local people are losing jobs."

The applicant, Hampton Brook, a regional commercial developer, has already invested heavily in Luton, at Luton Airport, where their ambitious plans are currently providing major economic growth and job creation through the multi-million pound refurbishment of the former Monarch Airlines HQ. This is delivering much-needed new high-quality Grade-A office space to attract new businesses to Luton, with further, future investment planned at this site.



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We wish you...

A merry Christmas, like no other this generation has seen. We face many challenges both economically and socially but at Christmas families and communities pull together time and time again to create a magical holiday atmosphere. Please stay safe this Christmas and create memories your mind can indulge for eternity.

For those in forgotten industries and financial situations, for the key workers that have worked double the time for no extra pay I hope you are all recognised and supported in the next announced government funding.

And a happy new Year

Little Red Arts will be using the closure period to undergo some light refurbishment and alterations to get the venue Covid safe, new furnishings and equipment will be in place and ready to open on 18th January.

Welcoming 2021 with "Me, Myself and Arts" a diverse arts programme, delivered by local artists and funded by Arts Council England. Local artists of all genres will be commissioned to create unique workshops which will engage a diverse audience both at the venue and virtually. There are 20 spots available and artists can find more information here:
<https://littleredarts.com/me-myself-and-arts/>

The full programme will be announced in December and we can't wait!

Silent night

My heart is with the venue, pub and club owners and those in the music industry who are being hit the hardest. You will be missed the most this year. You provide us the space, you create the experiences that take the blues away, a platform to express, you provide the sound that lifts us and unites us and now... the silence is deafening.

I look forward to welcoming you in the new year.

Now, rest ye merry gentlemen, and ladies and enjoy your holidays

Aimi & the Little Red team



“ANCESTORS, PROTECT ME...” AN ANIMATED ANTHOLOGY

Early in 2020 a thought occurred to multidisciplinary artist Sophie Gresswell: “If I could find the masks of my ancestors, perhaps they would protect me” - this was her raw response to times we are living through in 2020.

Covid-19 and the tragic death of George Floyd and subsequent focus on the Black Lives Matter movement, collided with Sophie becoming aware of a huge unmarked burial site of 'Liberated African Slaves' on the British Overseas Territory of St Helena, where her grandpa was born, making her question her heritage and history.



This thought acts as the stimulus for her new project, entitled 'Ancestors, Protect me' which will delve into the impact events in 2020 have had on individuals locally, nationally and globally.

As part of the project a series of open discussions with peers will happen in the week of the 14th December (TBC). The talks will be hosted by local radio presenter and award winning producer Shemiza Rashid and guest artists will include Moriam Grillo; Founder and director of the 'Butterfly Project' and facilitator of the 'Sitting with Discomfort' platform which has allowed for honest engagement and reflection on issues around race.

Apphia Campbell, Internationally renowned performer and writer behind works such as 'Black Is The Colour Of My Voice' and theatre show 'WOKE' which won the Scotsman Fringe First Award.

Sidney Belony; A Luton based writer and director whose credits include: 'WAKES' (part of The Upsetters Takeover Festival, Bunker Theatre, February 2020) and 'THE RECORDS' (Gerry's Studio, Theatre Royal Stratford East, 2018) and Hannah

Lavery, an award winning poet, playwright, performer and experienced workshop facilitator. Hannah's autobiographical play 'The Drift' was part of the National Theatre of Scotland's season 2019 and her most recent work 'Lament for Sheku Bayoh' an artistic response to this tragic death of Sheku Bayoh in police custody in 2015 and his family's campaign to seek justice, performed and live streamed from the National Theatre of Scotland in November 2020.

Sophie will also host a final talk, supported by Revolution Arts as part of their Black Lives Matter commission, which will focus on the uncovering of a mass burial site of 'Liberated African Slaves' on St Helena and what the site means for British history, past and present. This talk will feature some of Sophie's work in progress this year and include some very special guests, which will be announced soon.

Keep your eyes peeled, as Sophie will also be using these discussions to inform and develop six new animations to be shown in public spaces around Luton and online in early 2021.

THE BUTTERFLY EFFECT

Women across the county stand in solidarity with the United Nations campaign to challenge gender based violence against women and girls.

The 25 November saw the launch of 16 'days of Activism', a global campaign to challenge violence against women and girls. During the pandemic there has been a harrowing increase in cases of violence against women and children.

The Butterfly Project founded by Moriam Grillo, stood in solidarity with the UN #16 days campaign by holding online events to raise awareness and challenge domestic violence.

The first on-line event called the ButterflyEffect was a dance performance sharing the stories of survivors of abuse and trauma.

The audience are taken on a journey of discovery and renewal, standing in solidarity, witnessing and acknowledging the silenced and their untold stories.



The second online event on 11 December is a book launch and poetry sharing .

Over the summer participants of the ButterflyProject have been creating a book of poetry. Each chapter in the book speaks of a different stage of their journey as a voyage of self-discovery and 'finding the way back' to a truer sense of self.

A selection of poems will be read at the event. There will also be the opportunity to hear from the authors and be inspired by their stories, journeys and life lessons.



RE-TRAIN TO TEACH IN 2021

A recruitment campaign aimed at showcasing the career opportunities in teaching began last 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



GRAHAM OLVER BECOMES CHIEF EXECUTIVE OF LLAL

London Luton Airport Ltd (LLAL), the Luton Council company that owns the airport, has announced that Graham Olver has taken over as its new CEO.

Olver, 59, joined LLAL as Chief Strategy Officer in November 2019 following a career developing critical infrastructure assets around the world. His appointment will enable the airport company to strongly focus on continuing to deliver maximum possible long-term benefit to local communities and regional economic and employment growth in a post-pandemic recovery.

He will lead LLAL's work to supplement its established reputation as the UK's number one community airport owner by also becoming one of its most sustainable.

He will also be working closely with Luton Council to ensure that the airport company plays a leading role supporting delivery of the council's Luton 2040 Vision that will ensure no-one in Luton needs to be living in poverty and a net zero carbon town by 2040.

Olver said: "I am extremely proud to be accepting the opportunity to lead an airport company that makes such a difference not only to front-line services in Luton but also to the lives of local people and which supports around 27,000 jobs across the region including in its supply chains.

"My mission is to make sure that we establish equally serious environmental credentials so that, in partnership with our operator, London Luton Airport can become without question a leading player in sustainable aviation operations.

"Already this work is under way with delivery in 2022 of the pioneering Luton DART that will provide a step-change in how passengers can get to and from our airport by rail. We are also taking extra time to make sure that our proposals for long-term expansion to 32 mppa go even further to deliver against global, UK and our own environmental ambitions."

Olver added: "I am quite clear that all future growth at London Luton Airport must be green growth. This must look at the whole picture, going beyond delivering improvements aimed at decarbonising the operation of our airport, and taking a systemic approach that puts climate change, air quality, noise impacts and integrated public transport at the heart of the story.

"This is an imperative to ensure that we can play a leading role delivering a sustainable economic recovery for our town and the region as we help our communities emerge from the impacts of coronavirus."

Cllr Andy Malcolm, chair of LLAL and Luton Council's portfolio holder for finance, said: "I am delighted to welcome Graham into his new role. Graham has set out not only our path to recovery but also taken us forward in our approach to taking responsibility for the environment as well as for those who live and work nearby."



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SALTO GYMNASTICS CLUB CROWDFUNDER APPEAL

www.crowdfunder.co.uk/air-heat-light-salto-revival-scheme

SALTO GYMNASTICS CLUB CROWD FUNDING APPEAL

SALTO Gymnastics Club, Luton, UK registered charity, is celebrating 25 years since forming as a charity. To mark this anniversary, SALTO it is investing almost £100,000 in a new ventilation and lighting system necessary to improve the measures already taken to make the SALTO Centre COVID-19 Secure. Work has already started based on the fantastic news of two major grant awards.

We are proud to acknowledge an award of £50,000 from Sport England under its Return to Play, Community Asset Fund.

We are also grateful for the pledge of £5,000 from the Low Carbon Workplace fund, which recognised the environmental and energy saving aspects of the project.

CROWDFUNDER

A new Crowdfunder Appeal has now been launched to secure the final element of the funding necessary to complete the vitally important project. AIR, HEAT & LIGHT - SALTO REVIVAL SCHEME: <https://www.crowdfunder.co.uk/air-heat-light-salto-revival-scheme>

We are asking our members, the wider community and local business to support this campaign and help us reach the target to fund all the elements of the project. Every penny counts. We thank you in advance for your support.

SALTO is an important local community recourse. The continuing investment in the SALTO Centre will ensure that it is one of the finest Gymnastics Facilities in the East Region and enable SALTO to further its charitable objectives.

We want to work through this difficult time with the aim to return to Pre-COVID activities to operate 7 days a week, 50 weeks a year to over registered Members.

The club delivers a range of Gymnastics Classes, Drop-in sessions, Gym Camps, Birthday Parties, Competitions and Coach Education.

Carl Richardson, Trustee at SALTO Gymnastics Club, stated "We are grateful for the funding awards to date.

"This is a major investment in the future health and wellbeing for the children and young people of Luton and the surrounding towns and villages whom we serve. We have taken advantage of the recent lockdown to press on with this project and install the new lighting."

Claire Fitzboydon, Director, teamBEDS&LUTON, Active Partnership. "We are delighted to support Salto Gymnastics Club with their successful £50,000 grant application to Sport England for this project.

"Salto are an integral part of the Luton sporting community landscape, providing terrific experiences for children and young people across Luton and the surrounding areas. The project will further enhance experiences for these audiences and improve the long-term sustainability of the Club"

David Crookes , Hertfordshire Energy Adviser - "The Low Carbon Workspaces team are happy to have been able to offer support. The project will not only cut the bills and carbon emissions of the gym, but will also improve the visitor experience for its members"

If you would like more information, please contact Carl Richardson, Trustee and Chief Operating Officer at SALTO Gymnastics Club

Phone: 01582 495953

Email: carl@saltogym.org.

Web: www.saltogym.org

COUNCIL TO INTRODUCE OPT-IN GARDEN WASTE CHARGING SERVICE

Earlier this month, Luton council's Executive approved the proposal to introduce an annual charge for the collection of kerbside garden waste. The discretionary scheme, which will come to effect from March 2021, will mean an annual cost of £40 for those who choose to sign up.

In July 2020 the council was forced to set an emergency budget to bridge a £49 million deficit in its finances due to the COVID-19 pandemic.

As part of the budget that was set, the Council's Executive agreed to explore and seek people's

views on the introducing a chargeable garden waste collection service to generate an estimated £300k saving. The public consultation ran from September to October.

A subscription service, which two thirds of local authorities already have in place, will be opt-in only so residents would only sign up if they wish to use it.

Collections will continue to remain fortnightly on a seasonal basis but be extended from February through to November from 2022 and the fee will be a contribution towards the cost of providing the service.

Residents who don't want to sign up can use other ways to get rid of their garden waste including home

composting and the council will provide free home composting containers to 2000 households. They can also use one of the town's two tidy tips.

Cllr Tom Shaw portfolio holder responsible for waste and recycling said, "The council has a statutory responsibility to make arrangements for the collection of garden waste, however there is no duty to provide it for free.

"Introducing the scheme in Luton will bring us in line with many other local authorities that already charge."

"Not all households use the service, for example those who live in flats, and by introducing a fee it is fairer as it will only be paid for by those who want to use it".

Details of when and how to sign up will be available later in the year. Residents would receive a permit for each subscribed bin which would need to be applied to the body of the bin.

Information on the free home composting bins, which will be made available through local community groups, will also be available this year.

KANTHA KATHA-K

Embroider your stories, experiences and creative thoughts about this year and the lockdown with the help of professional artists - and see it become part of a bigger display on stage.

Amina Khayyam Dance Company (AKDC) who have previously brought dance productions like 'One', 'Yerma' and 'The Hum in My Heart' to Luton - now bring a unique project, 'Kantha Katha-k', in response to Covid lockdown environments aimed at women who are looking for well-being activities.

Kantha is a traditional south Asian form of embroidery where a community of women work together on different narrative led pieces, then come together to create a large finished product - such as a quilt/bed cover or shawl. With this project AKDC is adding 'remotely' to working together - so participants embroider separate pieces expressing their emotions and experiences of the lockdown, then bring them together to complete one large piece, which will be displayed in a public space. AKDC is also adding 'katha -k' to treat the embroidered stories for a dance piece incorporating digital versions of the embroidery.



Over the next few weeks - AKDC will supply embroidery materials, supported by step-by-step instructions on video accessed by a WhatsApp group. Professional artists will guide and inspire participants to create story-based embroideries. Participants can also film their work to share on the WhatsApp group.

To take part in the project and receive your pack of embroidery materials - text: Kantha Kathak Project : 07949318805 to join the WhatsApp group

The project is funded by The National Lottery Community Fund supported by HM Government.



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Cook **with** Nick!



"NO COOK" SALMON, CHERRY TOMATO & GARLIC SPAGHETTI

Okay, I should apologise. The title is maybe a bit misleading! But bear with me. What you have here is a pasta which is just bursting with flavour, but which requires no skill whatsoever to prepare. It involves no pans. Just an oven. I've been creating recipes for over a decade now and this is by far the most foolproof I have ever done. Because of the way you cook the tomatoes and garlic low and slow, the flavours here are just brilliant. This is a great pasta!

Hear Nick Coffer's Weekend Kitchen every Sunday morning on BBC Three Counties radio at 11am.

Ingredients:

Serves 4

450g spaghetti
2 x punnets cherry tomatoes
(I prefer on the vine)
1 large head garlic
2 x 170g salmon fillets
Handful basil leaves
Salt, pepper
Olive oil
Chilli flakes



Method:

Preheat your oven to 150C/ Gas Mark 2.

Lay the tomatoes on a baking tray. Put the garlic head, whole, on the tray too. Drizzle with olive oil, season with salt and pepper and add a pinch of chilli flakes if you wish.

Let the tomatoes and garlic cook down slowly. You don't want the tomatoes to burn. You just want them to slowly shrivel up. Keep a close eye on them.

After about an hour, they should be just right. Cube up the salmon (skin off) and chuck it in the oven for the last 10 minutes to cook through. Scatter the basil leaves at the same time.

Cook the pasta at the same point you put the salmon in.

When the pasta is cooked and drained, take the baking tray out of the oven. Squeeze all of the garlic out on to the tomatoes. Gently stir everything through, lapping up all the good bits which might have got stuck to the baking tray.

Pop the cooked pasta back into its saucepan and pour in the tomato/garlic/salmon mix.

Give it all a good stir over a low heat, drizzle a little extra olive oil, and you are good to go.

Serve immediately.

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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

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

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)

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

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