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

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- Marsh Farm Adult Learning
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- 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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# Welcome!

## **We kick-off this edition of Community Magazine with an invitation to join the Luton Lions Marathon Team.**

The London Marathon is the one of the world's top marathons and a spot in the 26.2 mile race is one of the most sought after.

For the 2020 edition, over 450,000 people applied for a spot via the ballot and only around 17,000 people get in.

Charities buy some spots for the famous race but even these spots are hard to secure with many charities having long waiting lists.

Luton Lions have secured a number of spots with Children with Cancer UK and we are putting together a team to run for us on Sunday October 2nd 2022.

If you want to challenge yourself and tick something off your bucketlist, apply today.

The fundraising target is £2,000 and you will receive support in training and fundraising for a worthy cause.

To apply visit:

<https://forms.gle/i3CP9Ueq66Ehko69>

I hope you enjoy this edition. Thanks as ever to all those who contribute through editorial or advertising.

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# Saving lives will be a fitting legacy following tragic loss of Luton student

Luton Sixth Form College has launched a first aid training scheme in honour of Alia Bint Rizwan

The death of a student after she went into cardiac arrest is a stark reminder of just how fragile life can be.

Six months on from that tragedy and Luton Sixth Form College has launched a first aid training scheme in honour of Alia Bint Rizwan.

On Monday (February 28), the college in partnership with national charity, The British Heart Foundation, began the biggest CPR training scheme ever offered by a sixth form provision in the country.

As a consequence the college will be pushing out over 1,000 young people every year into the Luton community, who will have the life skills to put someone into the recovery position, how to give hands-only CPR and how to use a public access defibrillator.

Marc Hulbert, Director of Progress and Achievement, who is leading on this initiative said: "We are very excited and are all looking forward to seeing our students thrive.

"But we are also mindful that this initiative was born out of tragedy. In October 2021, we sadly lost one of our own amazing students.

"Alia Bint Rizwan was a first-year student with her whole life ahead of her.

"Unfortunately, Alia had a condition called myocarditis: a condition which enlarges the heart muscle as a result of something as simple as picking up a virus.



"That happened to Alia, causing her to go into cardiac arrest. When she died, she had not long turned 17.

"This brought home to us all just how fragile life can be and how important it is to know a few basic life-saving skills."

With the blessing of Alia's incredibly brave friends and family, the college has teamed up with the British Heart Foundation to give those basic skills and that confidence to get involved.

Altaf Hussain, Principal and CEO at the college, added: "Going forwards, every year, thousands of our students will leave the college with a few extra skills – skills that one day could genuinely save someone's life.

"What more fitting legacy could there be to Alia than for another human life to be saved."



# 10 Healthy Habits for a Balanced Life

Here are a few suggestions for healthy habits one needs to follow to live a balanced life. No matter what you are doing – whether on holiday or going about your day-to-day work – these healthy habits could help you to find more balance.

And, so often, people strive to believe that everything in life is about balance. Healthy living is the equilibrium of good habits, not something extreme. So how do we achieve this balance? To start with, we must focus on consistency but don't rush because consistency takes time. Also, take a step back to disengage from negative self-talk and try to transform that into positive self-talk.

Remember that being obsessed with anything can cause the opposite outcome. Your reality is shaped by your thoughts and when you spend too much time thinking about losing calories, what food to eat, whether or not to use social media or simply compare yourself to others, you end up feeling depressed and disconnected from yourself.

Changing these negative thoughts into more positive ones is a great healthy habit to try and develop. Eating healthy foods provided by Mother Nature such as fresh fruits and green vegetables is another must-do if you are trying to develop healthy habits.

Cut out processed and packaged foods as much as possible. Think about how you want your day to turn out and do one or two things for your health that will benefit you in the long run.

Exercising moderately, eating some greens or drinking more water are easy ways to build good habits that you can swear by. Be mindful at all times and realise it's not about yesterday or tomorrow; it's about where you are today and at this moment – it's all about now.

Now that we have a basic understanding of what healthy habits seem like and how you can find that equilibrium in your life, let's dive into a list of ten good habits that will make your well-being a priority.

1. Change your mindset. Think of your health as a lifestyle change and a daily balancing act.
2. Sleep sufficiently and in good time. Your body undergoes necessary repairs when you sleep. Physical and psychological repair takes place from 10 pm to 6 am.
3. Be patient. It takes roughly ninety days to create a new habit. So develop patience and learn to love yourself through the process of change.
4. Read voraciously. Educate yourself on spiritual practices, gain knowledge about the foods you eat, read about the lives of wellness masters – there are so many kinds of literature out there.
5. Be mindful of your energy system. Think of your body as particles of energy and ponder over what kind of fuel you want to use to keep it functioning. Do you really want coke and chips to get into your system? I hope

not because they will eventually break down your system.

6. Hydrate often. Drink plenty of water. If you like, you can add some lemon or other fruits to it to drink more frequently.

7. Eat healthily. Consume natural foods and stay away from processed, packaged food. At least, 80 to 90% of the time, your food intake should be healthy.

8. Don't feel guilty. When you do eat food that is not good for your health, don't overload yourself with guilt. Remember balance is important so once in a while, you can break away from your healthy diet and incorporate a bit of what you fancy. A healthy diet does not mean not treating yourself!

9. Move around. Exercise is the best medicine – even if it's something as simple as going for a walk or as demanding as working out at the gym. Your body is meant for movement. Being in nature is one of the best things you can do for your body.

10. Know yourself. Get to the root of why you're self-sabotaging if you are and foster a more loving relationship of self-worth with yourself.





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## Faiths unite to plant trees in memory of those who lost their lives in lockdown

About 60 volunteers across Christian, Muslim, Sikh and Buddhist faiths and secular joined forces over two days for the Peace Garden Initiative, led by Sujel Miah, from Luton Council of Mosques.

This is the second and third tree planting that has happened since last December. The project is about planting a tree for every life lost because of Covid-19. Since the pandemic started, Luton has lost more than 700 lives to date.

Volunteers braved the rain, wind, cold and mud to put 140 trees into the ground with the help of Luton's Parks Services.

Varieties included deciduous trees such as beech, orchard trees such as apples, and evergreen trees such as pine.

Following the Wigmore Park planting last year, this time the town centre was covered and Luton North, namely Wardown Park, Pope's Meadow, People's Park and Maine Avenue in Hockwell Ring.

As it was half term, many young people joined us from a few high schools, including Challney Boys and Girls and Denbigh High, alongside their teachers.

The Luton Sixth Form principal and CEO, Altaf Hussain, also brought some muscle strength from his team to help.

Local charity connect-4causes, working with young people to help various charitable causes, also joined in those two days' effort as well.

The project reached nearly half of its objective to plant trees in honour of those who passed away during the lockdown due to Covid and also linking with the Queen's Green Canopy Initiative for her platinum jubilee.

For more information about the project visit [www.just.giving.com/campaign/peacegarden](http://www.just.giving.com/campaign/peacegarden)

**By Ryad Khodabocus,  
Luton Council of Faiths**





## Luton Core City-Community Engagement Focus Group

### Dallow Cricball January 2022

Weekly Cricball sessions take place at Dallow Community Centre Luton outside MUGA, sessions are a mixed of cricket and football delivered by Uzair and Mohammed both trained coaches, their training was delivered as part of the ECB Core City Workforce stream. These coaches also are key delivers for the Lords Taverners Wicketz programme which has a large footprint across the town.

Dallow is one of the most derived Wards in the town. Work has taken place also with the local Gurdwara where we have held cricket development days. On going work is taking place with the local primary school that has some old cricket net facilities in their grounds.

Father of 3 Kamran Shoukat regularly attends sessions and gave the following feedback:

*'My three sons aged 14,11 and 8 years of age love these sessions with a mixture of football and cricket. My father gave me good influences and stressed the importance of giving your kids time and positivity of life experiences.*

*I like the boys to keep active, away from screens and problems that children of their ages can come across if not given a focus. The boys also attend Wicketz, though we live in nearby Kingsway, it's good to connect to other communities through sport in these sessions. Cricket is their passion, and these sessions help them get back into activity particularly post-Covid.*

*I really see the value in these sessions and try to be here as well to support the coaches and want them to continue. The skills and particularly the game scenarios help with leadership, decision making and communication when they have a chance to undertake the role of captain'.*



Dave Summers Cricket East Diverse Communities Officer 18<sup>th</sup> Jan 2022

# Luton stands with Ukraine

By Luton Council

We have all been deeply shocked by the terrible scenes coming out of Ukraine on a daily basis and our thoughts and prayers remain with all those directly affected, as well as their friends and family across the world.

But we are aware that the invasion of Ukraine is impacting on our whole community; we know that many people are scared and we have received requests about how best to help.

The council has now published a page on its website where residents can find information about how to support people suffering as a result of the conflict, as well as seeking support for the wellbeing of themselves and their families. This includes advice on looking after your mental health and having difficult conversations with children and young people.

We will also be signposting the work taking place across the community to support the relief effort to Ukraine.

You can visit the page here: [luton.gov.uk/supportingUkraine](https://luton.gov.uk/supportingUkraine)

Cllr Hazel Simmons, Leader of Luton Council, said: "We are all shocked by the devastating news coming from Ukraine.

"Luton has a long history of rallying around when people are in need. We saw this most recently with the plight of refugees from Afghanistan and an incredible

cross-community response to the Covid pandemic.

"The council is not collecting donations directly, but we have compiled a list of organisations and appeals that residents might consider supporting and would encourage anyone feeling powerless to visit our website.

"But let me be clear, we are expressing solidarity with the Ukrainian people in line with the position of the UK nationally. We understand this solidarity as an act of protest against the actions of the Russian government, and not in any way aimed at the Russian people.

"People of all backgrounds are welcome in Luton in the spirit of harmony and respect for diversity. We will never tolerate hatred of any kind in our community, and condemn it when it happens elsewhere."

If you have a story or an appeal to share, or have been involved in a collection for Ukraine, please get in touch by email [pressoffice@luton.gov.uk](mailto:pressoffice@luton.gov.uk)



# What's in store for the year ahead?

## An Employment Law Update for 2022

### **Covid restrictions may be lifting, but expect an increase in litigation:**

As the Government announces a lift on restrictions, expect to find a rise in claims against employers who have initiated mandatory vaccinations, testing and other such policies in the workplace.

However, do not expect to see any definitive rulings from the Employment Appeal Tribunal this year with the increasing backlog of cases in the Tribunal system.

Rulings of claims brought relating to the original pandemic of March 2020 and the furlough scheme are only starting to trickle in, however a lot has changed from present day to the days of the original pandemic. So, whilst these rulings are important in establishing new guidance, a word of caution to all - they will have to be viewed through the lenses of present-day circumstances.

### **Claimant's should expect continued delays and increased virtual hearings:**

The Employment Tribunal is facing an unprecedented task in clearing backlog of cases, numbered at over 51,000 claims, a recent question posed to the Ministry of Justice has revealed that Claimant's may expect wait times of 335 days before their first hearing.

The Tribunal Judiciary have put together a 'road map' to tackle the ongoing crisis which includes video and telephone, becoming the



**By Attik Malik, Liberty Law Solicitors**

default for many types of hearing. It remains to be seen whether the use of technology can bring down this backlog with the decline in the number of paid Judges only adding to the problems.

### **The Queen's Platinum Jubilee and the National Living Wage is set to increase:**

With the Queen's platinum jubilee set to take place in February 2022, an additional public holiday has been arranged for Thursday 2nd June 2022 making way for a four-day bank holiday weekend. It is probably noteworthy to mention that England does have the lowest number of public holidays at only 8 days when compared to the whole of the European Union.

From the 1st of April 2022 – increases will take place for those on the National Minimum Wage and the National Living



Wage (NLW). Those aged 23 and over on the NLW are set to receive an increase from £8.91 to £9.50.

In addition, Statutory Sick Pay and Statutory Maternity, Paternity, Adoption and Shared Parental pay is set to receive increases.

### Will the Employment Bill arrive?

Promised in 2019 and delayed because of the pandemic, many are expecting the Employment Bill to now progress its way through Parliament. The proposed legislation seeks to make wide-ranging changes and reforms.

The proposed reforms include:

- New rights for workers on variable hours to request a more stable contract;
- Extending redundancy protection for pregnant workers and those on maternity leave;
- Making the right to request flexible working arrangements a day one right;
- A new duty on employers to prevent sexual harassment in the workplace;
- Establishing a new labour market enforcement agency to protect vulnerable workers;

- Ensuring that the entirety of tips is paid to hospitality workers.

There is further speculation that the bill may also look to reform Non-Disclosure Agreements (NDA's) in seeking to curb their use by employers.

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# Hatters announce partnership with MuscleSquad!

By Luton Town FC

Luton Town are delighted to announce a long-term agreement for MuscleSquad to become back of shorts sponsor.

The MuscleSquad logo will appear on the back of all playing shorts from this Saturday's home match vs Derby County.

Founded in 2017 by Luton born Chris Billingham and Stephanie Underwood, MuscleSquad has become one of the fastest growing fitness equipment companies in the UK.

Combining retail, logistics and fitness knowledge to offer solutions to support personal physical and mental goals. MuscleSquad's mission is to be more than just a fitness equipment store and make fitness accessible to all.

Chris Bell, LTFC Commercial Director, said: "After getting to know Chris, Steph and the

team it was clear that they share the same values to Luton Town Football. Physical and mental well-being is important for our players and staff. MuscleSquad provide excellent training equipment and advice, we look forward to supporting their growth as they support the football club."

Chris Billingham, MuscleSquad Founder and CEO, added: "We are really proud to partner with Luton Town Football Club at this very exciting time. The community of the club created by the passion and energy of the fans and the staff is clear to see.

"The synergies with fitness and football means the relationship can be a great platform to help each other reach our objectives. Working with Chris, we already have some great plans lined up and we're looking forward to seeing where the future goes."

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

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## Luton Street Fest comes to an end with a celebration of wellness

By Luton Council

Join us for two days of wellness and self-care for the mind, body and soul in the last of our series of events as part of Luton Street Fest.

Visitors to the town centre will be able to browse a range stalls, take part in arts and crafts, and enjoy a range of demonstrations and live music in the Hat District, Hat Factory Arts Centre and The Mall Luton.

Monstera Canteen, Rawlicious, The Cheese Pod and Khao Thai Food are among the popular food vendors returning, joined by Mad Paella and Leaf Monkey to name a few.

Stall holders include Peace of Crystal, Chilli & Spice and Box Food, and we'll also be joined

by a eco-friendly companies Tropic Skincare and H2OSQD, who produce personalised water bottles.

Bounce will be demonstrating mini trampoline fitness, and chef demos will include cooking healthy meals, kids cookery and recipes using left overs. There will also be interactive sessions, including making bath bombs with Lush.

Arts and crafts will be provided by A Children's Story in The Hat Factory and Maleficent Things in The Mall.

CLlr Sian Goding, portfolio holder for Regeneration and Inclusive Growth said, "We're really pleased with how the last

two events have gone, they have been a welcome sight following such difficult times. It's great to see people out and enjoying events taking place in our town centre again.

"I'm sure that businesses and visitors to the town centre alike have been encouraged to see things starting to return to normal, which is a vital part to the town's economic recovery from COVID-19.

This is the start of an exciting 2022, with a full calendar of events planned, including St Patricks Day mid-March, St Georges Day in April, and Carnival and locally run street parties as part of the Queen's Jubilee in June. I hope people come down and enjoy themselves."

Wellness Weekend takes place from 12 noon until 11pm on Friday 25 March and 12 noon until 6pm on Saturday 26 March, and is free and open to all ages.

More activities are expected to be announced closer to the event.

These events are part of the Welcome back Fund, which is receiving £264,000 from the England European Regional Development Fund as part of the European Structural and Investment Funds Growth Programme 2014-2020.

The Department for Levelling Up, Housing and Communities (and in London the intermediate body Greater London Authority) is the Managing Authority for European Regional Development Fund. Established by the European Union, the European Regional Development Fund helps local areas stimulate their economic development by investing in projects which will support innovation, businesses, create jobs and local community regenerations.

For more information visit the European Structural and Investment Funds page on .gov.uk and the Welcome Back Fund page on .gov.uk.

For more information and to find out about future events planned for Luton, visit <https://luton.gov.uk/events>

The advertisement is a purple banner for the BE-ETIQUETTE LEARNING CENTRE. On the left is the logo, which consists of a circular emblem with an open book and the text 'BE-ETIQUETTE' and 'ENHANCING, INSPIRING, CULTIVATING'. To the right of the logo, the text 'BE-ETIQUETTE LEARNING CENTRE' is written in white. Below this, 'STEPS TO SUCCESS' is written in large, bold, yellow letters. To the right of 'STEPS TO SUCCESS', the text 'SPECIALIST QUALIFIED TUTORS' and 'SPECIAL RATES AVAILABLE' is written in white. On the far right, a large yellow graphic says '\$5 OFF' with 'with this voucher' written vertically next to it. Below the main text, there are three small images: a woman teaching a group of children, the exterior of the learning centre, and a person sitting at a desk. At the bottom right, there is a small vertical text 'Terms & conditions apply'.

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# Free support with your Emotional Health

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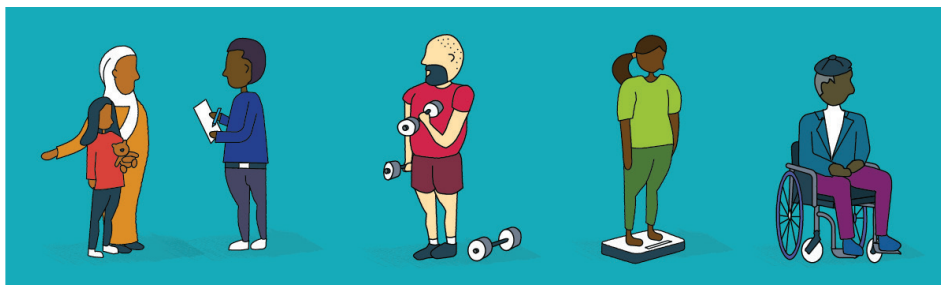
Along with supporting your emotional health we have a vast range of services to help your physical health too.

Our webinars can be booked directly by visiting our website:

<https://www.totalwellbeingluton.org/talking-therapies/wellbeing-webinars>

We are also working in partnership with Bedfordshire and Milton Keynes Talking Therapies services and MIND to increase the variety of topics of support whether you live or work anywhere in the Bedfordshire/ Luton/Milton Keynes, the link to access these workshops:

<https://mktalkingtherapies.nhs.uk/blmk-events>







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# Serve a Sweet Treat

From Culinary.net

Surprise your family with a dessert fit for the season. This Carrot Cake recipe is a traditional take on the timeless treat and created using everyday ingredients.

## Carrot Cake

2 1/4 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon baking powder

1 cup vegetable oil

1 1/4 cups sugar

3 eggs

1 1/2 cups carrots, shredded

1 cup crushed pineapple with juice

2/3 cup walnuts

## Frosting:

459g cream cheese

3/4 cup butter, softened

1 teaspoon vanilla extract

5 1/2 cups powdered sugar

Heat oven to 350 F, Gas Mark 4, 180°C, fan 160°C.

In large bowl, sift flour, baking soda, salt, cinnamon and baking powder.

In mixing bowl, cream together oil and sugar. Add eggs one at a time. Gradually add in carrots and crushed pineapple.

Add dry mixture to wet ingredients and beat until smooth. Fold in walnuts.

Pour batter into two lightly greased 8-inch round cake pans and bake 25-30 minutes, or until knife inserted in center comes out clean. Allow cakes to cool completely. Remove cakes from pans and slice off tops to level cakes.

To make frosting: In mixing bowl, cream together cream cheese, butter and vanilla. Gradually add in powdered sugar and mix until smooth.

Spread two large spoonfuls frosting over top of one cake and stack second cake on top. Frost entire cake with remaining frosting.

# 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  
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## Disability

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

Luton Shopmobility  
01582 738936  
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@outlook.com

## Domestic Violence

Broken Rainbow  
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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

Luton Irish Forum  
01582 720447  
noelette@lutonirishforum.org

Luton Law Centre  
01582 482 000

## 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  
www.recoveryourlife.com

www.samaritans.org (mental health)  
www.studentdepression.org  
www.nhsdirect.nhs.uk  
www.quit.org.uk (smoking)  
www.livewell-luton.org.uk (smoking)

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