National figures collected by Sport England show the number of Luton adults taking part in regular sport or physical activity is at its highest level since 2006.

The figures reveal that the percentage of residents aged 16 and over participating in at least 30 minutes of sport or active recreation three or more times a week has increased from 15 to 21 per cent in the last year.

The dramatic increase coincides with Luton Borough Council’s recent investment in local sport and recreation facilities, including the world-class, £26 million Inspire: Luton Sports Village which has seen a steady increase in customers since opening in 2012.

The Council has also teamed up with local sports trust Active Luton to upgrade and refurbish the facilities at Lewsey Sports Park and Lea Manor Recreation Centre, and has introduced a number of new programmes to encourage residents to be more active.

This has resulted in more people enrolling in gym and learning to swim and dive programmes.

Luton’s ‘Take 3 4 Life’ public information campaign, in which the Council is encouraging adults to be active at least three times a week for 30 minutes or more, is another contributing factor.

The figures were released as part of Sport England’s UK-wide 2013 Active People survey.

Further analysis of the data shows that there are more males than females participating regularly in sport and physical activity. In addition, older residents, people with disabilities and those from lower income groups still have lower participation levels.

It also shows that Luton remains below than the national average for the number of people participating in sport or physical activity of 30 minutes just once a week.

Pam Garraway, the Council’s corporate director of housing and community living, said: “We are absolutely committed to improving the health and wellbeing of Luton residents which is why we have invested in our leisure facilities and programmes to ensure they are first-class, welcoming, affordable and accessible to everyone.

“These figures demonstrate a remarkable turnaround in people taking part in regular exercise which shows that our investment is already paying off and is hopefully changing lives for the better. “But it also tells us that there is a long way to go and we will continue to look at innovative ways to target particular groups where the participation figures are still too low.”

Active Luton has launched a number of new programmes targeting the groups where participation levels are lower, including ‘Me time’ aimed specifically at women, and a community integration programme using sport to engage and improve the lives of disadvantaged young men in the Marsh Farm, Lewsey Farm and Farley Hill areas.

There are also a number of specific programmes aimed at elderly residents and those with disabilities, as well as health programmes targeted at people with multiple sclerosis, heart disorders, cancer and other medical conditions.

Helen Barnett, chief executive of Active Luton, said: “We will do whatever we can to help residents become more active and we have a number of exciting new programmes to cater for anyone who wants to become healthier. I encourage people to get in touch to find out more about what we offer.”

For more information about Active Luton programmes, facilities and memberships visit www.activeluton.co.uk or call 01582 400272.
Young people in school year 11 are being asked to think about becoming a Volunteer Police Cadet with Bedfordshire Police.

The annual process for the service’s newest recruits opened last week, with 100 places available for young people who will be aged either 16 or 17 on 1 September 2014.

Volunteer Police Cadets help in the community by getting involved in stewarding local events such as fairs, town shows and festivals. They also help local policing teams in crucial public engagement work such as leaflet drops, crime reduction initiatives, community safety events and effective surveys.

The scheme aims to give young people the chance to make a positive contribution to their community by learning something new, get fit!

Meet people, have fun, learn something new, get fit!

Bedfordshire Police are asking Luton residents to be wary of a national con trick known as the ‘bank courier scam’. Their warning follows two reported incidents in which people were contacted by a telephone caller pretending to be from the police, and telling them to empty their bank accounts because of a fraud danger.

The caller went on to say that a courier from the bank would visit their home to collect the money and put it somewhere safe.

The scam has many variations and sometimes, in order to reassure you that they are genuine, the caller will suggest that you hang up and ring them straight back. However, they do not disconnect the call, so when you dial the real phone number for your bank or police you are actually still speaking to the fraudster.

They then ask you to read out your PIN or type it on your phone keypad. They may also ask for details of other accounts you hold.

In the latest incidents one man was not fooled and police were called. A 17-year-old was arrested and is on police bail pending further enquiries.

Det Sgt Emma James, of the Luton borough's volunteers policing and scenes of crime units. Richard Denton, the force's children and young persons development officer and schools coordinator, said: “Volunteer Police Cadets make a positive contribution to the society in which they live, helping to build safer and stronger communities through engagement, education and prevention. Bedfordshire Police aims to develop each cadet to an absolute minimum but nonetheless are advising everyone travelling through this area to allow extra time for their journeys over the next 18 months, and particularly during the necessary overnight closures.

“Our priority is to keep two lanes open in each direction whenever possible but at peak times but a scheme of this size cannot be delivered without some inconvenience. Continuing traffic restrictions will be necessary throughout the programme and we will be working hard to make as many people as possible aware in good time.

“We are confident the benefits will be keenly felt when the scheme is completed next year and apoligise for any delays in the meantime.”

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Det Sgt Emma James, of the Luton robbery squad, said: “If you have older friends or relatives, please do make them aware of this scam. Let them know that banks and police officers will never ask you to withdraw cash or hand over cards and they must not go along with any suggestion of this kind. The fraudsters may call repeatedly during the day, and if this is the case you must ring the police as soon as you can by using an alternative phone.”

**For more details and an online application form visit www.bedfordshire.police.uk/about_us/careers/police_cadets.aspx**

### Keeping our community safe

**Join Bedfordshire’s Volunteer Police Cadets – recruiting now!**

Overnight closures at M1 Junctions 10 and 10a

Motors are advised of a series of overnight road closures coming into effect at M1 Junctions 10 and 10a in early March.

Overnight from Tuesday 4 March until Saturday 9 March inclusive, the M1 spur road and A1081 New Airport way will be closed eastbound between M1 J10 and Capability Green. This means that during this time traffic will not be able to leave the M1 at Junction 10 and will instead be diverted into Luton town centre and on to London Luton Airport via Junction 11, Slips Hill Road and Hatters Way. Traffic will still be able to join the M1 at Junction 10.

The following week, overnight from Monday 10 March until Wednesday 12 March inclusive, the M1 spur road and A1081 New Airport way will be closed westbound between Capability Green and M1 J10. This means that during this time traffic will not be able to join the M1 at Junction 10 and will again be diverted via Junction 11. Traffic will still be able to leave the M1 at Junction 10.

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### Love parks

Meet people, have fun, learn something new, get fit!

Recycle

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### Force advice

Banks do contact customers about potential security threats but will never ask you to use a different line, such as your mobile or a neighbour’s phone to contact the police.

If you receive a call like this, end it immediately and use a different line, such as your mobile or a neighbour’s phone to contact the police.
By-election called in Farley ward

Following the resignation of Cllr Robin Harris, Luton Borough Council has announced a by-election on Thursday 13 March when one of Farley ward’s three seats on the authority will be contested.

The elected councillor will serve until May 2015, when the whole Council is up for election. The hours of poll for all elections are 7am to 10pm.

As Lutonline went to press the list of candidates had yet to be confirmed, but this was due to be published on the Council’s website by 18 February. A full list of addresses in Luton can be found on the appropriate polling station where electors can vote, is also available at www.luton.gov.uk, search ‘Farley by-election’.

At full strength Luton Borough Council has 48 members representing 19 wards, and there are currently 35 Labour, eight Liberal Democrat and four Conservative councillors.

Residents of Farley who are currently on the register of electors should have received a poll card by Monday 17 February explaining how, where and when to vote. Electors can vote without the poll card, which is supplied for information only, but it can be easier if they take it with them.

Residents of Farley who are not currently on the electoral register need to complete a registration form and ensure it reaches the Town Hall by midnight on Tuesday 25 February. A registration form is available on the website www.aboutmyvote.co.uk and by calling 01582 510380.

Electors who know that they will be unable to get to the polling station on 13 March can apply for a postal or proxy vote. Voting by proxy means that the elector appoints someone they trust to vote on their behalf, and can be useful if an elector falls ill or if they are abroad on election day and may experience difficulty returning a postal vote in time.

To vote by either post or proxy, residents firstly need to be on the electoral register. Then they need to complete the relevant application form. Electors can apply to vote by post or by proxy by visiting the website www.aboutmyvote.co.uk and by calling 01582 510380.

Electors voting by post or by proxy must sign their application form personally for voting security reasons.

Doreen Peacock was again a prize winner at the hotly-contested LACA Eastern School Chef of the Year competition recently.

Tasked with preparing a healthy, balanced, two-course meal which would appeal to 11-year-olds, on a budget of less than £1.60 per child and in less than 1hr 30mins, Doreen was highly commended in the main course category. Held at Barnfield College last month, Doreen impressed with her ‘Caribbean medley’ comprising spicy lamb with cream rice, sweet rainbow kebab and chicken bites dipped in a refreshing relish, followed by ‘Tropical tart’ – a ginger pastry shell with tangy, creamy centre topped with fresh fruit and served with a cool coconut whip.

Doreen has been working in the catering sector for many years and was first named best dessert cook in her debut competition in 2009. Since then she has gone on to win that title three times, claiming the regional crown in 2010. Doreen has also shown off her talents at the annual exhibition and seminar organised by LACA, Association for Catering in Education, picking up gold, silver and bronze awards for her static culinary displays.

She said: “Each time I have competed I have been awarded the dessert prize so it was a pleasant surprise to win the highly commended main course this time. I love entering these competitions as it is a great way of showing off the skills of school catering teams.

“I’m very grateful to Lealands High School for the support that they have given me over the years.”

The Council’s catering manager Ferri Fasshi said: “Doreen is a great asset to our talented and professional catering teams who deliver nutritional, balanced meals, meeting Government standards, on a daily basis to many schools in Luton.

“This competition is a great way of demonstrating the quality of catering in the town.”

The competition was sponsored by MAGGI® from Nestlé Professional®.

Cheap bikes for sale

A number of bargain second-hand bicycles are for sale after being skilfully repaired as part of the Council’s successful learning disability project at Stockwood Discovery Centre.

Residents can also take advantage of the repair service themselves, or even donate an old bike to the project.

To find out more, call Ian Buckley on 07770 925801.

Free young driver courses in March

Young drivers are being encouraged to sign up for two free skills courses on 9 March.

Places are available on a first-come, first-served basis for the More 16 and More Drive courses funded by Luton Borough and Central Bedfordshire Councils and organised by highways contractor Amey.

Application forms can be requested by emailing roadsafety@amey.co.uk. More 16 gives 16-year-olds their first experience of driving, and advice for parents about choosing an instructor and how to help their teens when practising.

A high-speed passenger ride with a Millbrook pro-driver with competition history in motorsport such as rallying or racing is available to all parents attending.

More Drive offers 17 to 24-year-olds who have already passed their driving test the chance to drive a skidpan and experience ABS braking systems, as well as practising emergency stops at speed to demonstrate varying stopping distances.

Workshops covering driving skills, maintenance, distractions and safety will be run by the local authorities, Bedfordshire Police and Three Shires Driving School.

Luton’s road safety manager Christine Davy said: “Both courses are really popular and we have had great feedback.

“We are committed to reducing accidents where young people are killed or seriously injured, and this education focus is working well. If you want one of the last few places, sign up fast!”

Doreen Peacock with her winning plate and commemorative plaque

Doreens High School kitchen manager Doreen Peacock
Luton: a ‘dementia-friendly’ borough

Luton’s work to become a ‘dementia-friendly’ community has been recognised on the national stage.

A dementia-friendly community is a city, town or village where people with the condition are understood, respected and supported, and are confident they can contribute to community life.

Launched last year, the Luton Dementia Action Alliance (LDAA) is now a member of the national parent group – and has been awarded prestigious ‘foundation’ status.

The alliance was developed by the Council and Alzheimer’s Society and encourages both individuals and organisations in Luton to make a real difference to the lives of people with dementia, their families and carers.

Local organisations signed up include Music24, GP Ministries, Tokko and Home Instead Care Ltd, and partners can now display the official national logo in their shop windows, websites and publicity materials.

Accreditation follows recent news that the South Essex University Partnership NHS Foundation Trust (SEPT), which provides mental health services on behalf of the Council, has had its own memory services accredited as excellent by the Royal College of Psychiatrists’ Special Committee for Professional Practice and Ethics.

SEPT’s memory services team is made up of specialist doctors, nurses, occupational therapists and psychologists who are involved in the assessment of the condition, and then continue to be involved after diagnosis, offering information, advice and support.

Pam Garraway, corporate director of housing and community living, said: “We are committed to making Luton ‘dementia-friendly’ and are working with organisations across the town to remove the stigma and raise awareness of the condition.”

“It is great that the Council, Alzheimer’s Society and SEPT have all been recognised on a national level and I would like to thank all of the local organisations which have signed up to the alliance. There is still a lot of work to do and we want to see more organisations signing up as we all have a role to play in helping people with dementia to be part of their community.”

Richard Winter, SEPT’s executive director for Bedfordshire and Luton said his organisation’s accreditation “demonstrates the innovation, patient-centred approach and professionalism of our team in providing care and support to individuals.

“We recognise the enormous impact dementia can have on the life of a person and their friends and family, which is why we seek to support patients with an early assessment and ongoing support following a diagnosis.”

To join the Luton Dementia Action Alliance call 01582 547825. More information is also available at www.luton.gov.uk/dementia and www.sept.nhs.uk.

New attitudes towards smoking

A campaign to help change young people’s attitudes about smoking was launched at Luton Sixth Form College recently by Mayor Cllr Sheila Roden.

The Council has commissioned Moo Moo Youth Marketing to work with the students to investigate what they think about the habit in their peer group.

Gerry Taylor, director of public health, said: “We want to cut through any boasting and bravado to challenge misconceptions about smoking and encourage positive behaviour based on the peer norm.”

“It is interesting to discover that, despite a general notion that smoking is the social norm, 93 per cent of the college students do not smoke.”

Nationally, five per cent of 11 to 15-year-olds are regular smokers, while two-thirds of adult smokers start before they reach 18. Preventing young people from starting smoking, or reaching them before smoking becomes a way of life, is a top priority.

Banners, posters and stickers are currently displayed throughout the college, while social media is also being used to promote messages identified following a recent survey.

In three months’ time students will be asked the same questions to see if there has been any change in their attitudes.

Better together

Have your say on Council and NHS services working more closely together....

Luton Borough Council and NHS want to improve the health and wellbeing of people in Luton.

To achieve this we are working on a programme called ‘Better together’. The aim is to work more closely together, sharing information and delivering seamless, customer-oriented services.

We must now produce a joint plan saying how we will integrate services in Luton in a way that will preserve social care outcomes and improve health services.

Local people are at the heart of this programme and we would value your opinions to help us build this plan to make the best possible use of Better Care Funds from the Government.

Better together

www.luton.gov.uk
You decide how funding is spent

Residents across Luton are currently taking part in another round of voting to decide how public money is spent in their local areas.

A series of ‘decision day’ events are being held across the town as part of the Council’s ‘Your Say, Your Way’ programme which aims to ensure residents can help shape the future of their neighbourhoods.

A record number of project proposals have been put forward this year, all seeking funding made available by the Council’s community development and public health services, the Beds and Luton Community Foundation and Luton Adult Learning.

Examples include youth development activities, neighbourhood safety initiatives and subsidised sports and fitness sessions to improve health and wellbeing.

This year the programme has expanded to include wards in east Luton for the first time, and those who attend decision days also get the chance to vote for the unpaid work programmes which should be carried out by offenders sentenced to community payback.

Voting has already taken place in Biscot, Bramingham, Crawley, Dallow, Farley, Icknield, Limbury, Northwell, Round Green, Saints, Sundon Park, South, Stopsley and Wigmore.

Forthcoming decision days include:

- High Town: at the Methodist Church on Saturday 1 March, 10am-1pm
- Challney: at Chaul End Community Centre on Saturday 8 March, 10am-1pm
- Leagrave: at Hockwell Community Centre on Saturday 8 March, 2-5pm
- Barnfield: at Bushmead Community Centre on Saturday 15 March, 10am-1pm
- Lewsey: at the community centre in Langtree Road on Saturday 22 March, 10.30am-1.30pm

Pam Garraway, corporate director for housing and community living, said: “All the projects aim to make a real difference to local communities so come along for a free coffee and cake and help decide which projects will receive funding to improve your neighbourhood.”

To book a place call 01582 54 87 73 or email YourSayYourWay@luton.gov.uk.

£45k lottery funding for Sainsbury’s School Games

This year’s Sainsbury’s School Games Festival in Bedfordshire and Luton is set to build on the success of previous events thanks to £44,989 of National Lottery funding.

Team Beds and Luton, the local organising committee, has been awarded the money from Sport England to deliver the games as the culmination of a year of competition within and between schools.

The most talented athletes will progress to compete across more than 30 sports including athletics, wheelchair basketball, hockey, volleyball and badminton on Friday 7 March and Thursday 26 June.

For more details visit www.teambedsandluton.co.uk or www.yourschoolgames.com

Don’t hang around, move to Basepoint...

...and start 2014 fully connected!

Move your business to a Basepoint near you before 31st March and receive both 50% off your rent and 2,500 free minutes* for your first 3 months. Plus get our standard internet package included in your rent to get you up and running online.

Office | Flexi-Space | Virtual Licences | Meeting Rooms

Unique workspaces for your business

*Visit basepoint.co.uk/offers for full terms & conditions

basepoint.co.uk

Beware of scammers

The Council is reminding residents to be wary of rogue traders after recent reports of scammers operating in the Cambridge area.

Rogue traders often arrive on a resident’s doorstep offering to carry out ‘essential’ household maintenance and repairs. Once the unsuspecting resident has parted with payment for the job, sometimes running into thousands of pounds, they often discover the work has either not been completed properly or is of a very poor standard.

In some cases reported across the UK the resident then receives a visit from a bogus trading standards official who offers to sort out the problem and prosecute the offender, providing the resident hands over yet more money.

A Council spokeswoman said: “If you need maintenance or repair work carried out on your home, make sure you call a genuine trader and make an appointment for them to call at a time that suits you.

“Genuine Council officials would never ask for money for the services they provide. All Council officers carry identification, and if you are in doubt about their identity then close your front door and call the Council on 01582 546000.”

If the caller is threatening or aggressive and you feel you are in immediate danger, call the police on 999, otherwise use 101.

www.luton.gov.uk
Adult social care survey under way

Luton residents receiving adult social care from the Council are being asked to provide honest feedback about the services they receive.

The annual adult social care survey has been sent to around 1,000 randomly-selected service users and will collect vital information on the quality of support being provided for older and vulnerable people in the town.

In recent years there has been a big drive from the Council to ensure residents have choice and control over the care they receive, and the survey will establish how well this is working in reality, and across different demographic groups.

Results will be carefully analysed to find out what may need improving or changing, and to influence the way services are provided in the future.

Pam Garaaway, corporate director of housing and community living, said: “This survey is the most important way of finding out what impact our services have on the lives of residents, so I hope everyone who receives one takes the time to complete it. It will help us understand what we need to do differently to improve services.”

“It is no secret that we have been faced with massive budget cuts, so we are also hopeful that the survey will help us understand how we can provide services more efficiently and effectively in such a challenging financial environment.”

“Whether it’s home care, occupational therapy or if you have had your home adapted in the last year, if you do receive a survey it is vitally important that you give us honest feedback.”

The survey is led by the Department of Health and is being sent out by all councils across the country with adult social care responsibilities.

Responses are treated completely confidentially with no individual being identified, and the findings will be published by July.

● If you have received a questionnaire and have difficulty completing it, call 01582 54 76 82 or 01582 54 77 82.

Let us know what you think of adult social care in Luton

Marking the Holocaust

Holocaust Memorial Day was commemorated at Luton Town Hall on Sunday 26 January when community leaders, residents and members of Luton Council of Faiths were joined by Council staff and members.

The event has been held annually in the UK since 2001 and offers a chance for people to remember victims and survivors not only of the Holocaust but also subsequent genocides in Cambodia, Rwanda, Bosnia and Darfur, and ongoing atrocities that continue to occur today.

The theme for this year’s event was ‘journeys’ and Luton’s programme included songs, film clips and an extract from the experience of survivor John Edelnand.

Candles were lit in memory of the 11 million victims of the Holocaust by selected community representatives, with the Kaddish, a Hebrew prayer for the dead, led by Lawrence Benjamin, of Luton United Synagogue, and David Young, of the Bedfordshire Progressive Synagogue.

A short play was performed by drama students from Stopsley High School, based on their experiences in Terezin.

● For more information about Holocaust Memorial Day, which is held on 27 January – the date in 1945 when the largest Nazi death camp, Auschwitz-Birkenau, was liberated – visit www.hmd.org.uk
Have your say over community centres

The Council is encouraging residents to give their views on proposals which affect two of its community centre buildings.

In order to meet challenging spending targets required by the Government, it is no longer affordable for all 11 of the town's community centres to continue operating as they are now.

The Council therefore carried out a comprehensive review of all the town's Council-owned community centres, analysing the current state of the buildings, usage levels and local demand for services.

As a result the Council is proposing to end the lease at Saints Community Centre and to transform Park Town Community Centre into a children's centre or shared use facility.

The review found that there is a significant and unfunded backlog of critical repairs required at Saints which is estimated to cost about £400,000. The centre itself is only worth £215,000.

Given the ongoing risk of not carrying out these essential repairs, the proposal is to close the centre and commit to finding alternative venues in the local area for its current users.

Over at Park Town findings were that the community centre is used by only a small number of groups and individuals, mainly in the evenings and at weekends.

Given that there is a private nursery operating at the centre, and also high demand for additional children's services in Park Town, the Council is confident it will be able to retain the building – albeit with a different role.

There are therefore a number of proposals for Park Town, including turning it into a centre for children or making it a shared community and children's facility.

A 90-day consultation now under way aims to assess impacts of the proposals, identify alternatives, and look at the best venues available for the current users of both centres.

Pam Garraway, corporate director for housing and community living, said: “It is widely known that we have far less money to provide our services and, as budget cuts are ongoing, the review was important in establishing which of the town’s community centres are the most essential.

“We have put some proposals together and it is important we get as much feedback as possible so we know what people think.”

More information and an online survey to provide feedback is available at www.luton.gov.uk/currentconsultations. Paper copies are available from libraries and affected community centres, or by calling 01582 547131, and face-to-face consultations with groups are also planned during March.

A final decision will be made by councillors on the Executive after they have received a further report detailing the consultation’s findings.

Hire a stall at Carnival

Join the thrill of Carnival on Sunday 25 May

Businesses, entrepreneurs and charities looking for a stall at Luton International Carnival are invited to apply now, with a number of sites available.

Pitch locations include Wardown Park, Moor Park, the town centre and Old Bedford Road and can be used to sell goods, run amusements, publicise a business or fundraiser.

Carnival regularly attracts around 30,000 visitors and takes place this year on Sunday 25 May.

Lisa Marie Trump, chief executive at the UK Centre for Carnival Arts, said: “Carnival is day which showcases the best of the world's cultures and as such we are welcoming applications from everyone. Food, drink and souvenirs from so many other countries are available at the event, so whether you have something unique or an old favourite to offer, we would love to hear from you.”

Applications must be completed by Wednesday 26 February. For more information, visit www.carnivalarts.org.uk and click on ‘Carnival 2014’. Alternatively, email info@carnivalarts.org.uk or call 01582 437100.

DID YOU KNOW...

That the average UK family throws away food worth £50 every month?

To help you make the most of the groceries you buy, Luton Borough Council is bringing you a super series of recipes in association with the Government’s Love Food Hate Waste campaign.

For more tasty tips from chef Lyndon Gee and advice on how to reduce food waste, go to www.luton.gov.uk/recycling

VEGETABLE BOLOGNESE SAUCE

Recipe by Lyndon Gee

This vegetable sauce is really versatile because you can use any vegetables. You can use this sauce in lasagne or cannelloni. It will store well in an airtight container in the fridge for up to two days.

SERVES: 4-6  PREP: 10 mins  COOK: 30 mins

INGREDIENTS

• Dash of oil (sunflower, olive or any vegetable oil)
• 1 large onion, finely chopped
• 1 pepper any colour, finely chopped
• 300g mixed vegetables, finely diced (eg carrot, parsnip, mushrooms, celery, leek)
• 2-4 cloves garlic, crushed
• 2 heaped teaspoons dried oregano
• Good pinch salt and plenty of pepper
• 400g tin chopped tomatoes
• 400g tin green or puy lentils, drained

HOW TO PREPARE

1 Put the oil in a pan and gently cook the onion until well browned, stirring regularly.
2 Add the pepper and vegetables to the pan; continue cooking gently for five minutes, still stirring regularly.
3 Add the garlic and oregano; season and stir for one minute, then add the tomatoes.
4 Bring to a gentle simmer, cover and cook for 15 minutes, stirring occasionally and adding a little water if it starts to stick.
5 Add the lentils, simmer for a further five minutes and serve.

DID YOU KNOW...

● Food Waste – The amount of food wasted by UK households amounts to 7.7 million tonnes of food per year, of which 6.8 million tonnes is sent to landfill. Every year, 50% of the food we buy is thrown away. Much of this is avoidable.

● Love Food Hate Waste campaign – Luton Borough Council is working with the Government on the Love Food Hate Waste campaign, aimed at reducing food waste and driving up restaurant recycling.”

To help you make the most of the groceries you buy, Luton Borough Council is bringing you a super series of recipes in association with the Government’s Love Food Hate Waste campaign.

For more tasty tips from chef Lyndon Gee and advice on how to reduce food waste, go to www.luton.gov.uk/recycling

United Kingdom
Arriva Travel Centre

Your one stop shop for all your travel needs.

Pop in for bus and coach bookings, tickets and information for local, national and international travel, whether it’s for exciting days out, holidays or just value-for-money travel to work.

There’s a wide variety of tickets available, including Oyster cards for great-value travel around London, theme park tickets for a great day out with the kids and for local bus travel there’s the Arriva Connect card - the paperless ticket to help make your journeys even easier. Plus much, much more.

Arriva Travel Centre, Central Square, The Mall
Open 7 days a week

arrivabus.co.uk/south-east
Luton’s award-winning dog wardens are working with the Blue Cross charity to promote RespectaBULL, a campaign to educate people about keeping bull breed dogs as pets.

A spokeswoman for the Council said: “Bull breed dogs are clever, loyal and can make great pets but they are strong and powerful animals and need proper training and handling.”

The dog warden service has been promoting responsible ownership for many years, including training sessions for local people ranging from young children to professional adults, to help keep dogs and their owners healthy and happy.

But with an apparent increase in people across the country using bull breed dogs as status symbols, the Council is fully supporting the RespectaBULL campaign which is aimed at owners and anyone thinking of getting dogs including Staffordshire bull terriers and boxers.

The Blue Cross campaign focuses on educating young people about owning a dog, using them as status symbols and the consequences of owning illegal breeds. To engage schools, youth clubs and groups such as rainbows, brownies, guides, cubs, scouts and air, sea and army cadets, the Blue Cross has developed a powerful interactive workshop which is free and can be tailored as required, including quizzes, discussions, group work and videos.

For more information about the workshops email marion.jones@bluecross.org.uk. For general advice regarding responsible dog ownership call the Council’s service on 01582 510330 or see www.luton.gov.uk/dogwardens.

Great pets but powerful: example of a bull breed dog.
Take your mum somewhere safe to eat this Mother’s Day

What goes on in the kitchen of your favourite restaurant? Do the chefs wash their hands? Are the fridges cold enough? Is the food cooked safely? How can you check for the best places to eat?

Luton’s food safety officers are experts in food hygiene and check standards in local restaurants, cafes and takeaways. They turn up without warning to find out exactly what is going on in the kitchen to ensure the food you eat is safe.

Once food safety officers have inspected a business, they give it a rating ranging from zero (urgent improvement necessary) to five (very good). Every business inspected receives a certificate showing its hygiene rating, and the owners are encouraged to display it for their customers.

All ratings are available online and it’s easy to check – see food.gov.uk/ratings and click on ‘find your area’ in the eastern counties, and you can follow the links to Luton. You can then search by name of business, and by street or postcode.

The scheme is run by almost all counties in the UK so you can check your favourite restaurants outside Luton too. You can also download a free smartphone app from Google Play (food.gov.uk/app-android) or iTunes (food.gov.uk/app-itunes) to check the scores while you are on the move.

Why not check out the scores for the restaurant you are planning to take your mum?

We are pleased to profile some of our local restaurants who currently have four or five stars. (Scores displayed are correct at the time of going to press.) For the latest scores on the doors please check food.gov.uk/ratings.

Curry Master

176a Marsh Road, Luton, LU3 2QL
01582 574296
www.currymaster-luton.co.uk

If you decide to have a Mother’s Day celebration at home, choose an Indian takeaway from us. Offering creative dishes delivered right to your door using high quality ingredients, sauces and spices, you can choose from our menu of delightful dishes. We also have set menus at great price and you will receive 10 per cent off collected orders over £10. We look forward to see you soon.

George II

70 Bute St, Luton LU1 2EY
01582 728916
alikaanalp@gmail.com

Well known for the fantastic live bands that play at this venue every Saturday, the George II also serves traditional homemade meals every day - Monday to Friday 11am to 9.30pm and weekends 12 to 9pm. Take out menu includes fish and chips, pizza and pasta dishes. Celebrate Mother’s Day with a delightful sit down meal for all the family. Booking recommended.

The White House

1 Bridge Street, Luton, Bedfordshire, LU1 1SA
01582 454608
P168@jdwaterspoon.co.uk
www.jdwaterspoon.co.uk

This busy bar in the heart of Luton has much going on to keep you entertained. Special offer for Mother’s Day - £5.99 for roast beef, chicken, pork or vegetarian. Mum gets a free dessert and family get a free drink. Excellent value for money. Ten meals to choose from all day every day – two for £6.49 and children’s menu with food from £3.99 including a drink and a bag of fruit (families welcome until 6pm). Food is served from 8am until 11pm daily and you can have a refill from the bottomless filter coffee jug any time between 8am-2pm daily. We look forward to seeing you.

Red Chilli

96 - 104 Wellington Street (Upper)
Luton, Bedfordshire LU1 5AF
01582 480055
www.thedredchilirestaurant.com

Red Chilli Indian restaurant has built a reputation for serving the finest food capturing the best flavours of India. Part of an award-winning group, we have won many accolades from connoisseurs and critics alike.

For Mother’s Day we can offer a set menu for your loved one or you can choose from our extensive menu. Good food is of the utmost importance to us. Our menu, created by our executive chef, has a selection of exciting new dishes as well as the traditional, all using only the best and freshest ingredients.

Or if you prefer to eat at home, all the meals in our menu except those set meals are available to take away. We offer a 10 per cent discount on all orders over £15 collected from the restaurant.

SizzAll

Sizzall World Buffet

1st and 2nd Floor,
46-44 George Street, Luton, LU1 2AZ
01582 258888
www.sizzallrestaurant.com

Pop in and visit Luton’s newest and largest world buffet. The spacious venue can cater for all your needs including weddings, birthdays, parties, conferences and much more. Seating is available for up to 600 people and there is a large and small function room available with a karaoke and a large plasma TV if needed. All you can eat banquets start at a fantastic price. Lunch from £7.49 and dinner from £12.99 per person. Treat your mum this Mother’s Day with tastes from around the world.

The Hungry Horse

Biscot Road, Luton, Bedfordshire, LU3 1AS
01582 572363
0247@greeneking.co.uk
www.hungryhorse.co.uk/pubs/biscot-mill-luton

Open seven days a week and serving food up to 10pm. We are favoured for our Big Plate Specials and fantastic team. Families are welcome to enjoy breakfast, lunch and dinner. We are proud to offer value fun and a wide range of choice bursting with flavour. Bookings now being taken for Mother’s Day. We also have a DJ every Friday and Saturday evening. Mickey Mouse walkaround on Saturday 1 March and Sunday 2 March at 2pm. Live act - Motown Girls on Saturday 1 March from 8.30pm – over 18s.

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‘Step out safely’

A new online training package has been developed by the Council to help schoolchildren in Luton learn how to cross the road correctly.

‘Step out safely’ is aimed at pupils aged from four to seven years, and adjusted slightly to best suit each school year group.

A ‘red’ course is designed for children aged four and five in the reception year and helps develop their awareness of the road environment under adult supervision. Pupils are taught that roads are for traffic and the pavement is a safe place for pedestrians.

Children aged between five and six take part in the ‘amber’ course which helps them become more aware of traffic.

Year two children aged six and seven start to learn about people who can help them cross a road safely. They are introduced to the green cross code, learning to stop, look, listen and think before stepping out from the kerb.

The programme is internet-based, ensuring that all schools are able to access it and reduce the likelihood of their children being injured.

Christine Davy, the Council’s road safety manager, said: “If just one child is injured crossing the road in Luton, then that is still one too many. We are doing as much as possible to help parents teach their children how to cross the road safely.

“This course is particularly good as it is tailored for different age groups, meaning that children will receive good advice in a format which is appropriate for them.”

County scoops national award

Work to raise awareness about unsafe cars was commended at the first ever TyreSafe awards recently.

The Bedfordshire and Luton Casualty Reduction Partnership won the ‘safety in the community’ award for a campaign promoting the need to keep cars in good condition.

Voluntary and mandatory police checks were carried out in a number of locations, providing the opportunity for motorists to receive advice about any defects and where to get them fixed.

In some cases cars had defects which made them unsafe to drive, and further action was taken against drivers. Coupled with radio adverts, newsletters and messages on social media, the campaign reached more than 300,000 people.

Christine Davy, the Council’s road safety manager, said: “We are committed to making Luton’s roads as safe as possible, and so were delighted to be involved in this partnership campaign.”

Keep your vision clear

It may have been a mild winter so far but drivers are nonetheless reminded to make sure all vehicle windows are clear of ice and snow before setting off.

Road safety officers have spotted moving vehicles with just a small hole cleared on the windscreen – meaning drivers would not have been able to see anything in their peripheral view.

Christine Davy, the Council’s road safety manager, said: “Drivers who can’t see clearly at the wheel risk missing important information, such as noticing a child about to run out in the road.

“Please remember all your windows to the front, rear and side must be completely clear, and if your windscreen mists up then stop until it has cleared.”

Not when you’re driving

The Council has released a fourth short video aimed at helping young drivers gain a greater awareness of the risks of becoming distracted at the wheel.

The latest film in the ‘Not if I’m driving’ series was released at the end of December and uses humour to draw attention to the dangers of using a hand-held mobile phone while driving.

Set in a library, the peace and quiet is broken when a young man blares out on a megaphone.

Answering your phone when driving is illegal, excepting with hands-free. If you get caught, this can leave you with a fine of £100 on the spot and three points on your licence.

The films can be viewed at www.notifimdriving.com or on YouTube.

Do you have children?

Speak to the Family Information Service

childminders
nurseries
pre-schools
parent & toddler groups
additional needs/SEN

holiday schemes
help with childcare costs
youth service organisations
careers & training in childcare
family support and much more

http://directory.luton.gov.uk

For more information please contact us on
01582 54 88 88
fis@luton.gov.uk
Visit our website for further details

www.luton.gov.uk
Diving becomes accessible to all

Active Luton has begun a new diving programme aimed at young people with disabilities.

Believed to be among the first courses of its kind in the UK, ‘Diveability’ has been developed by the local sports trust’s elite divers David Jenkins and Harry Glover, with sessions taking place each Thursday from 4-5pm and 5-6pm at Inspire: Luton Sports Village.

On the back of Inspire’s opening, and filming there of the prime-time celebrity ITV show Splash!, diving has enjoyed a recent surge in popularity in the town. Now Active Luton is working to ensure that the sport is accessible to more people.

Sessions are led by head coach Hayley Sage, a former international diver who competed at the Olympics, Commonwealth Games and World Championships, and who brings a wealth of experience working with disabled people and those with special needs.

Active Luton chief executive Helen Barnett said: “It was great to see Paralympic runner Richard Whitehead competing on Splash! recently, and it makes the timing of this new programme perfect as he showed the nation that his disability did not affect his ability to take part in the fantastic sport of diving.

“Inspire is a venue that everyone, irrespective of their ability or culture, can use to get active and become healthier.”

The programme caters for individuals aged from 11 to 25 years who can swim 25 metres, are comfortable in five-metre deep water and have a moderate level of coordination. Anyone interested is encouraged to call first to discuss requirements.

Sessions are sold in six-week blocks for just £18 and divers can choose between the two time slots. For more information call 01582 393230 or email diving@activeluton.co.uk

Birdwatch calls to pupils

Pupils and staff at Rothesay Nursery have taken part in the world’s biggest birdwatch, organised by the RSPB.

The school joined thousands of other children across the country in counting the different types of birds that visited their grounds between 20 January and 14 February.

As part of the RSPB’s Little Schools’ Birdwatch for under fives, the pupils made their own feeders and used posters and books to identify magpies, blackbirds, robins, pigeons and crows.

Headteacher Janet Brownjohn described the initiative as a fun and practical way of teaching the whole school.

She said: “Through this activity the children were able to use a number of skills including listening, counting and identifying colours as well as learning about the different behaviours of the birds. As we are an eco school this fitted perfectly with our ethos to help children understand their natural environment.”

Paralympic runner Richard Whitehead with Active Luton diving coach David Jenkins

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**Winter warmer...**

Special day delegate rate of £29 + VAT*  
January - March 2014

- Morning/afternoon coffee, tea and biscuits
- Working lunch: Selection of sandwiches, potato crisps, herb and sausage rolls, vegetarian sausage rolls, fresh fruit basket, reception cakes, orange juice and mineral water
- Room hire and equipment included
- Free car parking
- Free Wi-Fi

Please phone the conference office on: 01582 489069/065 for more information
Want to get involved in your local park?

The Council is working with the Friends of Luton’s Parks and Green Spaces and a range of other community groups across the town to secure funding and continue to improve your parks and green spaces. Some of this year’s highlights include the:
- Upgrade of Manor Park Gardens
- Record seven Green Flag Awards (national quality indicator) for Luton’s parks
- Upgrade of the Runley Road entrance to Dallow Downs, with signage designed by local school children
- New play facility in Runfold Avenue
- Restoration of the seasonal pond in Lewsey Park
- Successful ‘Make a Difference Day’ event when university students and local businesses and residents all helped plant native daffodils and bluebells
- Access improvements to the county wildlife site at People’s Park.

Please tell us what you think about your local park or green space or the park that you visit most often by completing this short survey:

<table>
<thead>
<tr>
<th>Name of park or green space:</th>
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<table>
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<tr>
<th>How often do you visit this park or green space:</th>
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<tr>
<th>Question</th>
<th>Very good</th>
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<th>Poor</th>
<th>Very poor</th>
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<tr>
<td>How would you rate the design and appearance of the park or open space? (Please tick one only)</td>
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<td>How would you rate the standard of cleanliness and maintenance? (Please tick one only)</td>
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<td>How easy is it for you to get around the park or open space? (Please tick one only)</td>
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<td>What do you think about the range of visitor facilities available? (Please tick one only)</td>
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<td>How would you rate the standard and maintenance of the trees, flowers and flower beds, shrubs and grass areas? (Please tick one only)</td>
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<td>How would you rate the care and protection of nature and wildlife? (Please tick one only)</td>
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<td>How would you rate the facilities and/or services provided for children and their parents? (Please tick one only)</td>
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<td>How would you rate the sports facilities available? (Please tick one only)</td>
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<td>What is your overall impression of the park or open space? (Please tick one only)</td>
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Please cut out and return to: FAO Jane Conway, Development and business manager, Luton Borough Council, Parks Service, Wardown Park Offices, Old Bedford Road, Luton LU2 7HA.
Alternatively visit www.luton.gov.uk/parks and complete a more detailed survey relating to your local park.

www.luton.gov.uk/parks
Legionella legislation that you need to know

Legionnaires’ Disease is a rare infection that leads to pneumonia. If you experience flu-like symptoms and have difficulty breathing and chest pain, please seek urgent medical attention.

Gerry Taylor, director of public health, said: “By law all premises with cooling towers and evaporative condensers must automatically notify the Council so they can be included on a central register, regardless of whether their health and safety enforcing authority is the Council or the HSE.”

Businesses without effective legionella controls in place run the risk of enforcement action. Office buildings and shopping centres come under the jurisdiction of the Council while the Health and Safety Executive (HSE) regulates manufacturing premises. The visits are part of a wider HSE-led programme following research in 2011 which revealed that cooling towers and evaporative condensers are the most common source of significant outbreaks of Legionnaires’ disease in the UK over the past 10 years.

Have you had an HIV test?

Figures from 2011 showed a quarter of people living with HIV were unaware of their status. But by raising knowledge of HIV/AIDS, and increasing the availability of testing, the Council is working with partners to cut the number of people diagnosed late. An early diagnosis makes the condition easier to manage and reduces the risk of the virus being passed on to others.

Free and confidential same-day testing is available from Mondays to Thursdays through the Genito-Urinary Medicine clinic on 01582 497070. Under-25-year-olds can also test at Brook Luton, call 01582 748580 for details, and over 25s at Cambridgeshire Community Services, 01582 511690.

For more information see www.hivpreventionengland.org.uk

Pupils up to the challenge

Selfless children and staff at St Matthew’s Primary School dedicated a month to supporting a number of charities recently. Having previously backed Children in Need, the school decided that this year it would support Luton’s local Food Bank, with pupils bringing in donations that filled 54 large boxes.

A non-uniform day was organised to help generate interest, and Luton’s Food Bank van had to make three visits in order to collect the donations.

Headteacher Jane Thomas said: “We are going to continue to support the Food Bank throughout the year in different ways. We’re also planning on holding assemblies when we can explain about all of its good work. This is a charity dear to our hearts with a number of our families having benefitted in recent times.”

Meanwhile male members of staff took up the Movember challenge, growing moustaches of all shapes, sizes and styles to support prostate cancer charities.

Your kerbside garden waste collections are restarting in March

Brown bin collections in Luton will begin again from week commencing Monday 3 March.

To find your first collection day, check your recycling collection calendar at www.luton.gov.uk/recycling

Luton’s Household Waste Recycling Centres in Progress Way and Eaton Green Road also accept your garden waste all year round

Now is a great time to start thinking about home composting your garden and kitchen waste to create a nutrient-rich compost to use on your plants and soil.

The Council offers a range of discounts on home composting products, visit www.luton.getcomposting.com for more information and offers.

www.luton.gov.uk/recycling
Buy With Confidence

Looking for a good, honest trader?

www.buywithconfidence.gov.uk and www.luton.gov.uk/tradingstandards

All businesses in the scheme are checked for customer service and compliance with consumer protection law.

Home and appliance repairs – electrical equipment and repairs, servicing, heating, plumbing, appliance testing etc

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<thead>
<tr>
<th>Business Name</th>
<th>Phone Number 1</th>
<th>Phone Number 2</th>
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<tbody>
<tr>
<td>RSG Portable Appliance Testing</td>
<td>01582 414097</td>
<td>07883 337923</td>
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<tr>
<td>Easyflow Heating and Plumbing Co</td>
<td>01582 505043</td>
<td>07976 412010</td>
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<tr>
<td>Mand Properties LLP</td>
<td>01582 575005</td>
<td>07753 650790</td>
</tr>
<tr>
<td>Mike Box</td>
<td>01582 466416</td>
<td>07956 895718</td>
</tr>
<tr>
<td>Sun Realm Heating Co Ltd</td>
<td>01582 571925</td>
<td>-</td>
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<tr>
<td>Medway Building, Plumbing and Heating</td>
<td>01582 482642</td>
<td>07836 729841</td>
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<tr>
<td>Extrelc Services Limited</td>
<td>01582 482496</td>
<td>07711 308748</td>
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Home exteriors – guttering, double glazing, plumbing, garage doors, landscaping, loft conversions etc

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<tr>
<th>Business Name</th>
<th>Phone Number 1</th>
<th>Phone Number 2</th>
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<tbody>
<tr>
<td>Countryside Landscapes</td>
<td>01582 667615</td>
<td>07931 315342</td>
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<tr>
<td>M&amp;S Water Services</td>
<td>01582 736317</td>
<td>07956 312451</td>
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<tr>
<td>Window Parts Limited</td>
<td>01582 486566</td>
<td>-</td>
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<tr>
<td>A1 Garage Doors</td>
<td>01582 977817</td>
<td>07808 899351</td>
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<tr>
<td>Maintenance Free Systems</td>
<td>01582 453558</td>
<td>07908 105699</td>
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<tr>
<td>Pinnacle Lofts (Quality Lofts Ltd)</td>
<td>01582 380110</td>
<td>07722 339243</td>
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<tr>
<td>Icknield Home Improvements Ltd</td>
<td>01582 401617</td>
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Home Improvements – home improvements, painting and decorating, carpenter, plastering, tiling and flooring, bathroom and kitchen installations, plumbing, plaster boarding etc

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<tr>
<th>Business Name</th>
<th>Phone Number 1</th>
<th>Phone Number 2</th>
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<tbody>
<tr>
<td>GDA Property Services</td>
<td>01582 539686</td>
<td>07780 910580</td>
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<tr>
<td>Pete’s Property Maintenance</td>
<td>-</td>
<td>07919 921268</td>
</tr>
<tr>
<td>Handymen Direct (RCA Bank Ltd)</td>
<td>01582 521115</td>
<td>07815 867729</td>
</tr>
<tr>
<td>Eastern Training Ltd</td>
<td>01582 485579</td>
<td>-</td>
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<tr>
<td>BMC Painting and Decorating</td>
<td>01582 720996</td>
<td>07282 548929</td>
</tr>
<tr>
<td>I &amp; F Carpentry Construction</td>
<td>01582 450767</td>
<td>07834 159976</td>
</tr>
<tr>
<td>PEL of Luton</td>
<td>01582 755979</td>
<td>07889 973717</td>
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<tr>
<td>Gideon Plasterers Ltd</td>
<td>01582 561090</td>
<td>07956 825040</td>
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<tr>
<td>DNB Plastering and Property Maintenance</td>
<td>01582 585570</td>
<td>07956 881727</td>
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<tr>
<td>Tiran Plast</td>
<td>01582 720900</td>
<td>07762 769247</td>
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<tr>
<td>Secure Image</td>
<td>01582 492194</td>
<td>07986 736408</td>
</tr>
<tr>
<td>Tile Fit</td>
<td>01582 521699</td>
<td>07789 968088</td>
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Home Improvements: cleaning – carpet, upholstery, leather, rug, tile and curtain cleaning

<table>
<thead>
<tr>
<th>Business Name</th>
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<th>Phone Number 2</th>
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<tbody>
<tr>
<td>CleanPro</td>
<td>01582 518467</td>
<td>07834 760699</td>
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Security and fire safety – locksmiths, alarms, fire equipment, CCTV systems, door entry systems etc

<table>
<thead>
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<th>Business Name</th>
<th>Phone Number 1</th>
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</thead>
<tbody>
<tr>
<td>JCA Security Systems Installations</td>
<td>01582 493283</td>
<td>07785 112580</td>
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<tr>
<td>All Locked Up</td>
<td>01582 581367</td>
<td>01582 562754</td>
</tr>
<tr>
<td>S J Securities</td>
<td>01582 596248</td>
<td>07884 076075</td>
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Mobility disability aids – mobility scooters, disability aids, wheelchairs and power chairs etc

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<thead>
<tr>
<th>Business Name</th>
<th>Phone Number 1</th>
<th>Phone Number 2</th>
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</thead>
<tbody>
<tr>
<td>Smart Mobility (Smart Tech Store Ltd)</td>
<td>01582 413718</td>
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</tr>
<tr>
<td>Carvercare and Mobility</td>
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MOT testing stations

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<tbody>
<tr>
<td>Luton Borough Council Transport Division</td>
<td>01582 546839</td>
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Motor dealers – motor dealers and used car sales

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<tr>
<th>Business Name</th>
<th>Phone Number 1</th>
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<tbody>
<tr>
<td>Leagrave Motor Company</td>
<td>01582 848700</td>
<td>-</td>
</tr>
<tr>
<td>Stopsley Village Cars Ltd</td>
<td>01582 457257</td>
<td>-</td>
</tr>
<tr>
<td>Luton Trade Centre</td>
<td>01582 562572</td>
<td>-</td>
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</table>

“Professional, quick and efficient.”

“Very pleased with the work carried out.”

“The workmen came promptly and completed the work as quickly as possible with minimum disruption.”

“Trustworthy and reliable. Quick and efficient sale. Thank you.”


“Honest, friendly, informative and helpful.”

“It was refreshing to receive such excellent customer service.”

“Very pleased with the work carried out. Recommended them to my neighbour.”

“Brilliant service. Thank you.”

“Very genuine, honest people. Thank you.”

“Very polite and efficient team. Very pleased.”

“The engineers were very pleasant and professional.”
HELPING YOU GET AROUND

IT'S GETTING EVEN EASIER TO GO BY BUS!

Businesses based in The Mall Luton have become the latest to benefit from the Travel Luton project, according to a recent survey looking at how excellent transport links to the town centre are being used on a daily basis by staff and shoppers. The research undertaken by Travel Luton reveals that more than 33 per cent of employees at The Mall and retailers within the shopping centre travel to work by bus. And with the launch of the new Luton Dunstable Busway last September, with reliable services running throughout the day, travelling by bus has become even quicker and more convenient.

Lavinia Douglass, marketing manager at The Mall, said: “Going by bus has always been a popular method of travel with both our staff and shoppers, so it’s great to see so many using the services. We will continue to work with Travel Luton so we can promote travel options for everyone coming to The Mall in the future.”

Over 75 stores at The Mall took part in the survey, with over 250 respondents. Three lucky winners also took home a £50 shopping voucher each for submitting their results. For more information on Travel Luton and the services provided, visit www.travelluton.co.uk

Where could your bus take you?

Go to travelluton.co.uk to find out
Create an emergency kit before you need it

What would you do if a power cut, flooding or severe weather trapped you at home? A basic emergency kit will make your life easier and help you through the crisis by providing basics like fresh water, food, a way to communicate and to keep warm or cool.

“If local people are trapped in their homes by severe weather or an industrial accident like a chemical leak, or need to leave quickly because of flooding or a bomb threat, the Bedfordshire and Luton Local Resilience Forum (BLLRF) is responsible for co-ordinating support and relief,” explained chair Chief Supt Mike Colbourne. “But it’s also useful if people have some supplies at home to help them cope.

“It’s quick and easy to create an emergency kit and store it in a waterproof box or bag somewhere to hand when you need it, or easy to move if you have to evacuate your home. Why not put it together now ahead of any crisis happening?”

The following items should be included:

- Bottled water
- Tin opener and non-perishable food
- Wind-up radio
- Pocket torch (battery or wind-up)
- Foil blanket and first aid kit
- Hand sanitiser, rubbish bags and plastic ties for personal hygiene
- Dust masks – to help filter contaminated air
- Warm clothes and a sleeping bag (one per person)
- Mobile phone and charger
- Spare medication
- Insurance / important documents in a waterproof pouch.

“If you have a plan it’s about anticipating your particular needs when creating your kit,” Mr Colbourne added, “and include any special medications taken by your family and enough food and water for everyone.”

To get you started visit the BLLRF website www.whatwouldyoudoif.co.uk for a 25 per cent discount on the regular retail price to purchase a basic emergency kit for £34.04.

Could your business be affected by severe weather, fire, theft or flood, transport disruptions or flu outbreaks?

If you want to protect your company by creating a business continuity plan, then this month brings an opportunity to get free one-to-one advice from professional emergency planning officers.

Pre-booking is advised for a series of 30-minute starter sessions, to be held at the Tokko building in Gordon Street, Luton, from 8am-6pm on Wednesday 19 March.

Tony Green, Luton Borough Council’s civil protection and business continuity officer, said: “Delegates will be helped to identify their risks and plan a response, and can also visit exhibits by police, fire and a business that survived the Buncefield refinery explosion.

“Having a plan could even save you money on your business insurance, and could be a requirement for public contracts for the emergency services and local councils.”

Supported by the Bedfordshire Chamber of Commerce and Federation of Small Businesses, places are limited but you do not need to be a member of either to attend.

Find out more at www.chamber-business.com/events/chamber-events. To book, email events@chamber-business.com or call 01582 522448.

Free early learning for two year olds - is your child missing out?

You may be entitled to a free early education place for your two year old child if:

- You live in Luton
- You receive benefits or tax credits.

Children can claim up to 15 hours of free childcare per week at an Ofsted registered early years provider.

Children learn and develop physical, social and emotional skills through play, so give your child the best possible start in life.

So what are you waiting for? Don’t let them miss out!

Call the Family Information Service 01582 54 88 88 or email fis@luton.gov.uk to find out if you qualify.

In partnership with
Patients ‘happy’ with repeat prescriptions

Healthwatch Luton, the independent voice for local people on all aspects of health and social care services, has recently conducted a review to assess patient satisfaction with pharmacy repeat prescriptions.

Ninety-six per cent of those questioned confirmed they are happy with the service which allows pharmacies in Luton to collect and dispense a repeat prescription without the patient having to contact their GP.

Project officer Kay Kokabi said: “We spoke to 862 local people and 104 were using the pharmacy repeat prescription service.

“Healthwatch Luton has recently conducted a review of GP services in Luton and will be publishing a report with our findings in the near future. We would like to thank the members of the public who assisted us with this review.”

The service can be essential for some patients who have difficulty getting to their GP to collect prescriptions. Advice is available from pharmacists.

Most pharmacies in Luton also provide a service called ‘medicine use review’ under which patients on repeat condition medication with a long-term condition may be eligible for a free consultation with their pharmacist to ensure the best treatment possible.

To find out more about Healthwatch Luton visit www.healthwatchluton.co.uk

MPs’ Advice Surgeries

Luton’s two MPs, Kelvin Hopkins and Gavin Shuker, hold regular Advice Surgeries and are always happy to help their constituents.

Luton North
Kelvin Hopkins MP
Covering: Barnfield, Bramingham, Challney, Icknield, Leagrave, Lewsey, Limbury, Northwell, Saints and Sundon Park

www.kelvinhopkinsmp.com

Please call Kelvin’s office on 488 208 for an Advice Surgery appointment

Luton South
Gavin Shuker MP
Covering: Biscot, Caddington, Crawley, Dallow, East Hyde, Farley, High Town, Round Green, Slip End, South, Stopsley and Wigmore

www.gavinshuker.org

Please call Gavin’s office on 457 774 for an Advice Surgery appointment
Exhibitions

**Luton Art**
Continues until 2 March
Wardown Park Museum

See the shortlisted entries for this year’s Luton Art competition featuring paintings, sculptures and drawings by professional and aspiring artists of all ages.

Free entry.

**British Wildlife Photographer of the Year**
*2013*
18 January – 16 March 2014
Stockwood Discovery Centre

An exquisitely beautiful collection of winning and shortlisted photographs featuring marine life and birds, as well as British and exotic animals.

Free entry.

So Crafty: Mother’s Day Bunting
Saturday 29 March, 11am
Stockwood Discovery Centre, Craft Courtyard

Create a lovely bunting for Mother’s Day with your own design and message.

For ages six +.

To book call So Crafty on 07857 413031. £12.50 per person.

So Crafty: Mother’s Day Cookies
Sunday 30 March, 11am
Stockwood Discovery Centre, Craft Courtyard

Learn how to decorate cookies with royal icing and sugar paste.

For ages six +.

To book call So Crafty on 07857 413031. £12.50 per person.

Romany Theatre Company presents
**Our Big Land**
Thursday 13 & Friday 14 March, 7.30pm
The Hat Factory

Oceania, a powerful gypsy matriarch, is convinced that Sophie, an outsider, is destined to become the next keeper of the bauro diklo, the sacred storytelling shawl. The bauro diklo is the lifeblood of Romany people. When Sophie falls in love with Oceania’s handsome but brutal son Roman, Oceania is overjoyed. But a catastrophic event on Sophie and Roman’s wedding day threatens not only to tear apart Oceania’s plan, and family, but the whole future of the Romany people.

The first play by a Romany traveller writer to be presented in the UK with original gypsy music and songs, our Big Land has a poetic beauty mixed with gritty realism — a play about family bonds, cultural loyalty and the battle between head and heart.

For ages ten +.

To book call 01582 878100. £10, £8 concessions and culture card, £5 NUS, £3 under 18s.

**Saturday Selection**
15 February – 31 May
Session times 10am-12pm, 2-4pm
Wardown Park Museum

Get up close and hands-on with a range of weird and wonderful objects from the museum’s many and varied collections. Each week on Saturdays the museum will be searching its stores and bringing out objects for people to see and handle, many of which have never been on display.

Free entry.

**A Paines Plough and Birmingham Repertory Theatre production**
**Hopelessly Devoted**
by Kate Tempest
Tuesday 18 March, 7.30pm
The Hat Factory

A parent knows devotion. A football fan, an athlete, a scientist, a priest; they feel it, no matter how hopeless it seems.

Chess is in prison. Facing a lengthy sentence, her cell mate Serena becomes her soul mate. But when Serena is given parole, Chess faces total isolation. Hope comes in the form of a music producer looking for a reason to love music again. She finds a powerful voice in Chess. But to harness her talent, Chess must first face her past.

Following her smash hit debut Wasted, Kate Tempest’s incendiary new play combines lyrical fireworks with exhilarating live music.

For ages 14 +.

To book call 01582 878100. £10, £8 concessions and culture card, £5 NUS, £3 under 18s.
ACE dance and music presents
Mana: The Power Within
Thursday 20 March, 7.30pm
The Hat Factory
Delving deep into the unknown, exceptional dancers express soul, energy and precision through contemporary dance that draws on Afro fusion, martial arts, flamenco and ballet.
For ages seven +.
To book call 01582 878100.
£10, £8 concessions and culture card, £5 NUS, £3 under 18s.

Comedy
The Comedy Bar
Friday 21 March, 8pm
The Hat Factory
The Hat Factory is proud to host a brand new open mic comedy night. Come along, bring your friends, and bathe in the comedy outpourings of the country’s up-and-coming talent.
For ages 16 +.
To book call 01582 878100.
£3 (free to performers).

Film
Friday Afternoon Films
Friday 21 March, 2.30pm
Stockwood Discovery Centre
Join us for tea or coffee and a short selection of historic British Pathé films. Booking essential.
To book call 01582 548600.
£7.50, £5 concessions.

Groups and Societies
Luton Poetry Society
Last Saturday of the month, 2pm
Luton Central Library
£3, free for Poetry Society members.

h2dance presents
Duet
Wednesday 26 March, 8pm
The Hat Factory
After 13 years together, two female choreographers on the verge of a break-up take up couples’ therapy. A funny look at life as a twosome told through contemporary dance and theatre.
For ages seven +.
To book call 01582 878100.
£10, £8 concessions and culture card, £5 NUS, £3 under 18s.

Laurence Clark
Thursday 27 March, 7.30pm
The Hat Factory
Find out why Laurence, star of BBC1’s documentary We Won’t Drop The Baby and the London Olympics’ 2012 comedian of choice, hates being called “inspirational”.
Ever since Laurence was a child he has been told he is inspiring for doing everyday stuff. He was labelled inspirational and brave the day his son was born, yet compared to his wife his contribution seemed easy.
But then a tweet from a comedy fan sparked a fascinating journey of self-discovery involving absurd logic, death-defying stunts and unusual varieties of crisps.
For ages 16 +.
To book call 01582 878100.
£10, £8 concessions and culture card, £5 NUS, £3 under 18s.
Music

Eddie & The Hot Rods
support from The Members featuring Rat Scabies
Saturday 1 March, 8pm
The Hat Factory

Eddie & The Hot Rods began life in 1976 when four teenagers from Southend-on-Sea got together, and soon they were a big hit on the London pub scene playing their own style of fast, energetic rock and roll and rhythm and blues. Catching the eyes and ears of the music press and the major record companies, they were soon signed up by the legendary Island Records and went on to have three hit albums and four top 40 UK singles including the top ten hit ‘Do Anything You Wanna Do’. There have been numerous TV appearances worldwide and they have filled almost every major venue in the UK. A success in the USA too, they have toured alongside The Ramones, Tom Petty, The Police, Squeeze and Talking Heads.

Supporting Eddie & The Hot Rods are British punk band The Members (The Sound of the Suburbs) featuring Rat Scabies from The Damned. For ages 16+.

To book call 01582 878100.
£12.50, £10 concessions and culture card.

PDM Raw
Friday 7 March, 8pm
The Hat Factory

Come along to watch or collaborate with other musicians, including house band Good Little Roses. Whether you are new to performing or have loved it for years, register to perform at raw@lutonculture.com.
£3.

Olympian Productions presents
Alvin And The Trilogy Band
in The Ultimate Elvis Tribute
Friday 7 March, 7.30pm
Luton Library Theatre

Experience the music that created a true rock and roll legend, featuring the well-known and highly-respected Elvis Presley tribute artist and entertainer Alvin Printwhistle. As a lifelong Elvis fan and historian, Alvin has been performing the works of the ‘King’ the world over for more than 25 years. His attention to visual and vocal detail has earned him a reputation as one of the finest Elvis stylists in the UK today. Audiences confirm that this show is a ‘must see’ for both the true Elvis fan and indeed those who just want to have a good fun night out.

This all live presentation also features The Trilogy Band, and together they create a perfect platform for the extraordinary talents of Alvin in this not-to-be missed, two-part spectacular.
To book call 01582 878100.
£15, £13 concessions.

The Zipheads
Saturday 8 March, 8pm
The Hat Factory

Hailing from St Albans, Hertfordshire, The Zipheads began life as a punk band but following the acquisition of a double bass began leaning towards a more rockabilly flavoured sound. Performing all over the UK and in Europe over the last three years they have developed a dynamic live set of rockabilly, psychobilly, swing, country, ska and punk influenced material.
In 2012 they entered the studio to record their first album Prehistoric Beat – an eclectic collection of 12 songs taken from their live show. Always performing, they continue to take their music to as many audiences as possible, near and far.
For ages 16+.
To book call 01582 878100.
£7, £5 concessions and culture card.

Music on Monday:
Adam Summerhayes and David Gordon
Monday 3 March, 7.45pm
Luton Library Theatre

Adam Summerhayes (violin, electric violin) and David Gordon (harpsichord, keyboards) are two of the most complete musicians performing in the UK today. They have played many times in Luton, often as part of gypsy tango band Zum, and offer an intoxicating contrast of styles – authentic baroque duo in the first half, and the supercharged harpsichord and electric fiddle of The Lightning Thieves in the second. This is truly what it means to be a musician.
To book call 01582 878100.
£15, £8 concessions, under 18s free on the door.

Music on Monday:
The Fibonacci Sequence
Monday 10 March, 7.45pm
Luton Library Theatre

Kathryn Sturrock’s much sought-after ensemble play music for strings, wind and piano, with sextets by Dohnanyi and Fitkin plus Brahms’ late Clarinet Trio and a new arrangement of Debussy’s Des Pas Sur La Neige – refined and exhilarating chamber music by these international artists.
To book call 01582 878100.
£15, £8 concessions, under 18s free on the door.

Other venues: Bury Park Library, Leagrave Library, Lewsey Library, Marsh Farm Library, Stopsley Library.
For full details please visit our website

BOX OFFICE:
01582 878100

www.lutonculture.com
Music on Monday:
Face to Face – Nicholas Daniel with the Berkeley Ensemble
Monday 17 March, 7.45pm
Luton Library Theatre

Radio 3’s Petroc Trelawny interviews Britain’s greatest oboeist Nicholas Daniel with the Berkeley Ensemble. Luton is very fortunate that this legendary instrumentalist, for whom many of the greatest living composers have written works, regards Music on Mondays with such affection, joining us in the final event of the season to celebrate the good health of classical chamber music in the town with a personally chosen repertoire.
To book call 01582 878100.
£15, 18 concessions, under 18s free on the door.

Bad Manners
Friday 28 March, 8pm
The Hat Factory

Lace up your boots, pull on your braces and get ready to party with Buster and the boys – you won’t forget it!
Formed in 1976 in Stoke Newington, London, Bad Manners went on to become ska legends and a much-loved 1980s pop band. From 1980-83 they spent 111 weeks in the UK’s pop charts and racked up 12 hit singles including Lip Up Fatty, My Girl Lollipop and Special Brew.
For ages 16 +.
To book call 01582 878100.
£16.

Spoken Word

Luke Wright: Essex Lion
Friday 21 March, 7.30pm
The Hat Factory

It’s been quite a year for Luke Wright, opening for punk legend John Cooper Clarke at the Palladium (and stacks of other venues), publishing his first collection (‘a riot’ – five stars, The Huffington Post) and storming Edinburgh with his rambunctious new show Essex Lion.
Ever seen a lion? In the wild? In England?
Last year in Clacton, some campers thought they did. They didn’t, of course. Lions are not native to north-east Essex. But their ‘non-sighting’ triggered something in the brain of Radio 4 favourite Luke Wright, and now he too is seeing things others do not.

‘His lexical acrobatics are astounding, often motor-mouthed and breathtakingly honest … go for the wordsmithery, stay for the painful poignancy.’
The List.

‘Wright perfectly captures the glamourless pulse of mainstream Britain and transforms it into rhythmic, transcendental beauty … quite simply, this is the future of popular poetry.’
The Skinny.

‘This is a great show and his poetry itself remains as vital and redolent of our times as ever.’ Exeunt.

To book call 01582 878100.
£10, £8 concessions and culture card, £5 NUS, £3 under 18s.

Coming Up Soon

A Masterclass with Aakash Odedra
Tuesday 1 April, 2pm

Playing the Dream
Monday 7 – Saturday 12 April

A show packed full with exciting characters, magical puppets, music, mayhem and madness at community centres, museums and libraries during the Easter holidays.

The Hat Factory
65 - 67 Bute Street, Luton LU1 2EY
Thursday 3 April 19:30
Box office: 01582 878100 www.thehatfactory.org
£10 / £8 concessions & Culture Card / £5 NUS / £3 Under 18s

www.rosiewilby.com facebook.com/rosiewilby @rosiewilby

Rosie Wilby is monogamy dead?

‘Excellent’ Time Out
Three Weeks
Fringe ScotsGay
As heard on BBC Radio 4

The Hat Factory
65 - 67 Bute Street, Luton LU1 2EY
www.lutonlibrary.org.uk
Stockwood Country Fair

Easter Sunday & Monday
20 – 21 April 2014

11am – 4.30pm
Rural life demonstrations
Local craft and gift stalls
Animal petting farm
Bouncy castles
Local farmers’ market
Charity stalls
Children’s activities

Admission: Adult: £3.50, Child: £2.50
Under 5s: Free, Parking: Free, Concessions/Culture Card: £3

All proceeds go to your local charity Luton Culture. Charity No. 112296
Some activities will incur extra charges.

Sponsored by:

Stockwood Discovery Centre
M1 Junction 10, London Road
Luton, LU1 4LX
www.stockwooddiscoverycentre.com
Active Luton’s fantastic new programme is opening up a new world of fun and fitness for the women of Luton.

There’s a variety of activities for all ages and abilities, run by a brilliant team of women and available across the town.

Come along and have some fun being active, make new friends and make a real difference to your health and fitness too.

It really is time to treat yourself to some well deserved ME TIME.

The women of Luton are on the move... are you?

Visit www.metimeluton.co.uk for more information or call the ME TIME TEAM on 01582 480272  
Email: info@activeluton.co.uk

SPORT ENGLAND ME TIME is a Sport England funded project

Aged 14 - 25 and living in Luton?
Enjoy a range of exciting sport and fitness activities for just £1 per session.

The Doorstep SPORTSCLUB is a great way to make friends, have fun and stay fit and healthy. Activities run from Friday through to Monday and include: Football, Street Dance, Swimming, Basketball and the Profiles Gym®.

Sessions are mainly based at Lea Manor Recreation Centre and Lewsey Sports Park. No booking required but always check the timetable first.

Visit www.activeluton.co.uk/ac/doorstep-clubs or call Lea Manor Recreation Centre on 01582 599888 or Lewsey Sports Park on 01582 604244 for full details.

* An induction is required before using the gym. Check timetable for details.

You can’t go wrong for just £1 per session!

For more information, please call Active Luton on 03000 30 30 30 or email info@activeluton.co.uk  
Quote: AL142
Alternatively you can visit www.activeluton.co.uk or facebook.com/activeluton and @activeluton