Mayor of Luton Cllr Mohammed Farooq officially opened Stopsley Community Primary School’s new £1.3 million extension on Friday 12 September.

Oldest surviving pupil Dennis Hawkins, aged 90, together with the school’s current youngest and oldest pupils, five-year-old Oliver Yates and Zoya Razaq, 11, held a blue ribbon which the Mayor cut to declare the new building open.

Cllr Farooq said: “This school has existed for a very long time, and many of the parents who are here today attended this school when they were children.

“Pupils and teachers now have a school building that they can enjoy and be proud of, and I’m sure the school will continue to be right at the heart of the community for many years to come.”

To mark the celebrations the whole school sang the Commonwealth song ‘Sing’, while year six pupils provided tours around the new building for parents.

Working with the school’s management team, the Council’s fixed assets division developed a design that was able to provide covered links between the Edwardian infant school building and the mid-war junior school buildings, as well as create bright classrooms, a central management suite featuring more office and meeting space and a much-needed new main entrance with front office.

Headteacher Kim Hall said: “A big thank you goes to all the parents and visitors for their support and coming along to celebrate the completion of our new building.

“The staff and children have patiently watched the building work develop over the last year and have managed to live cheerfully alongside a building site.

The final touches have now been made and we wanted the community to see the excellent work that has been created.

“The school is growing in numbers and Ofsted has rated it as good. There is a bright future ahead and we look forward to going from strength to strength.”

As well as increasing the school’s total capacity from 420 to 630 pupils, the extension has also enabled Stopsley Village Pre-School to move from Stopsley High School.

Construction work was carried out over 13 months by local contractor Dawkins.
Passing out parade for new police recruits

Sixty-five new officers took part in their passing out parade recently at Bedfordshire Police headquarters.

Fifty-eight of them have just completed their 20-week training course, with the remainder who joined earlier in the year already out on patrol.

All 65 will be helping to deliver local policing across the county, bolstering operational capability and strengthening the front line.

An additional 36 recruits are due to arrive later this year, forming part of an ongoing recruitment programme.

“I am delighted to be celebrating the passing out of our new police officers,” said Chief Constable Colette Paul. “I have had the pleasure of watching as they have grown and developed during their training. They are keen, enthusiastic and really want to get out and deliver a great service to the public of Bedfordshire.

“As soon as I arrived here as the new Chief Constable I made it clear I wanted to stop the pain that had been caused by the recruitment freeze. We have opened the force up to new thinking and new ideas. These officers come from all walks of life and will provide new life blood to the force.

Gangs strategy: your views are sought

Luton’s community safety partnership sOlUTiONs has developed a strategy to deal with the issue of gangs and serious violence – and now views are being sought from local communities as to how the problem is viewed and whether this approach is the right response.

The aim is to ensure that Luton has a sustainable plan in place to pursue those committing most harm, by deterring this type of activity, protecting our communities and, where crime occurs, dealing with it appropriately.

Cllr Naseem Ayub, the Council’s Portfolio Holder for community safety, said: “The strategy focuses on four main themes of pursue, prevent, protect and prepare.

“Running through these four strands are common themes of partnership working, communication and information. This has been developed to ensure we have a collaborative, efficient, evidence-based and transparent approach throughout the strategy.”

For more information and to take part in the consultation please see http://consult.luton.gov.uk/portal/lbc/

Help available

If you need help completing the survey, or would like a paper copy, please email Katy.Bodycombe@luton.gov.uk or call her on 01582 547253.

Councillors working with London Luton Airport Limited (LLAL) schools and other interested parties have developed a small grant fund out of the company’s Community Funding Programme to support those children who are at risk of negative educational outcomes as a result of poverty.

LLAL has pledged £190,000 to the fund, aimed at giving children from low-income families the same opportunities as other pupils.

Schools will be allocated a proportion of the fund from between £600 and £10,000, based on the percentage of pupils who have registered and qualify for free school meals.

The scheme will be managed by the Bedfordshire and Luton Community Foundation, a charitable trust which will administer the grants to the schools.

The scheme will be reviewed annually and, if proven to be successful, the intention is to expand it subject to demand and the availability of funding.

I really hope schools and parents take up this fantastic opportunity which ultimately could have a lasting impact on children’s lives.

It’s great that at a time of severe pressure on local authority expenditure, companies like London Luton Airport Ltd are prepared to come forward and invest in the future of our town.

The school will then use the fund to pay for the item or activity.

Keeper your community safe

Keeping our community safe

Leader’s column

Clrr Hazel Simmons

I am really pleased about the new Supporting Primary School Pupils’ Fund, which was recently launched in the town, offering around 3,500 primary-age schoolchildren a financial boost to support their education and development.

There are in excess of 19 million visits to parks and open space in Luton each year

Love to visit parks?

Keep fit, meet friends or just chill out in your local park today

www.luton.gov.uk/parks

www.luton.gov.uk
Busway passes the ‘million’

A new service using the Luton Dunstable Busway has just been announced alongside confirmation that more than a million passenger journeys were made during its first nine months of operation.

Reporting patronage figures, Luton Borough and Central Bedfordshire Councils, together with the three bus operators Arriva, Centrebus and Grand Palmer, revealed that just under 1,040,000 passenger journeys were undertaken on the busway’s four core routes up to the end of June 2014.

With the first anniversary of operations now fast approaching, Arriva has announced a new hourly F70 service using the guideway will begin on 2 November, saving up to half-an-hour on journey times between Luton, Dunstable, Leighton Buzzard and Milton Keynes.

“I am absolutely delighted with this indication of the busway’s encouraging strong performance during its first year of operation,” said Cllr Dave Taylor, Luton Borough Council’s Portfolio Holder for transport, “and it comes as no surprise to hear of this new route being confirmed and of Arriva’s confidence in the infrastructure.

“The popularity of the busway is undoubtedly the biggest single reason why we have seen the total number of passengers boarding buses grow by around six per cent in central Luton and nine per cent in Dunstable and Houghton Regis town centres this year.

“The evidence is that both the busway and its shared-use path are also delivering significant modal shift by supporting an increasing number of journeys undertaken by sustainable transport instead of by car.”

Services on the Luton Dunstable Busway began on 25 September 2013, with four initial routes providing core services between Luton and Dunstable up to every eight minutes at peak times, travelling on the guideway at speeds of up to 50mph and linking the two town centres in just 15 minutes.

The figures confirm Arriva’s A service is the most-used route, with up to four buses an hour each way linking Parkside in Houghton Regis with London Luton Airport via Dunstable and Luton Station Interchange in around 25 minutes.

Two routes operated by Centrebus, the B service from Downsside estate in Dunstable to Luton Station Interchange, and the E service from Toddington Green to Luton Galaxy Centre via Dunstable, and Grand Palmer’s C service from Beecroft estate in Dunstable to Luton Station Interchange, are also popular.

Cllr Nigel Young, Executive Member for Sustainable Communities at Central Bedfordshire Council, said: “I’m really encouraged by the success of the busway, testament to the genuine improvement it has made to travel between Dunstable and Luton.

The new service is particularly welcome, providing Leighton Buzzard residents with a greater choice of transport options for their local journeys.”

Arriva’s new fast F70 service will run alongside its traditional 70 route, which will now also become an hourly service.

Operating from Mondays to Saturdays, the first service will depart from Luton at 5.25am, with the final return service departing Milton Keynes at 7pm.

Linsey Frostick, regional marketing manager for Arriva, said: “We are delighted with the first year of the busway, and we have received some excellent feedback from customers who have shifted to using the busway instead of another bus route, and from those who have switched from the car.

Luton shortlisted for three national awards

The ongoing regeneration of Luton will be highlighted on the national stage when the town contests three prestigious National Transport Awards.

Organised by the industry-leading publication Transport Times, the awards celebrate successful projects that have improved the experience of transport users.

Luton Borough Council’s entry for Transport Local Authority of the Year highlights not only delivery of the £24 million Town Centre Transport Scheme, including the completed inner ring road, but also the new northern entrance at Luton Airport Parkway, improvements to cycling networks, major works at M1 Junction 10a, the forthcoming Luton Travel Centre, and also successful completion of the Luton Dunstable Busway, the station interchange and the redevelopment of Town Hall Square.

The Council’s submission for Construction and Engineering Project of the Year and Arriva’s entry for Transport Team / Partnership of the Year focus on successful delivery of the busway, and the partnership working with Central Bedfordshire Council and bus operators.

Cllr Sian Timoney, Portfolio Holder for regeneration, said: “Investment in major transport schemes is a cornerstone of Luton’s strategy for attracting new private inward investment and driving the local economic and employment markets.

“Look around our borough, and the successful and ongoing delivery of a number of key projects is changing the landscape of Luton for the better before our very eyes.”

Cllr Dave Taylor, Portfolio Holder for transport for environment added: “We have faced and continue to tackle challenges presented by the economic downturn, including pockets of high unemployment and deprivation, so I am delighted that our strong commitment in Luton to creating a first-class urban environment while preserving our existing character is being recognised on a national level.”

Supported by the Department for Transport and Passenger Focus, the 2014 National Transport Awards take place at the Westminster Park Plaza in London on 2 October.
It’s hats off to a world record

Wardown Park Museum was the setting for the breaking of a Guinness world record on Saturday 16 August, for the largest gathering of people wearing boater hats.

With participants required to keep the hats on their heads for a period of five minutes, there were a few breathtaking moments as some fell or were accidentally knocked off.

But even after these disqualifications, the number of 250 people needed was easily beaten.

Following an announcement by the official adjudicator that the challenge had been completed by 797 people, the jubilant crowd threw their hats in the air.

Karen Perkins, director of arts and museums, said people of all backgrounds had joined together in “bringing this record home where I believe it is most deserved.

“It was a wonderful event showcasing the spirit of community within our town – with many generations taking part, I was proud to be amongst them with my own family.”

The event was aimed at celebrating Luton’s long association with the hat industry and raising awareness of Luton’s Museum Makers volunteers who promote the town’s heritage.

Many people signed up to join the group on the day and support its campaign to redevelop Wardown Park Museum.

Participant Ray Aldous, an 82-year-old RAF veteran who attended with his best friend of 64 years Roy Sanders, said: “We were delighted with how much hard work had gone into it and the turnout of people young, old and families. I feel things are moving forward and I wanted to be part of that.”

Celebrations in Wardown Park

Help wanted from over 55s

Residents over the age of 55 have a unique opportunity to get involved in local democracy and help shape services affecting older people.

Spaces are available on the Luton Senior People’s Forum, Luton Borough Council’s official advisory group.

The 65-strong group meets six times a year to advise councillors and officers on the impact that ideas, proposals or policies could have.

The forum is also an opportunity for older residents to raise concerns with key decision-makers and learn about the processes involved in making policy decisions.

Recent issues discussed at meetings have included policing, transport and social care services. Guest speakers address local and national events, and occasionally the group takes part in official consultations.

Chair Janett Scott said: “We work closely with the Council to debate issues around services that might affect us. We know they take our opinions very seriously and consider our views before making big decisions.

“We are not a political lobbying group, nor are we demonstrators, we consider ourselves a ‘critical friend’ to Luton Borough Council.”

For more information, or to be added to the group’s mailing list, call 01582 547646 or email asccommissioningteam@luton.gov.uk

Attention landlords!

Would you like guaranteed rent for 52 weeks of the Year?

Luton Borough Council urgently requires properties for its private sector leasing scheme.

All types of family-sized properties from two bedroom homes upwards are being sought.

Any landlord on the scheme is guaranteed rent all year round - even when there are no tenants living there.*

You also get the added benefit of regular property inspections and checks.

Hundreds of landlords are already benefiting from the scheme. Don’t delay, sign up today!

No rent arrears*
No defaulting tenants*
No eviction or court fees*
No legal costs*
No worries!*

* Subject to terms and conditions

For more information contact one of our contracted agents below:

Swift Accommodation Services
117 Queensway, Bletchley MK2 2D2
Tel: 01908 375333 or 337 Hitchin Road, Luton LU2 7SW
Tel: 01582 732660
Email: info@swiftaccommodation.co.uk

George London Homes Ltd
57 King Street, Luton LU1 2DW
Tel: 01582 729 777

Omega Lettings Ltd
50 Hasting Street, Luton LU1 5BE
Tel: 01582 410 102

Poplar Homes Ltd
119 Dunstable Road, Luton LU1 1BW
Tel: 01582 42 43 44

Luton Community Housing
108 Wellington Street, Luton LU1 5AF
Tel: 01582 436087

www.luton.gov.uk

Lutonline October 2014
Strong first year for LLAL Community Award Fund

London Luton Airport Ltd’s Community Award Fund successfully delivered more than £500,000 in small grant funding during its first year of operation, benefiting around 15,000 people living in and around the town, an independent report has confirmed. The report adds that the fund is well managed on LLAL’s behalf by the Bedfordshire and Luton Community Foundation, with an easy-to-follow application process and “clear, timely and transparent decision-making” supported by “experienced, high-calibre staff”. The report, from Inspiring Partnerships, was commissioned by LLAL to assess the initial impacts of its £1.65million fund which runs from April 2013 until March 2016, and establish if any improvements can be made over the next two years.

Cllr Mohammed Ashraf, chair of the LLAL board and Portfolio Holder for finance at Luton Borough Council, said: “A successful London Luton Airport not only drives the region’s employment and economic markets but also supports local communities and economic development. A successful London Luton Airport not only drives the region’s employment and economic markets but also supports local communities and economic development.

The report confirms that by the end of March 2014 funding of £354,812 had been paid out to community groups and organisations, with another £20,000 pledged. In detail, the fund received 132 funding bids and agreed 110 awards of between £370 and the maximum of £7,500. As envisaged at the outset, around 90 per cent of the funding went to groups based within Luton and 10 per cent was allocated to ‘near neighbours’. The report praises this as “strong performance” for year one, and adds it “suggests that eligible groups have heard about the fund and felt empowered to access the grants”. For the future, the report suggests more work is done to identify why only a small number of the applications made focused on environmental issues and economic development.

“Council’s airport company and its partners, was commissioned by LLAL to assess the initial impacts of its £1.65million fund which runs from April 2013 until March 2016, and establish if any improvements can be made over the next two years.

Cllr Mohammed Ashraf, chair of the LLAL board and Portfolio Holder for finance, said: “Don’t miss your chance for an extra £100 in your pocket. Registering for e-billing means no more council bills in the post. It’s quick, safe and secure and you can register from the comfort of your own home.”

Don’t encourage rats in parks

Council pest controllers are again urging people not to overfeed the ducks in local parks – and to dispose of their rubbish properly – after receiving complaints about sack-loads of rice and bread piled up against railings and attracting rats. Larger towns and cities across the country are attractive places for vermin, especially older areas with readily-available food and sewers offering a protected underground habitat in which they can live and breed, and Luton’s situation is no different.

For pest control advice call the Council on 01582 546814 or see www.luton.gov.uk

Cancer project’s new funding

An Active Luton exercise programme for people affected by cancer has been able to increase its team thanks to funding from Macmillan and a Sport England grant.

The programme, which is run in partnership by Active Luton, the Luton & Dunstable University Hospital and Macmillan Cancer Support, is aimed at improving the physical and mental wellbeing of cancer patients.

New health and wellbeing officer Emma Collins, from Luton, will focus on increasing the reach of the programme by encouraging more cancer patients to sign up, as well as introducing new activities. She said: “I want to make sure that anybody who has been treated for cancer feels they can access the programme and reap the benefits of exercise after treatment.

“We currently have gym, swimming, exercise classes and golf. I would like to think outside of this and maybe introduce activities such as rambling and ‘walking football’ to appeal to even more people.”

British junior international athlete Sabrina Bakare, pictured above left, was among those helping a number of local people enjoy a free fitness taster session at Stockwood Park recently.

Delivered by Active Luton coaches and community volunteers, and supported by the Council, the event was organised as part of Run England’s ‘3-2-1’ programme which is about providing marked running, jogging or walking routes in open spaces for public use.

Free fitness taster sessions

Also in attendance were team leaders from the trust’s ‘Me Time’ programme which specifically encourages more women to take part in sport and physical activity by offering dedicated programmes across the town.

For more information about Active Luton’s fitness programmes, including Me Time and the recently-introduced Nordic walking sessions, visit www.activeluton.co.uk or call 01582 722930.
Businesses launch their BID

Businesses from Luton town centre met recently to launch their plan to become a Business Improvement District – or BID.

The plan includes 'hosts' or 'rangers' to welcome visitors to the town centre, more events and information, and work to encourage property owners to smarten up some historic buildings.

The initiative has been developed by business representatives behind the 'Town Team', and will go to a ballot of all town centre businesses in October.

Mark Broadhead, manager of The Mall and chair of the Town Team, said: "This is an exciting project and a once-in-a-lifetime chance for businesses to vote for a project which will give them their own budget and a real influence on matters which directly impact upon their ability to attract clients and customers and make a difference to their turnover and profit.

"The BID will bring businesses together in a way which has been seen to make a significant difference to over 150 towns and cities across the country."

In preparing its plan, the Town Team has been supported by the Council and conducted research to understand what businesses and people would like to see improved.

Iain Ferguson, managing partner of specialist BID development company pfbb UK, said: "We showed that businesses and the local population are incredibly passionate about the town but the perception of people who do not visit the town is very poor. This presents a great opportunity for the town if this perception can be changed."

Findings suggested that the public and people who work in Luton think that on the whole it has improved in the way it feels as a town centre, but there are still locations which have not changed for the better.

Asked what they like most about Luton, the three top answers were convenience and ease of access, the town's cultural diversity, and the shops and restaurants.

The challenges were perception, street beggars and anti-social behaviour generally.

The BID business plan pulls together a range of activities to address such concerns with four main objectives to:
- Promote the strengths and the business offer to change perceptions of the town
- Ensure that the town centre is accessible and appealing
- Provide a safe, attractive and appealing experience for visitors and workers
- Support and promote business growth, development and investment, and a sense of community.

If the plan is approved then all town centre businesses will contribute a small amount sum to enable its delivery.

Mr Broadhead added: "The passion the businesses have for Luton is evident and it is a place which has a great sense of community … but town centres across the UK are changing rapidly and we need to ensure that Luton does not get left behind.

"The BID plan provides us with a clear direction for a new exciting era and it is so important that all the businesses who have helped shape this plan vote yes in the ballot so that we can all work together for a great future for our town and our businesses."

Don’t just be a face in the crowd...
...be a VOICE

Your Area Boards are designed to give you a voice in your neighbourhood and a say in how things are run.

For further information contact Gary J. Roberts
Area Boards Support Manager &
Neighbourhood Governance Officer (East Luton)
Town Hall, Luton, LU1 2BQ
Telephone: 01582 54 69 85 Fax: 01582 54 63 69
Email: gary.roberts@luton.gov.uk or areaboards@luton.gov.uk

Free winter bikers’ skills

Winter may not be the easiest time to be riding a motorcycle, so the Bedfordshire and Luton Casualty Reduction Partnership is running a free skills training event to help riders feel confident on the roads throughout the colder months.

Taking place on Sunday 19 October at Dunstable Community Fire Station, the course will cover suitable clothing, winter weather conditions and hazards, and what to do if you are first on the scene of a collision.

Each rider will be offered a slow-riding skills training session from a qualified instructor, as well as advice on winter riding from a senior observer at the Herts and Beds Advanced Motorcyclists organisation.

All riders will participate in a first-on-scene motorcycle first-aid taster session to learn how to respond should they be the first to arrive at a collision.

Cllr Dave Taylor, Portfolio Holder for environment at Luton Borough Council, said: "Winter presents a number of new challenges to motorcyclists, particularly when the weather is poor and the temperature drops."

- Two sessions are available, one in the morning and one in the afternoon.
- If you are interested in taking part, please pre-register by visiting www.motorcyclingmatters.org/ridefreeskills and filling out the registration form.
We are constantly reviewing the ways in which we publish information about Council services and events. We regard Lutonline as one of the most important means of reaching virtually every household with timely information in a cost-effective way but we want to know what you think.

Please help us by answering the following questions, or if you prefer, online at http://consult.luton.gov.uk/public/lbc/lutonline

If you have any queries regarding this consultation please contact Michele Marvin on 01582 547099 or email michele.marvin@luton.gov.uk

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Question 1
Where did you get this copy of Lutonline?
Please tick one box
- Delivered to my home
- Picked it up at a Council building
- Online
- Other, please tell us where

Question 2
Where did you get this copy of Lutonline? Please tick one box
- News
- Features about Council services
- Information about future Council events
- Advertising from private companies
- Advertising related to Council events and services

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Question 3
How do you prefer receiving information from the Council? Please tick one box
- Local newspapers
- Lutonline
- Council website
- Local radio
- TV campaigns
- Text messaging

Question 4
Have you ever used the online version of Lutonline (via the Luton Borough Council website)?
Please tick one box
- Yes
- No
- Didn't know it existed

Question 5
Lutonline currently includes advertising which contributes to the cost of publication. Which one of these statements do you agree with most? Please tick one box
- The balance of advertising and editorial is about right
- I would be happy to see more advertising if this helps to pay for Lutonline
- I would rather Lutonline carried less advertising
- I would rather Lutonline did not carry advertising at all

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Question 6
Lutonline is currently published 10 times a year. Which one of these statements do you agree with most? Please tick one box
- Ten times a year is about right
- I would like to see more editions of Lutonline
- I would like to see less editions of Lutonline

Question 7
What improvements would you like to see in Lutonline?

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Question 8
Do you have a Twitter account? Please tick one box
- Yes
- No

Question 9
Do you have a Facebook account? Please tick one box
- Yes
- No

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Question 10
What is your age?
- Under 18 years
- 18-29 years
- 30-49 years
- 50 years and over

Question 11
What is your ethnicity?
- White
- Asian/Asian British
- Black/Black British
- Mixed/multiple ethnic groups
- Other, please specify

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Thank you for your time
Please cut out your completed survey, pop it in an envelope, and send it to us

Lutonline Consultation, Luton Borough Council, Town Hall, George Street, LUTON LU1 2BQ
by Friday 31 October 2014.
Choosing what’s right for you

The Council wants older residents to live independent, happy and healthy lives. The focus of adult social care is now about ‘choice’ and ‘control’ so people can decide for themselves which services they would like and who they want to provide them (and where and when).

The services listed on this page aim to support older and vulnerable people to get the most out of life by keeping healthy and staying safe. Hundreds of additional services are listed on our comprehensive and user-friendly online services directory – directory.luton.gov.uk
Paving works improve busy pedestrian route

Works to improve one of the busiest pedestrian routes into Luton town centre got under way on Monday 15 September.

A 30-week programme to install high-quality granite paving in Bute Street and Guildford Street is the final phase of the £24 million Town Centre Transport Scheme, supported by the Department for Transport, which also included long-awaited completion of the inner ring road.

The area will become a ‘shared open space’, with vehicle access restricted to 6pm-10pm ‘loading only’.

With the overarching scheme tackling congestion on the north side of the town centre and improving access for pedestrians and cyclists, Guildford Street was permanently closed to through-traffic at the end of August and a new one-way route via John Street and Cheapside opened earlier in the summer.

Besides enhancing the busy pedestrian route between Luton Station and the town centre, the paving programme is also aimed at supporting retail and encouraging business growth and investment.

The existing one-way section of Bute Street running parallel to the ‘Shoppers’ car park will become two-way.

Contractor for the works is Volker Highways, which was also responsible for similar projects outside the Town Hall and in St George’s Square.

Cllr Dave Taylor, Portfolio Holder for Highways, which was also responsible for the works programme and the Council will be working hard to minimise disruption with an engineer on hand to help with any issues throughout.

Subject to programme restraints and weather conditions it is anticipated the new shared area will be open in the spring. Businesses requiring any further information are requested to call 01582 547106 or 07827 282262, or email Philip.cunningham@luton.gov.uk or Michael.williams@luton.gov.uk

Cllr Taylor added: “Businesses are being kept closely informed of the works programme and the Council will be working hard to minimise disruption with an engineer on hand to help with any issues throughout.”

The existing one-way section of Bute Street running parallel to the ‘Shoppers’ car park will become two-way.

Cllr Dave Taylor, Portfolio Holder for environment said: “The finish will be the same quality granite as has greatly enhanced Town Hall Square and St George’s Square, with the whole area made safer and more attractive for pedestrians, shoppers and other business users.”

The laying of quality granite is a lengthy process and, in addition to the permanent closure of Guildford Street (from the former Strathmore Hotel entrance to the junction of Bute Street), the programme requires the temporary closure of Bute Street (from The Hat Factory to the junction with Guildford Street).

It may also be necessary to close Bute Street outside the JobCentre, and if this is the case bus-only Library Road will be made available to reduce disruption for businesses in the area requiring deliveries. Access to businesses will be maintained at all times, on occasion via temporary surfaces.

Cllr Taylor added: “Businesses are being kept closely informed of the works programme and the Council will be working hard to minimise disruption with an engineer on hand to help with any issues throughout.”

Award for workplace health

The Council received an award for its work promoting physical and mental wellbeing in the workplace at a recent event staged by the East of England Local Government Association and Public Health England.

After signing a pledge to protect the wellbeing of its employees, the Council joined other public sector organisations to explore workplace health-related topics such as local government policy, reducing sickness absence, engaging with staff and the link between employment and good health.

Work-related ill-health was responsible for 27 million lost working days in 2012 across the UK. Yet statistics show workplace programmes aimed at keeping people healthy can increase job satisfaction and reduce staff turnover by up to 25 per cent.

Luton has already signed the Public Health Responsibility Deal, a pledge to protect the health of its employees and support their wellbeing.

Dame Carol Black, the Department of Health’s expert adviser, said: “We are all living longer. Therefore extending working life and maximising healthy life as a proportion of total life is a desirable goal for individuals and society. We must all work together to achieve this goal.”

Cllr Aslam Khan, Portfolio Holder for public health in Luton, said: “A healthy and productive workforce means everyone’s a winner. Our employees have been enthusiastically supporting health ideas such as fun walks at lunchtimes and extra support for staff seeking to give up smoking.”

For more information see www.luton.gov.uk or call 01582 546114
Live Well Luton is an integrated healthy lifestyle service that offers stop smoking support, adult and child weight management services, personal health plans and NHS Health Checks.

We’re commissioned by Luton Borough Council and work in partnership with the NHS.

Everything we provide is FREE!

1:1 Personal Health Plans
Six 30 minute, one to one client led sessions to support clients to lose weight, learn about healthy eating, increase physical activity or improve their general health and well-being. Clients set SMART based healthy lifestyle goals.

Stop Smoking Support
(1:1 or Group) - All sessions are facilitated by a specialist advisor to help clients stop smoking. The advisor can provide Nicotine Replacement Therapy or stop smoking medication treatment, whilst combining this with behavioural support.

Lose Weight with Live Well Luton for Children aged 5–15
12 week child weight management group courses, where families and their children are supported through a combination of diet and physical activity interventions.

Lose Weight with Live Well Luton
12 week adult weight management courses for men and women run across Luton with partner leisure providers. These courses include talks on different elements of healthy eating, physical activity and offer a comfortable environment for clients to increase their physical activity.

Health Checks – for 40–74 year olds
Checks for circulatory and vascular health and identifies a risk score of developing cardiovascular disease over the following ten years. These checks include: measuring height, weight, body mass index (BMI), waist, blood pressure, cholesterol, blood sugar level and lifestyle factors.

For more information call us on: 01582 757635
Or visit us at: www.livewell-luton.org.uk
@LiveWellLuton /livewellluton

www.luton.gov.uk
Project to improve quality of housing

A new joint project launched by the Council aims to improve the standard of the town’s private sector rented housing.

Teaming up with Bedfordshire Fire and Rescue Service, Citizens Advice Bureau and Luton Law Centre, the project follows a string of successful prosecutions in which landlords were renting out poor-quality and unsafe homes to Luton residents.

A particular area of focus will be Houses in Multiple Occupation (HMOs) which make up around a quarter of the private rented sector rented housing in Luton.

An HMO is a building, or part of a building such as a flat, occupied by unrelated people or households who share facilities such as a bathroom, toilet or cooking facilities.

In Luton, all HMO properties require a licence to ensure the Council has the power to stop landlords renting out unsuitable or unsafe properties. A dedicated housing officer will be appointed to identify properties being rented out across the town which are damp, cold, dirty, unsecure, too small or without the appropriate number of bathrooms or toilets.

The Council’s housing team can then ensure these properties are brought up to suitable standard and licensed. Legal action will be taken against landlords that do not comply.

Empty properties, which are not only a wasted resource but also attract crime, arson, vandalism, squatting and antisocial behaviour, are another problem to be tackled – with the Council looking to work with local homeowners to bring empty properties back into use, and use its enforcement powers if necessary.

Other types of housing, including the issue of ‘beds in sheds’, will also be looked at.

Meanwhile a publicity campaign will aim to educate tenants about their rights and advise landlords on their legal obligations.

Cllr Tom Shaw, Portfolio Holder for housing, said: “We take the condition of the private rented sector very seriously and we are confident that this project will help us drive up housing standards in Luton.

“The majority of Luton landlords are law-abiding and respectful of their occupants and this project will help us identify the minority who are not.”

● To report an unsafe home or empty property call 01582 547222 or email PsecHousing@luton.gov.uk. For more information visit www.luton.gov.uk/housing.

Awards the icing on the cake

Showcasing their culinary skills at this year’s Local Authority Catering Association (LACA) Finishing Touches competition were Luton school kitchen managers Doreen Peacock and Lyn Murray together with area manager Lynda Smith.

Now in its eighth year, the static culinary competition is aimed at all levels of local authority catering staff capable of producing excellent craft pieces and offers the opportunity to show off professional skills which would not normally be seen in their everyday roles.

Doreen, who works at Lealands High School, won two gold awards and best in class prizes for her entries in the decorated celebration and cup cake categories, pictured above left.

Lynda, who has worked her way up from kitchen assistant to her current role over a 28-year career, also took home two gold awards and one best in class for her floral sugar craft and novelty cake entries.

Lyn, who works at Whipperley Infant Academy, achieved two bronze awards in the same categories, and her sugar craft entry is seen above right.

Cllr Waheed Akbar, Portfolio Holder for children’s services, said: “The Council won more awards than any other, demonstrating the high quality of expertise we have in school kitchens managed by the Luton catering service.”

The event took place over two days in July at the NEC Hilton Birmingham Metropole, and judges were members of The Craft Guild of Chefs.

Worried about poor health or cancer affecting your friends and family?

Could you be a Community Health Champion or a Cancer Awareness Volunteer?

Could you …

• help people stop smoking, eat healthily and get fitter?
• improve the health of your friends and family?
• encourage people to be body-aware and take part in vital screening programmes?

The Council’s Public Health volunteers care about and want to help improve the health of their relatives, neighbours, colleagues and other community members. They want to ensure unusual symptoms are checked quickly so any problems can be effectively treated.

Community Health Champions and Cancer Awareness Volunteers receive specialised training, ongoing support and development opportunities. Community Health Champions also get a Royal Society of Public Health qualification.

We run recruitment workshops throughout the year.

Interested?

Email volunteering@luton.gov.uk or call 01582 548772
Focus On

Stopsley

Originally an ancient hill-top settlement, Stopsley is now a thriving ward in north-east Luton. St Thomas’s village church is surrounded by a wide selection of shops and businesses. The area has two high schools, Putteridge and Stopsley where cricketer Monty Panesar was a former pupil at the latter, and The Vale cemetery nearby in Hitchin Road.

During the housing shortage after the Second World War, sheet metal was used for the upper part of many new houses, so the local name for part of Stopsley is Tintown. These houses are still standing, although many have been reclad with brick and pebbledash.

Don’t miss the war memorial and Stopsley Common.

Penguin Insurance

Suite 411, Fourth Floor, Jansel House, Hitchin Road, Luton LU2 7XH
01582 816596
www.penguininsurance.co.uk

Penguin Insurance Services is a privately owned independent broker specialising in providing quality personal and business insurance. Our independent status means we are not tied to any one insurer and can offer our customers a wide variety of products from UK approved insurers. In addition, we are able to offer a highly personalised service when arranging cover and assisting with claims.

Family values are at the core of our business. We believe in building long-term relationships, and our customers stay with us because we take the time to understand their needs and offer them a truly exceptional service.

Stopsley Village Cars

St Thomas Road, Stopsley, Luton LU2 7UX
01582 457257
www.sv-cars.co.uk
Sales@SV-Cars.co.uk

Service – Value – Choice
Buying a car is a major purchase for most people. At SV Cars we can offer a friendly service, value for money and a great choice of quality cars from £1,500-£8,000. Offering 12 months warranty with all cars (except part-exchange) you know you can’t go wrong. Open seven days a week and contactable from 8am-10pm, so if you are looking for a new car give us a call, we may have exactly what you want.

Urban & Rural

593 Hitchin Road, Stopsley, Luton LU2 7UN
01582 422244
urbanandrural.com

With ten branches covering the whole of Bedfordshire, Urban & Rural, winner of the Gold Award at the Times & Sunday Times, estate agent of the year award 2013, is Bedfordshire’s largest independent estate agency group.

We pride ourselves on delivering excellent customer service and extensive marketing to achieve the best possible price. As members of The Guild of Professional Estate Agents and The Property Ombudsman, you are assured that we operate to a strict ethical code at all times.

We offer free property valuations for any purpose, seven days a week, and can help with all aspects of buying and selling property.

Lorna’s Flowers From The Heart

72 Ashcroft Road, Luton, Beds LU2 9AU
01582 614106 / 07522 368308
www.lornaflowers.co.uk
lorna@lornaflowers.co.uk
lornasflowers

Dedicated, fully-qualified florist with over 26 years of experience. Meeting all your floral needs – weddings, funerals, birthdays, anniversaries, gifts, baskets, vases, etc. Contact me with any enquiries and we can arrange to meet to discuss details in full. Nothing is too much trouble and no job too small. Collection or delivery can be arranged.

Isis Hair Studio

10a St Thomas Road, Stopsley, Luton
07473 593682

Isis Hair Studio opened its doors in May 2014. Located in the heart of Stopsley village, we pride ourselves on offering great service at a competitive price. All new clients receive a 20 per cent discount on their first visit. Give us a call for details.

Butterfly Beauty

Bedfordshire Beauty Academy, 4th Floor, Jansel Business Centre, Hitchin Road, Luton LU2 7XH
01582 742522 / 07946 200094
www.butterflybeautyandtraining.co.uk
www.bedfordshirebeautyacademy.org

We are a beauty, nail and holistic training centre offering NVQ courses and fast-track one/two-day fully-accredited diploma courses all on a flexible basis, with high quality training using high quality professional products. We specialise in one-to-one and small classes and offer a range of treatments.

Celebrating Christmas with Putteridge Bury, it has Christmas lunches throughout December offering three courses at £25 per person – £10 deposit per person. The bar opens from 12 noon for pre-lunch drinks and closes at 3pm. Book now to avoid disappointment. We are offering a series of Afternoon teas throughout the year – please see our website for more details or contact our conference team for more details.

www.lutonline.org.uk
Luton’s high schools provide a high-quality education for our town’s 11 to 16-year-olds.

Cardinal Newman Catholic School, together with Barnfield West and South Academies, have sixth forms providing education to pupils up to the age of 18.

If your child is due to transfer from junior/primary school to a high school or an academy in September 2015, you should receive information on the process via your child’s current school, if this is in Luton.

If your child attends a school outside of Luton or an independent (private) school, you must contact Luton’s admissions team to obtain information on the process.

You are strongly advised to read the How to apply for a school place for September 2015 guide before submitting your application. The guide can be downloaded from www.luton.gov.uk/admissions, or you can get a copy from your child’s current school or from our admissions team.

There are two ways to apply for a high school place.

1 Apply online:
   • you can apply online for a school place at www.luton.gov.uk/admissions by following easy step-by-step instructions
   • you get an automatic confirmation to show your application has been received. You can also change your preference at any time up to the 31 October closing date
   • the online system is available now and applications must be submitted by 31 October 2014; if you apply online, there is no need to complete a paper application.

2 If you cannot apply online:
   • you can get an application form and copy of the guidance from your local junior or primary school or from the Council’s admissions team
   • your completed application must be submitted by 31 October 2014; late applications will not be considered until after all applications submitted on time are reviewed.
Ashcroft High School

A learning community driven by high expectations and respect for all.

- Ashcroft High School is a good school with 'outstanding' leadership and management (Ofsted October 2013).
- The school promotes traditional values of hard work, high expectations and respect.
- The school is popular due to its focus on each child’s academic progress as well as their personal development.
- Ashcroft is now a World Class Quality School – one of only eight across the UK.
- Students, staff, governors and parents work together as part of the Ashcroft family.
- The new school was completed in February 2013 and includes a professional theatre, youth and community spaces and a café. Refurbished areas offer Ashcroft staff and students exciting, vibrant teaching and learning spaces and modern facilities.
- Ashcroft High School enjoys an excellent reputation for its work in the expressive arts and physical education, having been awarded Artsmark, Sportsmark and Football Charter Mark status, and also boasts an all-weather floodlit football pitch.
- The school offers well-qualified specialist teachers and high-quality support to all students, from those who are gifted and talented to those with special needs.

Challney High School for Girls

- Challney High School for Girls is a Science Specialist College and a Luton Futures School. We are dedicated to, and have extensive experience and expertise in, providing the very highest quality education for girls.

A message from the headteacher:

Challney High School for Girls is a school defined and inspired by the principles of Respect, Opportunity and Achievement. We are a busy, ambitious and diverse community where everyone is encouraged and expected to get involved, try their best, persevere and enjoy themselves.

Whether your daughter wants to develop her talents in sports, the arts or other areas of interest, she will attend a first class, purpose built school, which is an inspiring place to work and study.

We have an extremely hard-working, highly qualified and dedicated team of staff, both inside and outside of the classroom. Staff do not underestimate or take lightly our responsibility to ensure that the school equips our girls to be successful lifelong learners, confident individuals and responsible citizens ready to become an influential member in a fast changing world.

We promise our students our unswerving commitment and dedication, which allows every girl to have the best possible experiences, with the best possible outcomes, throughout her time with us at Challney High School for Girls.

Respect          Opportunity          Achievement

Barnfield West Academy

- Barnfield West Academy Luton invites you to attend a special open evening on:
  - Thursday 2 October, 5.30-8.30pm
  - Principal’s address at 6pm and 6.45pm

At Barnfield West Academy we never forget that parents entrust us with one of the most important and rewarding jobs in the world, the education of their children.

For us, that means unlocking the potential within every child in ways that ultimately make them happy, confident and competent young adults.

Barnfield West Academy believes in three core expectations: high achievement for all, happy and successful students, and a blend of traditional values within a modern context.

As a result, students are articulate, hard-working and well-rounded individuals who achieve considerable success by taking on challenges and working independently.

Standards are extremely important.

Barnfield West Academy provides education for 11-19 year olds and boasts a £30 million building with some of the best and most innovative educational facilities in the country, including the latest ICT such as more than 500 network PCs, wireless laptops, iPads, interactive whiteboards and data projectors.

The building also includes specialist sports studios, a fitness centre and a 3G all-weather pitch.

Barnfield West Academy is committed to excellence, embraces challenge, and whatever the starting point provides the very best education for every child as well as natural progression routes.

‘Barnfield West Academy has improved outcomes for students from one of the lowest in the country ... this truly remarkable achievement is due to the dedication, passion and relentless drive for improvement with all involved in the life of the academy.’ (Ofsted 2010)

Denbigh High School

- Open evening on:
  - Thursday 9 October, 6-9pm

High achievement for all is our shared responsibility.

“The school’s success stems from the inspirational leadership which has established a ‘can do’ culture.” – Ofsted

Winner of the ‘Secondary School of the Year Award’ and judged to be ‘outstanding’ by Ofsted, Denbigh High School has a long-established record of excellence and improvement. Students feel secure, supported and motivated to learn, and their ‘personal development and well-being are outstanding’ (Ofsted). The school’s focus on success and achievement is uncompromising, with a curriculum which is broad and challenging, and the progress made by students from key stages two to four places us as the second highest school in England.

Visit the website to find out more at: www.denbighhigh.luton.sch.uk
Cardinal Newman Catholic School

Cardinal Newman Catholic School

OPEN DAY
Wednesday 1 October
from 5.30-9pm

HOWEVER, VISITS ARE WELCOME AT ANY TIME
Please telephone for an appointment

Cardinal Newman Catholic School
Warden Hill Road
Luton LU2 7AE
Tel: 01582 59 71 25

Cardinal Newman is the only Catholic secondary school in Luton, with strong Christian values underpinning everything it does.

The school is a community of truth, justice and reconciliation, placing great value on personal freedom and at the same time tutoring young people in the use of that freedom.

Cornerstones of the discipline policy are self-restraint, respect for others and acceptance of consequences. As a result, the students develop a strong work ethic which leads to examination results that are always excellent and well above national averages.

All the students’ GCSE choices have clear progression routes towards higher education and training so our sixth form is strong and very successful. The vast majority go on to university, including Oxbridge entrants.

This is a school which has established strong links with parents, parishes and the local community, and it is through these partnerships that it is able to successfully meet the needs of all students regardless of ability or background.

‘The promotion of students’ spiritual, moral, social and cultural development is a real strength.’ – Ofsted

Challney High School for Boys

Challney High School for Boys

OPEN EVENING
Thursday 16 October
6-8pm

Tours are available on other days.
Please contact the school to make an appointment.

Challney High School for Boys
Stonegate Road
Luton LU4 9TJ
Tel: 01582 59 99 21

Having been judged ‘outstanding’ overall by Ofsted, and receiving an outstanding subject report in English, Challney High School for Boys was one of only 12 schools nationally to be included in the Ofsted report ‘Twelve outstanding secondary schools excelling against the odds’.

The rich curriculum offers choice, diversity and opportunities for all pupils’ needs, along with an excellent range of extracurricular activities and ‘exemplary’ care, guidance and support for academic and pastoral needs. This has led to all pupils being highly motivated to learn and do their very best.

High achievement and access for all are our shared responsibilities.

Visit the website to find out more at: www.challneyboys.co.uk

Icknield High School

Icknield High School

OPEN EVENING
Tuesday 30 September
6.30-8.30pm

SEE US IN ACTION
Thursday 2 October
Tuesday 7 October
Monday 13 October
Tours from 9.15-10.30am by prior arrangement

Icknield High School
Riddy Lane
Luton LU2 7AH
Tel: 01582 57 65 61

Icknield High School offers an education which brings together the best of ‘old-fashioned’ and high-valued traditions and blends them with cutting-edge methods of teaching and learning.

Children are proud to belong to the school, and the school in turn is privileged to welcome them.

Icknield High School believes it provides a unique opportunity to help young people become well-qualified, healthy, self-assured and confident adults, ready to take their place and play a full role in the future of our global community.

It adopts a ‘can-do’ culture and provides a safe and secure environment in which support, advice and guidance are offered to enable children to say, ‘I can do that’.

The school is pleased to play a full part in providing the highest quality education and care for students in Luton, and hopes you will consider joining its continuing journey towards raising the achievement of all.

Lealands High School

Lealands High School

The governors and headteacher are pleased to invite you to our annual

OPEN EVENING
Wednesday 8 October 2014
Arrival times: 5.30pm, 6.15pm and 6.45pm

OPEN MORNING
Thursday 9 October 2014, 9.30am-12.30pm,
by appointment

Lealands High School
Sundon Park Road Luton LU3 3AL
Tel: 01582 611 600

‘Outstanding behaviour’
Ofsted, 2013

‘The teaching methods are varied and teachers’ passion for their subject is infectious.’
‘The curriculum includes rich opportunities for physical, creative and intellectual development.’
‘Students make a strong contribution to their own learning and that of other students in lessons.’
(Ofsted, 2013)

Lealands High School is proud of:
• outstanding behaviour and safety
• excellent student progress and achievement
• high quality GCSE courses and a balanced curriculum giving great prospects
• amazing facilities, clubs and resources in our completely refurbished school
• an ethos that celebrates every student’s achievements in a caring and extremely well-ordered learning environment
• strong partnerships with parents, carers and the wider community
• a dynamic curriculum and extensive extra-curricular opportunities that allow every child to fulfil their potential
• 68 per cent of students achieved a C grade or above in English GCSE, 2014
• 67 per cent of students achieved a C grade or above in maths GCSE, 2014

www.lealands.luton.sch.uk
Email: admin@lealands.luton.sch.uk
Stopsley High School

‘Excellent systems of pastoral care ensure that students are treated as important individuals.’ – Ofsted, March 2011

Stopsley High School is delighted to invite you to its opening evening and morning.

This school and specialist sports college offers a strong commitment to the highest quality teaching and learning, and a friendly positive ethos.

Stopsley High School places a strong emphasis on its close working partnership with parents. Expectations of work and behaviour are very high, and results reflect that.

A huge range of extra curricular activities is offered, and students are encouraged to contribute fully to the daily life of the school and to take on extra responsibilities.

Staff are proud of students’ successes and the progress they make during their time at the school.

Stopsley High School extends you a warm welcome.

Lea Manor High School

‘Learning for life’

This is a good school. Students make good progress and achieve well. This is because teaching, typically, is good, and teachers are ever-alert to any individual who is falling behind.’ – Ofsted 2013

Lea Manor High School represents a culture of high aspiration, high expectations and success.

Our aim is to provide an outstanding learning experience for all students within a safe, disciplined and caring environment. Learning is at the absolute core of all we do.

Throughout their educational career, students will be offered a vast range of opportunities to extend their knowledge and skills base in both curricular and extracurricular activities in order to prepare them for their future careers and for life.

Students will engage in a learning journey which will challenge and inspire them, one which will see them progress and grow into independent, confident, respectful young people.

We are exceptionally proud of our students and our school, and we look forward to meeting with you.

Visit our website to find out more at www.leamanorhighschool.org.uk

Can we help?

For further details, call the Council’s admissions team on 01582 54 80 16 (weekdays between 10am and 4pm) email: admissions@luton.gov.uk or visit our website: www.luton.gov.uk/admissions
Online electoral registration ... available for the first time

YOUR VOTE MATTERS

MAKE SURE YOU’RE IN

Luton residents should have received a letter from the Council recently informing them of the change to the electoral registration system – a move from the old ‘head of household’ system to Individual Electoral Registration.

In Luton only around 17 per cent of local residents were not automatically transferred to the new electoral register. Anyone who received a letter telling them they were not transferred can visit www.gov.uk/register-to-vote to register to vote online.

Trevor Holden, the Council’s Electoral Registration Officer, said: “Most Luton residents received a letter from the elections team to tell them that they have automatically moved onto the new registration system. "However, some residents were told that they needed to provide extra information in order to register under the new system. It’s important that they now do this."

Mr Holden continued: “This is the first time that people can register to vote online and it’s quick and simple. This should appeal to many young people or students in Luton, so if you have just turned 18 or you have not registered before then get online to register to vote.”

The Electoral Commission, the UK’s election watchdog, has called for the introduction of Individual Electoral Registration since 2003 as it will lead to a more secure electoral register.

If you did not receive a letter please call Luton Borough Council’s elections team on 01582 510380 or email electoral_services@luton.gov.uk

Have you let us know what you think of Lutonline? See p7

YOUR VOTE MATTERS

MAKE SURE YOU’RE IN

THE WAY WE ALL REGISTER TO VOTE IS CHANGING

You need to make sure that you’re on the updated register, or you might not be able to vote in future.

For more information please go to www.gov.uk/yourvotematters

Glorious Summer in the Sun

The Love Luton campaign’s second successive Summer in the Sun event again brought traditional seaside entertainment into the heart of St George’s Square.

Running over a week in August, it featured a ‘beach’ with 100 tonnes of sand, Victorian fairground rides and games, Punch and Judy, storytime, face-painting, steel pans, competitions, deckchairs and even donkey rides!

Opened by Mayor of Luton Cllr Mohammad Farooq, the Heart Angels were in attendance too.
What’s Stoptober?

It’s like October but without cigarettes!

Be part of the challenge. Starts 1st October. Search Stoptober.

Start your 28 day quit challenge with free support and 28 days of nicotine replacement therapy. Contact Live Well Luton on 01582 757 635 or visit www.livewell-luton.org.uk

Get involved /stoptober @stoptober
Another gold award for our dog wardens

The Council's dog warden service has received a seventh annual gold award from the RSPCA animal charity for its outstanding work with strays.

Presented at the Community Animal Welfare Footprint awards, it recognises the Council's clear procedures to ensure the welfare of the dogs and a consistency of service.

Luton Council recently launched a pioneering Dog Intelligence Group (DIG) website aimed at both professionals across the UK and local residents whose activities bring them into contact with dangerous or status dogs.

The website is designed for sharing information about problems, potential threats, local community events and general dog ownership issues, helping to protect and promote the welfare of both people and pets.

Another key role for the wardens is promoting responsible ownership through education and enforcement, and earlier this summer the service held a fun dog show at the Lewsey Festival when a number of pets received free health checks by the PDSA charity.

Meanwhile some 34 dogs received a free microchip at an event this month in People’s Park, Hightown, in partnership with the Dogs Trust.

Look out for visits to local schools too, helping to educate youngsters about the joys and the responsibilities of keeping a dog.

Cllr Dave Taylor, Portfolio Holder for environment, said: “Luton’s dog warden service works hard to promote and educate people about responsible ownership, and enforce stray dog legislation. We want to encourage people to enjoy having a dog as a pet, ensuring they act responsibly as the owner of that animal.

“Stray dogs are a nuisance and can easily harm themselves, other animals and people. Owners have a responsibility to keep their dogs under control and are likely to have to pay for any accidents or damage caused by their pet. Remember that by law your dog can be rehomed or even put to sleep if it is not reclaimed within seven days.”

If you have lost your dog, call Luton’s dog wardens on 01582 510330 during office hours or Appledown Kennels on 01525 220383 outside working hours.

Find out more about the Dogs Intelligence Group at www.dig-uk.org and follow on Twitter @D_I_G

DIG website

Boasting a secure log-in area for professionals across the UK, the DIG website includes alerts and news on dog-related matters, events, training courses, services available, downloads and a forum to share intelligence and discuss issues, including safeguarding responsibilities.

Agencies are charged a small fee towards its upkeep, with the first 15 professionals attending the seminar and signing up receiving free membership for six months.

The general community area of the website is free, offering helpful information on our canine friends and encouraging and promoting responsible dog ownership and services.

Partners already include Bedfordshire Police, the RSPCA, Blue Cross, Pet-ID Microchips Ltd and Appledown Kennels.

Do you live in Luton and have a two year old child?

Are you on a low income or receiving benefits or credits?

You could be entitled to 15 hours of free childcare per week.

Learn through play

Good for your child

Children learn through play. Having a free early learning and childcare place in an exciting, enjoyable and secure environment could give your two year old the best possible start in life.

Good for you

Gives you the opportunity to work, undertake training, access further education or gain advice and support through your local children's centre.

Call the Family Information Service on 01582 54 88 88 or email fis@luton.gov.uk for more details.

www.luton.gov.uk
Putting a swing back in your step!

What did you do this summer? Travel Luton was active in the local community again, encouraging residents to reduce their reliance on the car in favour of healthier, cheaper travel options such as walking, cycling and using the bus.

During August and September the campaign team, pictured right, was pounding the streets of Leagrave to encourage walking and cycling to the station and providing useful information on local sustainable travel routes around the town.

So far the team has spoken with more than 300 residents in the area keen to find out how they can use their car a bit less.

You may have seen the ‘purple people’ at any number of community events both big and small too.

Love Luton Summer in the Sun was no exception, with more than 100 people visiting the Travel Luton stall for a conversation about local travel options, including the Mayor, seen left. This event featured a Dr Bike demonstration and free cycle security tagging, and over the summer around 1,000 residents received advice and handy tips on how to travel more sustainably.

So now summer is coming to an end, but that does not mean you have to stop walking or cycling! Check out the Travel Luton website www.travelluton.org.uk for more ways of keeping active this winter.

www.travelluton.co.uk

Liftshare Week 6-10 October

Share a lift. Share the cost. Share a smile.

www.travelluton.liftshare.com

www.luton.gov.uk
Keep your home safe as the clocks change

With the clocks going back early on Sunday 28 October, make sure your house always looks occupied to help keep burglars at bay this winter.

Intruders find it easier to work under cover of darkness, and the number of break-ins usually spikes at this time of year.

Clr Naseem Ayub, the Council’s Portfolio Holder for community safety, said: “Police figures show burglars usually avoid homes that are occupied, so keep your belongings safe by making your property look like someone is in.

“Simple crime prevention measures make all the difference. Thieves are often lazy opportunists, and if they have to make a lot of noise or spend time getting into your home, or risk being seen, they are unlikely to bother.”

Simple advice from soLUTiOns, Luton’s community safety partnership, to help keep your home secure includes:

- Use time switches to light up your home at dusk, even if you are nipping out on the school run or to the local shops. Use lights in your main room and not just in the hall.
- Leave your radio on a talk station so it sounds like someone is at home.
- Always keep your external doors locked.
- If you have a UPVC door, make sure it is double-locked.
- Lock all windows and fit restrictors – thieves can wriggle through any gap larger than a human head.
- Fit locks at the top and bottom of patio doors.
- Visible alarms make burglars think twice – and switch them on when you go out.

Help to keep burglars away

Luton’s community safety partnership soLUTiOns has launched an initiative to help reduce burglaries in High Town and South wards by encouraging residents to make their homes as secure as possible.

If you live in the target areas, look out for a leaflet popping through your letterbox in the next few weeks giving details of how to arrange a free home security assessment.

 Undertaken by Council, police and fire service officers, each home visit takes around 30 minutes and, if the pilot scheme is successful, it is likely to be rolled out across the borough.

Clr Naseem Ayub, Portfolio Holder for community safety, said: “Your risk of burglary is small but any incident is one too many. Reducing burglary is one of soLUTiOns’ highest priorities.

“We have identified High Town and South wards as areas where extra help for residents would be useful to keep homes and belongings safe.

“Burglary across Luton, including South and High Town, continues to decrease and has dropped by eight per cent compared to last year. We want to continue this positive trend by focusing our efforts into long-term reductions.”

Please note that home security assessments can only be carried out with an appointment.

- For more information email sbr@bedfordshire.pnn.police.uk or call 01582 394010.

Luton’s community safety partnership includes:

- Luton’s community safety partnership,
- South and High Town, continues to decrease and has dropped by eight per cent compared to last year.
- “We have identified High Town and South wards as areas where extra help for residents would be useful to keep homes and belongings safe.
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- Lock all windows and fit restrictors – thieves can wriggle through any gap larger than a human head.
- Fit locks at the top and bottom of patio doors.
- Visible alarms make burglars think twice – and switch them on when you go out.

ANYTHING GOES QUESADILLA

Recipe by Jill Dupliex

Serves 4  Prep 5 mins  Cook 20 mins

Ingredients

- 8 wheat flour tortillas
- 500g cooked sweet potato or butternut squash, lightly crushed or chopped
- Sea salt and pepper
- 100g leftover cheeses, grated
- 200g fresh mozzarella
- Handful of basil leaves

Instructions

1 Place a flour tortilla in a dry, non-stick frying pan and lavish spread with the crushed vegetables, right to the edges.
2 Season with salt and pepper and scatter with the cheeses and basil. Top with another flour tortilla and cook over a medium heat until lightly browned, about three minutes.
3 Turn once, and cook the other side until lightly browned and the cheese has melted.
4 Transfer to a board and keep warm while you make the others. Cut into halves or quarters to serve.

Rescue recipe

Keep a pack of flour tortillas in the store cupboard as the perfect ‘envelope’ when you have leftover vegetables, such as sweet potato, butternut squash and carrots. Then hunt through the fridge and pull out all those scraps of leftover cheese and put the lot together in minutes.

Did you know?

The average 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 and advice on how to reduce food waste, go to www.luton.gov.uk/recycling
Raids recover illegal tobacco and alcohol

A recent operation disrupted the sale and supply of illegal tobacco and alcohol in Luton.

Twenty-four officers from HM Revenue and Customs (HMRC), with support from Council trading standards, the International Federation of Spirits Producers (IFSP) and two specialist tobacco dogs and their handlers from Wagtail UK, visited around 50 local retail premises and a self-storage unit.

The clampdown was part of HMRC’s Tobacco Taskforce activity and led to seizures from 19 premises including:

- 33,600 cigarettes
- 37.95kgs of hand-rolling tobacco
- 17.77kgs of shish tobacco
- 18.65kgs of chewing tobacco
- 389 bottles (291.75 litres) of wine
- and 232.6 litres of spirits.

The seizure represented evasion of an estimated £22,000 of duty and VAT. HMRC can also levy civil penalties on anyone handling, using or supplying non-duty paid tobacco or alcohol products.

Some of the spirits seized appear to be counterfeit bottles of Glen’s vodka. The contents of 52 bottles are now awaiting testing and, in the meantime, trading standards officers are advising anyone who may already have a bottle not to drink until it is known it is safe to do so.

Cllr Aslam Khan, Portfolio Holder for trading standards, said: “This is the second time we have worked in partnership with HMRC on an operation like this. We want to send a clear message that all enforcement agencies will continue to work together, share information and take action against any trader found to be selling illicit goods in Luton.”

David Margree, HMRC assistant director, said: “The sale of illegal tobacco and alcohol will not be tolerated by us or our partner agencies. Disrupting criminal trade is at the heart of our strategy to clamp down on the illicit tobacco market which costs the UK around £2 billion a year, and the sale of illicit alcohol which costs around £1 billion per year. This is theft from the taxpayer and undermines legitimate traders.”

If you have information about tobacco fraud and the illegal sale of tobacco or alcohol, please contact the customs hotline on 0800 59 5000 or see www.hmrc.gov.uk/reportingfraudonline.htm

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Steam Fair
Sunday 5 October, 11am-4pm
Stockwood Discovery Centre

A chance to enjoy this year's magnificent working steam and stationary engines in all their glory. In addition to the visiting engines, two of the museum's own historic examples, lovingly restored and cared for by volunteers, will be on display.
Free, donations welcome

Harvest Festival Dinner
Tuesday 7 October, 12-4pm
Farley Community Centre

Bring one item of food for the Luton Foodbank £4 per person
For details call 01582 736812

Black History Month: The Great Big Book of Families
Tuesday 7 October, 4.45-5.15pm, Leagrave Library
Wednesday 8 October, 4.45-5.15pm, Luton Central Library
Thursday 9 October, 4.45-5.15pm, Lewsey Library

Bedtime stories for all to enjoy, for ages three+ years and their families
Free, donations welcome

The Big Draw: The Big Book Collage
Saturday 18 October, 11-11.45am, Luton Central Library
Saturday 18 October, 2.15-3pm, Stopsley Library

Family fun time goes big with a collage challenge, for school-aged children and their families
Free, donations welcome

Family Fun Time: The Worst Witch
Saturday 25 October, 11-11.45am, Leagrave Library
Saturday 25 October, 2.15-3pm, Marsh Farm Library
Saturday 1 November, 11-11.45am, Luton Central Library
Saturday 1 November, 2.15-3pm, Stopsley Library

For school-aged children and their families
Free, donations welcome

Black History Month: Old Mikamba Had a Farm
Tuesday 7 October, 9.30-10am, Bury Park Library
Tuesday 7 October, 11-11.30am, Luton Central Library
Tuesday 7 October, 2.15-2.45pm, Marsh Farm Library
Wednesday 8 October, 9.30-10am, Stopsley Library
Wednesday 8 October, 9.30-10am & 10.30-11am, Leagrave Library
Wednesday 8 October, 2.15-2.45pm, Lewsey Library
Thursday 9th October, 10.15-10.45am, Marsh Farm Library
Thursday 9th October, 2.15-2.45pm, Stopsley Library

A special Bookstart Rhyme Time to celebrate Black History Month, for ages up to five years
Free, donations welcome

Nik Coppin presents
Huggers Kids Show
Thursday 30 October, 1.30-2.30pm
The Hat Factory

The family-friendly comedy and cabaret show. Offering fun for all the family to enjoy together, the energetic and informal variety showcase ‘Huggers’ comes to Luton after sell-out shows at festivals worldwide. There is enough variety to entertain all ages, with performers selected from the best comedians, cabaret performers, children’s entertainers and street-performers on the circuit.
Suitable for families with children aged three to eight years.
£8, family offer of four tickets for £24 (minimum one adult)

Pumpkin Carving
28-29 October, 11am-1pm & 2-4pm
Wardown Park Museum

Pumpkin carving using spooky designs – with easy, medium and difficult levels. Participants are invited to come in costume and to enjoy the museum decorated for Halloween.
For ages five+ years
£5

Fancy Dress Halloween Disco
Friday 31 October, 5.30-7pm
Farley Community Centre

For children aged six to 12 years
£1 per child
For details call 01582 736812

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Saturday 1 November, 2.15-3pm, Stopsley Library

For school-aged children and their families
Free, donations welcome

Halloween at Stockwood
Friday 31 October, 11am-4pm
Stockwood Discovery Centre

Find all the spooks and thrills the museum has in store for you this Halloween! Play seasonal games such as apple bobbing and make something creepy to take home.
Prices vary for activities on the day

**Luton Library Theatre is located within Luton Central Library**
Exhibitions

For Baby With Love
Continues until 30 November
Wardown Park Museum

Tiny, white baby caps that have been embroidered with love. Amongst the beauty, come and find out the sad story behind two caps on display.
Free

Great War Stories
Continues until 4 January
Wardown Park Museum

Luton’s Great War told by its people today. Commemorating the 100th anniversary of the start of the First World War, this exhibition looks at how one of the deadliest conflicts in human history affected the town.
Find out Wardown Park’s history as a war hospital, read stories about how ordinary Lutonians were affected by the conflict, and enjoy a rare chance to see many precious and rare objects donated by the community and discovered deep in the museum’s stores.
Free

Eileen Hogan at Little Sparta
Continues until 30 November
Paintings, drawings, prints and photographs by Eileen Hogan, inspired by Little Sparta, the garden / constructed landscape / installation / poem-in-space that Ian Hamilton Finlay created on his land near Dunsyre, in the Borders area of Scotland.
Free

Healing Minds
30 September – 26 October
Wardown Park Museum

A multi-sensory exhibition, with projected footage of shellshock sufferers from the First World War, involves a soundscape with readings of war diaries found in Luton. This exhibition contains sensitive material and may not be suitable for all.
Recommended age 16+ years
Free

The Twisted Forest
15-18 October
The Hat Factory

In his first solo show at The Hat Factory, Shahin Javaid will be displaying a selection of his artwork. With influences from Salvador Dali and Vincent Van Gogh to modern comic book artists, this exhibition is sure to have something for everyone.
www.shahinarts.com
Free

The Comedy Bar
Friday 17 October, 8pm
The Hat Factory

Come along, bring your friends and bathe in the comedy outpourings of the country’s up-and-coming talent. £3 in exchange for two hours of chuckles is the bargain of the year to see the stars of the future before they release their ghost-written biographies and grin at you from every DVD aisle in the months before Christmas. This open-mic comedy club is held every third Friday of the month.
For ages 16+ years
To book call 01582 878100
£3 (free to performers)

Theatre, Dance & Comedy

‘Jerk and Jollof’ featuring Richard Blackwood
Saturday 4 October, 7.45pm
Luton Library Theatre

The best in African and Caribbean comedy!
Richard Blackwood is regarded as one of the best British comedians out there. He is joined by Mr Cee, Babatunde and Toju.
For ages 16+ years
£16 on the door, £14 in advance

The Hat Factory

Written by Bristol-based writer Alice Nicholas, this sharply-written play takes a hard look at the fragility of youth and the many themes of adolescence.
Adult themes and content, contains strong language and scenes of a violent nature.
Recommended for ages 13+ years
£10, £8 concessions

Phoenix Players present
Oliver
Thursday 30 October, 7.30pm
Friday 31 October, 7.30pm
Saturday 1 November, 2.30 & 7.30pm
Luton Library Theatre

One of the best and well-loved musicals, based on Dickens’ Oliver Twist, we meet many loveable characters and rogues as we follow Oliver on his journey from poor orphan to member of a loving family. Songs include Food Glorious Food, Where is Love, Pick-a-Pocket, As Long as He Needs Me, Consider Yourself and many more. A family show suitable for all ages.
£10, £8 concessions

Groups and Societies

Luton Poetry Society
Last Saturday of the month, 2-4pm
Luton Central Library

£3, free for Poetry Society members (£20 annual membership).
Meetings take place on the last Saturday of the each month at Luton Central Library (third floor). This month: National Poetry Day Celebration.
Music

Music on Mondays: Sacconi Quartet
Monday 6 October, 7.45pm
Luton Library Theatre

One of the country’s finest young quartets continues its survey of string pieces by Ralph Vaughan Williams. The programme includes his first Quartet from 1908, inspired by Ravel with whom the young composer was studying in Paris. Ravel’s exquisite F major Quartet is performed in the second half.

‘Excellently gutsy.’ The Times
£15, concessions £8, under 18s free

Music on Mondays: Frith Piano Quartet with Christine Bunning
Monday 13 October, 7.45pm
Luton Library Theatre

An ongoing series celebrating the music of Beethoven and the Celtic nations. This Irish programme includes John Field’s rarely-heard Piano Quintet, Beethoven’s Piano Quartet Op. 16 and his Variations on St Patrick’s Day. Soprano Christine Bunning also performs Beethoven’s arrangements of Irish folk songs.

£15, concessions £8, under 18s free

Raw Talent
Wednesday 15 October, 8pm
The Hat Factory

Come along to watch a host of great local talent perform live for just £3!
Have you got what it takes to be somebody?
Music open-mic night incorporating a competition to win £1,000 in cash and a one-year recording contract – come to compete or just have fun!
Apply online at www.studiodevelopment.com or email raw@lutonculture.com
RAW Talent is held every third Wednesday of the month.
For ages 16+ years
£3 (free to performers)

Dub Pistols: Return Of The Pistoleros tour
Friday 10 October, 8pm
The Hat Factory

They’re back, although they have never really been away! Barry Ashworth’s evergreen bunch of dubwise vagabonds have been rocking practically every festival in existence all summer and now they are bringing their riotous mix of dub, drum and bass, hip-hop, punk and ska to The Hat Factory!
For ages 16+ years
£15

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Luton Libraries Six Book Challenge
Continues until March 2015
All Luton libraries

We all know that it can be difficult in our busy day-to-day lives to find the time to enjoy a good book, relax with your favourite magazine or catch up with the latest news stories. So Luton libraries are challenging you to participate in the Six Book Challenge. Despite the title, you can choose to read anything that appeals, including magazines, newspapers, poems, plays, games, websites and books. Just pop into your local Luton library to register and you will be given a reading diary to record your progress. Then take your diary, including a brief comment about each item you have read, to your nearest library to be signed.

Once you have completed your reading diary you will be given a certificate and, if you are one of the lucky few, a further mystery gift.

Happy reading!

The Neil Diamond Story – The Life of a Legend in Song
Saturday 18 October, 7.30pm
Luton Library Theatre

As Neil Diamond prepares to mark 50 years at the top of his profession, singer and guitarist Bob Drury, described as the UK’s ‘Voice of Neil’, celebrates the life and work of this musical legend.
£12

Music on Mondays: Fiachra Garvey
Monday 20 October, 7.45pm
Luton Library Theatre

Seen in Luton as part of last season’s Stars of the Future, this phenomenal young Irish pianist now returns with a full recital. The programme includes Beethoven’s Sonata No. 30 in E major (Op. 109), the mighty Liszt Sonata and works by Chopin and Field.
£15, concessions £8, under 18s free

Inner Vision Orchestra
Saturday 25 October, 7.30pm
Luton Library Theatre

Renowned blind Indian maestro Baluji Shrivastav brings together this inspiring group of talented sight-impaired musicians from all over the world. This incredible orchestra celebrates the power of music to transform lives, playing compositions from Iran, Lebanon, Afghanistan, India, Nigeria and Japan, plus soulful gospel and blues, sublime Indian ragas and Western classical pieces.
£10, £8 concessions

The Neville Staple Band
Saturday 25 October, 8pm
The Hat Factory

Neville Staple, ‘the original rudeboy, is credited with changing the face of pop music not only once but twice. His 35-year career in the music business is well documented, from early days with The Coventry Automatics, The Specials and Fun Boy Three during the late 1970s and 80s to The Special Beat and various other collaborations during his solo career from the 90s up to the present day.
For ages 16+ years
£15

Fiction Writing Workshop
with Chris Tutton
Saturday 11 October, 2-5pm
Luton Central Library

Back by popular demand, join dynamic workshop leader Chris Tutton in an extended workshop on fiction writing techniques. Poet, raconteur, maverick, wit; for more than 20 years Chris Tutton’s books, performances and workshops have beguiled, amused, entertained and educated.

Workshop testimonials:
‘Chris was magnificent and an exceptionally generous tutor.’
‘Chris is a great leader who brings out the enthusiasm in people and helps to eliminate our inhibitions.’
‘It was so inspiring, I have been writing every day since the workshop. Thank you.’
£15, £12 concessions

Talks/Workshops

Saturday Selections
Every Saturday
Session times: 11am-1pm & 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 the museum will be searching its stores and bringing out pieces for people to see and handle, many of which have never been on display.
Free

The Neville Staple Story
Saturday 18 October, 7.30pm
Wardown Park Museum

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For ages 16+ years
£15

Memory Boxes

Filled with objects, music and photographs, from a range of themes, memory boxes are built to help people to rediscover their memories.

Free to borrow for groups and organisations

For more information call 01582 546727 or email jacqui.harding@lutonculture.com

Luton Central Library
St George’s Square, Luton LU1 2NG
01582 547418

Stockwood Discovery Centre
London Road, Luton LU1 4LX
01582 546000

Wardown Park Museum
Old Bedford Road, Luton LU2 7HA
01582 546722

The Hat Factory
65-67 Bute Street, Luton LU1 2EY
01582 878100

Luton Library Theatre is located within Luton Central Library
Dreadzone
Saturday 1 November, 8pm
The Hat Factory

In 2013 Dreadzone celebrated 20 years in the game with the release of their seventh studio album Escapades. The band, with roots in Big Audio Dynamite, have enjoyed a career spanning the credibility of a Creation Records release, major moves on Virgin and independent releases including through their own label Dubwiser Records. Their highly-anticipated new release was recorded at Mick Jones’ London studios and co-produced by original Dreadzone member and co-founder Tim Bran.
For ages 16+ years
£15

Coming Up Soon
Metta Theatre presents
Alice
Saturday 1 November 2-3pm & 4-5pm
The Hat Factory

An imaginative and charming new adaptation of Alice in Wonderland set during the First World War and featuring innovative live puppetry and music. 1915. Bombs rain down. Sheltering under her dusty cellar, Alice reconsiders her past amongst old lamp shades and moth-eaten christening gowns. Meanwhile her son Alan, a serving soldier, makes the same imaginary journey down the rabbit hole to escape the trenches, returning them both to a wonderland of talking rabbits, mad hatters and savage queens.
Recommended ages ten+ years
£6

Re-Created House of Horrors
Thursday 30 October, 7-10pm
Wardown Park Museum

Come along and be terrified! We will have a DJ’d prom like you have never seen, touchy-feely boxes, live art and some surprise visitors roaming our corridors!
For ages 14+ years
Free

Dead Civilised
Friday 31 October, 7-10pm
Wardown Park Museum

Late opening of the museum with guided tours including a museum ghost story: The Grey Lady. Activities include adult pumpkin carving, taxidermy display and handling, plus an expert talk on a ghoulish historic subject. Bar on site. Ticket price includes one free drink. For ages 16+ years
£10

Afternoon of Discovery: Second World War
Friday 17 October, 2-3.30pm
Stockwood Discovery Centre, Wenlock Room

A look at some of Luton’s most interesting history through film footage, photographs and museum artefacts. Tea and coffee included.
£7, £5 concessions

Healing Wounds
Friday 7 November, 1.30pm & 7.30pm
Saturday 8 November, 1.30pm & 7.30pm
Wardown Park Museum

A specially commissioned play to commemorate the centenary of the First World War covers the friction between three army officers from different backgrounds forced into close quarters whilst recovering from battle. Schools are offered educational activities. Suitable for ages 12+ years
£5, £3 concessions and under 18s
£6

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For ages 14+ years
Free

Unique Gifts
for your loved ones
Visit Stockwood Discovery Centre and Wardown Park Museum for a diverse range of unique gifts. Your purchase helps a local charity.

Stockwood Discovery Centre
London Road | Luton | LU1 4LX

Wardown Park Museum
Old Bedford Road | Luton | LU2 7HA

Luton Culture is a local charity that provides you with excellent cultural activities | Charity No. 1122964
Christmas Party Nights
The Marquee, Stockwood Park

Guaranteed Fun with Classic and Themed Parties from just £30pp

- **Classic Party Nights** - Friday 5th SOLD OUT & Saturday 6th December 2014
  Classic party music to create that fun, Christmas spirit. Enjoy wonderful company, great food and dance to your heart’s content. £30pp

- **80s Party Nights** - Friday 12th & Saturday 13th SOLD OUT December 2014
  Funky perms, leg warmers and shell suits to the ready, for an extravagant night of classic 80s tunes. £34pp

- **00s Party Night** - Thursday 18th December 2014
  From Prada to cargos, bandanas to trucker caps, just like the noughties, this night has something for everyone. £30pp

- **Casino Nights** - Friday 19th SOLD OUT & Saturday 20th December 2014
  Enjoy a night of elegance, glitz, glamour and so much fun as the dice rolls at the roulette table. £34pp

Top quality 3 course festive meal, DJ and disco every night
Arrival 7.00pm – 7.30pm, Dinner served at 8.15pm (Licensed bar with shots bar from 7.00pm – 1.00am).

For more information and to book your Christmas party, please call the Events and Catering Manager on 01582 488856 or email info@activeluton.co.uk or fax 01582 724237

Stockwood Park Golf Centre, London Road, Luton, Bedfordshire, LU1 4LX.

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