



# Houghton Regis Helpers *E-News*

Volume 4 Issue 1

January 2018

## Welcome to the New Year!

**Houghton Regis Helpers wish all our volunteers, supporters, clients and friends good health and happiness for 2018.**

We are here to support local residents, who have no family or friends nearby who can help, with the small jobs such as shopping, light DIY, driving to an appointment (if no other transport is available), giving advice, acting as advocates, filling out forms, or coming round for a cup of tea and a chat.

In 2017 our volunteers carried out over 1400 'jobs' helping more than 150 clients.

**Our Annual Report will be presented at our AGM on Wednesday 28 February 2018**

*See page 3 for more news on AGM...*



Our festive tree in the Library Concourse during December!

*Turn to page 2 for volunteer news and community events during the festive season...*

**We are always seeking new Volunteers!**

**If you are Interested in Volunteering with Houghton Regis Helpers, please SEE the BACK PAGE for contact details...**



**Celebrating our local volunteers**

Central Bedfordshire Council  
**great communities**

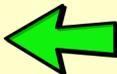
Our 'Good Neighbours 'Group of the Month'

Houghton Regis Helpers  
07567 094514

Are you interested in volunteering?  
Visit [www.centralbedfordshire.gov.uk/volunteering](http://www.centralbedfordshire.gov.uk/volunteering) to find out how to get involved!

**Cheering volunteer in Central Bedfordshire**

Recently visitors to Central Bedfordshire Council offices at Watling House, Dunstable, and Priory House, Chicksands, may have seen the Volunteer display spaces 'Celebrating our local volunteers'.

 Houghton Regis Helpers were showcased as BRCC's Good Neighbour scheme 'Group of the month'!

## News Updates...

**November and December 2017 were busy months for our volunteers!**

Not only helping our local residents with a range of jobs, including fitting new blinds and other small DIY jobs; driving to hospital and other medical appointments; befriending visits and outings; giving advice on safety and security in the home; and helping with shopping, our volunteers also helped at a number of social and community events and several went the extra mile over the Christmas period to ensure our more vulnerable residents - the elderly, unwell and alone - were safe, had enough food and were cared for. **Thank you so much for all your support!**

*Thank you*

**21st November - Celebration of Christmas at the Grove Theatre, Dunstable.** Local school choirs, theatre groups and Houghton Regis Children's Centre participated in this magical evening of Christmas music and performances. A brilliant team of volunteers supported the event by acting as runners backstage and selling merchandising in support of our Mayor's charities.



**25th November - Christmas Craft Fair.** Thank you to the volunteers who supported the event and helped in providing and serving the refreshments at the Christmas Craft Fair in the Bedford Square library concourse. **AND** to the volunteers who did such an efficient, busy job serving refreshments following the **Mayor's Carol Service on Saturday 2 December!** So well attended - we must have served nearly 100 hot and cold drinks in the space of one hour, as well as mince pies, apple pies, bakewell tarts, biscuits, snacks and crisps!

**Mainly for Men** Coffee morning on 6 December was great fun! 3 groups competitively joined in the 'Christmas Past' quiz - the winners being the T, P, R team - and the Scrabble contest was hard fought. Next time we need to bring a dictionary for those challenging two-letter words!

## Snow alert! Sorry everyone- Christmas Party and Talent Show CANCELLED

**Unfortunately,** this was the headline on Sunday 10 December, when heavy snowfall led to the cancellation of our Christmas Party and Talent Show. The risks of falls and injuries was too great, which was a great shame as over 60 residents and volunteers were excited in anticipation of a lovely afternoon, and with Santa dropping in too! Our talented performers will be called on again in the coming weeks to arrange another event for local residents to enjoy. The party food did not go to waste - shared among the residents of Red House Court and donations made to the homeless via the local charity **Streetlife**, Houghton Regis. **Streetlife** volunteers spend their evenings giving hot food and drink to the local rough sleeper and homeless population in Luton and Dunstable. They also supply donated warm clothing, toiletries, ladies sanitary products and other items to help relieve the difficult lives of others.

**'Like' their Facebook page and learn more about their amazing work:**  
[www.facebook.com/streetlifehoughtonregis/](http://www.facebook.com/streetlifehoughtonregis/)



## Events coming up!

**Mainly for Men coffee mornings!** Held on the first Wednesday of the month, from 11 a.m. until 12.30 p.m. Houghton Regis Helpers are hosting coffee mornings in the front lounge at Red House Court, Clarks Way. These events are proving popular with the gentlemen who are coming along for coffee and a chat. Open to men of all ages, we also welcome ladies if you are accompanying a man! Each session has a theme, plus a selection of board games, dominoes, cards, Shove Ha'Penny board etc for your entertainment - or simply enjoy the company of others for the morning.

### Dates for the early 2018 are:

3 January 'New Year Resolutions'

6 February 'Men and Motors'

3 March Guest speaker

There is no charge for the drinks and biscuits, and we can arrange lifts for those who need assistance with transport.



**Mainly for Men**  
**Coffee Mornings**  
first Wednesday in the month  
11 a.m. to 12.30 p.m.  
at Red House Court  
Clarks Way  
Houghton Regis LU5 5BH



Houghton Regis Helpers are hosting **coffee mornings**  
**Mainly for Men!**

Drinks and biscuits available - no charge but donations welcome!

A chance to meet socially for a coffee and a chat; to share experiences and hobbies.

Enjoy a game of cards or dominoes; board games; puzzles and quizzes.

Themes and topics chosen by you!

Ladies are welcome if accompanying a gentleman!



**Happy  
New Year!**

### 2018 DATES January to March

Wednesday 3 January - New Year Resolutions!

Wednesday 7 February - Men and Motors!

Wednesday 7 March - Guest Speaker!



Sponsored through Inspiring Volunteering grant awarded by Central Bedfordshire Together

For more information or if you need help with transport call: 07587 004514 or email: houghtonregishelpers@hotmail.co.uk

## Annual Pancake Race - on the Village Green

Tuesday 13 February  
2018 11 a.m.

**Volunteers please  
start limbering up!**



The team 2017!

## Annual General Meeting

**Our 6th AGM will be held on Wednesday  
28 February 2018 from 6.30 to 8.30 p.m.**

**Venue: Council Chamber,  
Houghton Regis Town Council Offices,  
Peel Street LU5 5EY**

**Light refreshments will be served on arrival with  
the meeting starting at 7 p.m.**

**Followed by Guest Speakers from  
Meaningful Education**

**Nomination forms and Invitations will be  
circulated during January**

**Do let us know if you would like to attend as  
space is limited!**

## News from Central Bedfordshire... Cheering Volunteering Awards and Event 2018

Back for 2018, the fourth annual awards and celebration evening will take place on **Tuesday, 5 June**. It will again be held at the Grove Theatre, in Dunstable, and is a terrific opportunity to celebrate the work of volunteers across Central Bedfordshire.

You will be able to nominate people or groups for six different awards, including a new category for 2018: sports volunteer.

Nominations will open on Monday, 8 January 2018 and a link to the online nomination form will be available from [www.centralbedfordshire.gov.uk/council/stronger-communities/awards-event.aspx](http://www.centralbedfordshire.gov.uk/council/stronger-communities/awards-event.aspx)  
Entries will close on Monday 2 April 2018.

Meaningful Education present their first Bedfordshire Dignity Conference on



Thursday 1 February 2018 - details and booking form available at

[www.eventbrite.co.uk/e/bedfordshire-dignity-conference-2018-tickets-](http://www.eventbrite.co.uk/e/bedfordshire-dignity-conference-2018-tickets-)



## THE BACK PAGE



### Messages from our Facebook Page...December 2017



- SK\_** Happy Christmas to all Houghton Regis Volunteers you have helped many people on Clarkes Way as well as Habinteg Housing Association. From the tenants may you have health happiness and a good new year.
- MF\_** Wishing all the GNS volunteers a very Happy Christmas (*from BRCC - Beds Rural Communities Charity*)
- FM\_** Merry Christmas, wishing you and yours joy, peace and wishing you the best for 2018
- CB\_** Wishing everyone of the Houghton Regis Helpers a very Merry Christmas as well as all the people we have met on our journey through life
- YF\_** Peace and love to you all. Will look forward to seeing our lovely helpers and clients in the New Year
- SG\_** It is a privilege to be associated with the Houghton Regis Helpers, friends and supporters. With very best wishes for a Merry Christmas and a Peaceful and Prosperous New Year.

### How to Contact Us



Phone:

**07587 004514**

Email:



[houghtonregishelpers@hotmail.co.uk](mailto:houghtonregishelpers@hotmail.co.uk)



Like, or join, our Facebook group page!

Houghton Regis Helpers

Website:



[www.houghtonregishelpers.co.uk](http://www.houghtonregishelpers.co.uk)

Postal address:

Houghton Regis Helpers  
c/o Houghton Regis  
Town Council,  
Peel Street  
Houghton Regis  
LU5 5EY



## STAYWELL THISWINTER

The NHS message to us all this winter - keeping warm over the winter months can help to prevent colds, flu and more serious health problems. Cold weather can be seriously bad for our health! **For leaflets and guidance to help and share with our more vulnerable residents visit the local GP surgery or download from [www.nhs.uk/staywell](http://www.nhs.uk/staywell)**

The next issue of

*E-News* will be  
**MARCH 2018**

**Please send your articles, photos, ideas to the Editor...contact details here**



Please let us know if you know anyone who would like to be added to the mailing list.

**Keep warm, stay well**

Keep an eye on your room temperature.

Heat your home to at least 18°C (65°F).

Cells turn green when at indicated temperature.

Place this thermometer away from direct sunlight and other heat sources.

**STAYWELL THISWINTER**

**Do you have a long-term condition or are you 65 or over?**

Some important information from the NHS to help you to stay well this winter.

Share this today with any relatives, friends, neighbours or anyone else you know who might find it useful.

**STAYWELL THISWINTER**

Cheril Sowell, Nurse