



Houghton Regis Helpers E-News

Volume 4 Issue 4

July 2018



News of Events during the Summer!

On Page 4...



Welcome to Summer time!

Lighter evenings, warm sunshine, t-shirts and shorts, thoughts for many turn to

holidays but we remember that for others the summer brings loneliness and memories of times gone by. Our volunteers are here to share a hand of friendship and to support our local residents in need of extra help.

Summer brings roses in bloom, colour to our gardens but also lawns that need mowing , hedges that need cutting and shrubs which need pruning - a busy time for our green-fingered volunteers!



Shhh!

The Mainly for Men group are holding a **Sponsored Silence** on 4 July



THANK YOU Certificates presented during **Volunteers' Week** - read all about it on **Page 2!**



See page 3 for a Spotlight on Gardening...



Stay Safe at Home!

Learning about Home Security from Bedfordshire Police...

turn to pages 2 & 5



Interested in Volunteering with Houghton Regis Helpers?
please SEE the BACK PAGE for contact details...

Volunteers' Week was celebrated by Houghton Regis Helpers!

The theme for National Volunteers' Week 2018 was **'Volunteering for All'** and on **5 June** fourteen Houghton Regis Helpers attended the 4th annual **Cheering Volunteering Awards** at the Grove Theatre in Dunstable. Organised by Central Bedfordshire Council, Community and Voluntary Service and Community Action, this event celebrates volunteering across Central Bedfordshire. Prior to the main event we joined other groups and organisations 'showcasing' our volunteering activities at our information stand in the upper foyer of the theatre. We were delighted with the interest shown by so many other volunteers and guests. Visitors to our stand included Cllr Fiona Chapman (Chair of Central Bedfordshire Council) and Cllr Ken Wattingham (Houghton Regis Town Mayor).



Volunteers' 'THANK YOU' Coffee Morning and Buffet Lunch

On **6 June** 18 volunteers joined the monthly 'Mainly for Men' group for a **THANK YOU** Coffee Morning and Buffet Lunch. **Guest Speaker**, PCSO David Lewinton from Bedfordshire Police, gave an excellent presentation on Neighbourhood Policing and Burglary Prevention. He responded positively, honestly and with good humour to the many, often challenging, questions from the audience, and gave out useful information and 'freebies' on home security.

Following the presentation Eric, Chair of Houghton Regis Helpers, presented THANK YOU Certificates to volunteers.



Then we all joined together for lunch, prepared by the team!



Enjoying Buffet Lunch!

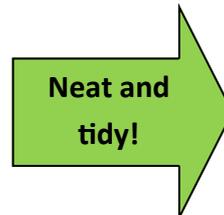
Thank you
You really make a difference.
Thank you for your commitment and contribution as a volunteer with
HOUGHTON REGIS HELPERS

Turn to page 5 for tips and guidance on Staying Safe at Home...

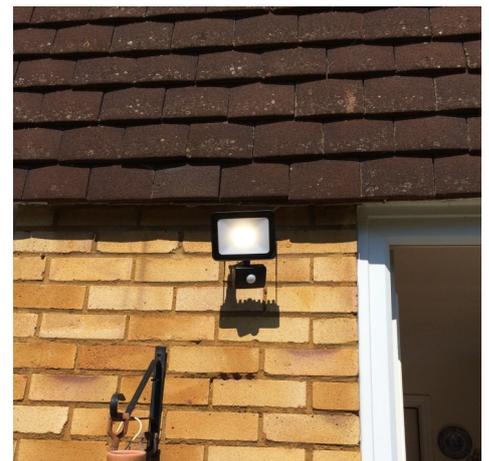


Spotlight on GARDENING!

Since April 2018 we have received almost thirty requests for gardening and other outdoor 'jobs' from local residents who are unable to cope with the work themselves and have no family or friends nearby to help. These ever increasing calls for help means our Helpers are kept especially busy outdoors during the summer months. A volunteer will sometimes complete the work on their own but the requests often require a team of two, three or even four volunteers working together! It's always helpful when a resident has their own gardening equipment but this isn't always the case and our volunteers regularly go out with a lawn mower, strimmer, hedge cutters, shears and loppers, rakes, brooms and gardening gloves! We give huge thanks to the dedication of these volunteers, twelve of whom have been supporting our residents during this period so far. THANK YOU!



MORE BEFORE AND AFTER OUTDOOR 'JOBS'



Gardening...

Electrical...

Events coming up!

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Looking ahead to July and August here is news of events going on in Houghton Regis!

Carnival is being held on **Saturday 14 July** on the Village Green.

Carnival procession will leave Parkside Drive at around 10.30 a.m. - please note that Tithe Farm Road will be closed to traffic during the procession! Official opening of the Carnival by the Town Mayor at 12 noon on the Village Green. The theme this year is 'Yesteryear'.

Let's hope for a sunny day!



Skate-BMX-Scooter Competition on Tuesday 26 July. Fun for all the family at the Tithe Farm Skate Park, from 12 to 3 p.m.

Summer Playscheme from 24 July to 16 August.

Contact Houghton Regis Town Council for more information:

Council Offices, Peel Street
Houghton Regis
Bedfordshire LU5 5EY

Tel: 01582 708540



Painting the Town Red!



Let's paint the town red
Craft and Coffee are starting a new community project and **We need your help!**
Can you help by making poppies for a large display?
They can be knitted, crocheted, drawn, painted, 3D
There are lots of ideas on the Internet for all ages and all abilities
All poppies can be left in the basket in the Library concourse and will be collected and kept safe.
Please be part of this amazing project

Houghton Regis Craft and Coffee are inviting you to make Poppies to display in the Library Concourse from September to November. Knit them, crochet, draw or paint-the choice is yours! Visit the display stand outside the Library for more information and ideas.

Mainly for Men coffee mornings... hosted by Houghton Regis Helpers, are held on the first Wednesday of the month, from 11 a.m. to 12.30 p.m. in the front lounge at Red House Court, Clarkes Way. The mornings provide a chance for men to meet socially for a chat; to share experiences and hobbies; and the occasional guest speaker. Drinks and biscuits (and sometimes cake!) are available, free of charge. Ladies are welcome to attend, if accompanying a gentleman!

The next dates are:

Wednesday 4 July - Sponsored Silence in aid of



LET'S BEAT CANCER SOONER

Wednesday 1 August - Visit to Houghton Hall Park Visitors Centre

For more information, or if you need help with transport, call 07587 004514

Focus on Security

Stay Safe at Home!



Tips on Home Security from Bedfordshire Police →



**The Bedfordshire
Police Partnership
Trust is a**

**registered charity. One of its key
aims is to enhance Community Safety
across the county .**

The Bobby Scheme

The Bobby Scheme provides a free Home Security service, providing and fitting devices such as new locks, door chains and door viewers free of charge. The service is available for people over the age of 65, the vulnerable or those that are disabled.

The Bobby Team will attend your home and carry out a survey, identifying any areas which may be vulnerable to crime. The scheme has helped over 20,000 residents improve their Home Security.

You can request a visit by contacting the "Bobbies" on 01234 842619, or by using their online form at

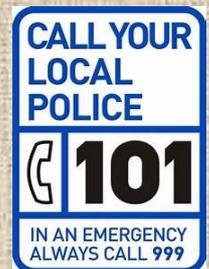
<http://>

[www.bedspolicepartnership.org/
bobbyscheme.html](http://www.bedspolicepartnership.org/bobbyscheme.html)

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With warmer days and longer lighter evenings our homes may be at risk from burglary. Here are some tips to think about when reviewing the security of your home or helping a neighbour:

- ◆ Are fences, walls and hedges in good repair / prickly plants are a good deterrent / trellis on top of a fence make climbing difficult
- ◆ Don't leave tools or toys outside the house that could be used to break a window or lever a door / think about where you keep the wheelie bins - they can be used to climb on
- ◆ Fit good quality locks to doors, garages and sheds / is a side entrance secure?
- ◆ Fit frame locks on windows, patio doors and French windows
- ◆ Make sure you know the identity of a person before allowing them into your home. If in doubt do not open the door
- ◆ Consider fitting a door viewer, door chain or locking letterbox plate
- ◆ Store car keys and house keys out of sight - never near an exterior door, near a letterbox or window
- ◆ Use automatic timer switches to turn on lights or a radio while you are out
- ◆ Consider installing a burglar alarm or CCTV (check regulations first)
- ◆ Mark or etch your property with postcode and house/flat number - the Police can provide a UV marker pen
- ◆ Consider joining or setting up a Neighbourhood Watch Scheme



Cyber Prevent!

The Eastern Region Cyber Prevent Officers (Police Staff),

covering Beds, Herts, Cambs, Norfolk, Suffolk, Essex and Kent, are part of a newly formed Regional Cyber Prevent Network that works with, and is led by, the National Cyber Crime Unit's Prevent team. The Cyber Prevent remit is to deter young people, particularly those with an interest, talent or curiosity in computers, coding, gaming and cyber related disciplines, from finding themselves in a position where unknowingly or otherwise they have broken the law. Find out more at <https://www.ersouocu.org.uk/about.aspx>

Watch out for news of an event we are planning for our volunteers in the Autumn to highlight Cyber crime and Cyber Prevent!



THE BACK PAGE



Hello and Welcome to Bryan who has recently joined us as a volunteer.

How to Contact Us

Phone:

07587 004514



Email:

houghtonregishelpers
@hotmail.co.uk



Like, or join, our Facebook group page!

Houghton Regis Helpers



Website:



www.houghtonregishelpers.co.uk

Postal address:

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



TRAINING NEWS

During June 2018, eighteen volunteers successfully completed Safeguarding Awareness (Vulnerable Adults) Training.

Seven 'new' volunteers attended the course for the first time and eleven volunteers attended as a refresher course. The training is offered in-house and the course provides volunteers with the background knowledge and awareness of safeguarding vulnerable adults, both to protect our clients and ourselves. The course helps volunteers to recognise types of abuse and gives guidance on how to raise concerns and report abuse following Houghton Regis Helpers policy and procedures.

The Designated Safeguarding Officer for Houghton Regis Helpers is Jenny Gallucci, who facilitates the training.

CERTIFICATES WERE AWARDED TO:

Ange, Bryan, Carol, Christine, Donna, Eric, James, Joan, John, Kev, Laura, Linda, Sarah, Sheila, Sofie, Terry, Theresa, and Tony.

CONGRATULATIONS AND WELL DONE!

Further courses will be offered in October 2018. All volunteers complete Safeguarding Awareness training soon after signing up with our group. The issues facing volunteers are changing all the time and it is important to keep up to date, therefore all volunteers are encouraged to attend Refresher training every 2 years.

INFORMATION AND ADVICE CORNER... add you 'advert' here!

Eunoia
(eu-noi-a)
(n) Beautiful thinking; a well mind.

Minds2gether is a service user led mental health group where we can support each other, have a good old natter, a catch up, a quiet time, a time to craft, a time and space to relax and feel confident and comfortable. Minds2gether hold a peer support pop-in once a week at the Pioneer Hut in Dunstable, Bedfordshire. Open to anyone over 18 years of age, we offer a safe place, a listening ear, a catch up or a quiet time.

Phone: 07843 716723

Email: minds2gether@outlook.com

The next issue of *E-News* will be **SEPTEMBER 2018**

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

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