



# Houghton Regis Helpers *E-News*

Volume 5 Issue 1

January 2019

## Welcome to 2019

*Houghton Regis Helpers wish you  
all a peaceful and healthy  
New Year*

This first issue of *E-News* for the new year brings you a round-up of 2018 and news of events and activities being planned for 2019.

Highlights of 2018 on page 2

Mainly for Men news and MORE! on page 3

Details of our AGM on page 4

Tips and Hints for keeping warm in winter on page 5

Events and contact details on the Back Page



Talented Stars performed at our Christmas Tea! see more photos on page 2...



## SAVE THE DATE!

HOUGHTON REGIS HELPERS AGM

Wednesday 20 February 2019 from 6.30 to 9 p.m.

See page 4 for more details...

Houghton Regis Helpers – your local Good Neighbour Scheme, helping others in need

**WE NEED YOU!**

**CAN YOU HELP?**



# 2019

As a Volunteer you can help make a difference!

Find out more - see the Back Page for Contact Details

## Supporting Community Events



Helping the Community - Painting Planters



From Decorating and DIY to...



...Gardening



Coffee in the Park with Mainly for Men



Remembrance Day 2018



FUNDRAISING

## Intergenerational Project...Talent Show & Christmas Afternoon Tea and at Santa's Grotto



## Mainly for Men...and MORE!

During November and December 2018 we were pleased to welcome newcomers and several visitors to our monthly Mainly for Men coffee mornings. In November we held a 'Swaps Day' - like a Bring and Buy but without the need for cash! Items swapped included books; DVDs; a lamp and a selection of ties! Members discussed what they would like in the programme for 2019...*see the planner below...*



### Mainly for Men

**Coffee Mornings**  
Held on the first Wednesday in the month  
11 a.m. to 12.30 p.m.



Houghton Regis Helpers host **coffee mornings** at **Red House Court, Clarks Way** Houghton Regis LU5 5BH

**Mainly for Men!** Ladies are welcome if accompanying a gentleman!  
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; dominoes; board games; puzzles; Scrabble!

|  |            |  |             |  |
|--|------------|--|-------------|--|
| <p><b>DATES FOR 2019</b><br/>(Programme subject to change)</p>  | 2 January  | New Year Resolutions   | 3 July      | Outing to Houghton Hall Park   |
|  | 6 February | Guest Speaker: Cyber Protect<br>      | 7 August    | Guest Speaker: to be arranged<br> |
|  | 6 March    | Board Game Challenge!  | 4 September | Quiz Morning!  |
|  | 3 April    | Guest Speaker from CBC: Recycling<br> | 2 October   | Macmillan Coffee Morning<br>      |
|  | 1 May      | Guest Speaker: All Saints' Church  | 6 November  | Memories and Memorabilia   |
|  | 5 June     | Celebrating Volunteering<br>          | 4 December  | Crafty Christmas!<br>             |

For more information on our coffee mornings, or if you need help with transport call: **07587 004514** or email: [houghtonregishelpers@hotmail.co.uk](mailto:houghtonregishelpers@hotmail.co.uk)



The December meeting was a festive celebration, with Terry and Peter winning the Christmas Quiz! Chocolates, cakes, cookies, cards and crackers for everyone!

Our next coffee morning will be held on Wednesday 2 January, from 11 to 12.30 in the front lounge at Red House Court. 'New Year Resolutions' is the theme! All are welcome (ladies too, if accompanying a gentleman!)

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

## Houghton Regis Helpers E-News



### Will you be shopping in Asda Dunstable in the new year?

Houghton Regis Helpers are pleased to have been chosen by the Asda Foundation Green Token Giving scheme as one of the three groups to be sponsored in the store from January to March 2019.

Simply pick up some tokens at the checkout every time you shop and pop them into our local good cause slot, which is located by the Asda Community Board!



### How is the money allocated?

Once voting has closed at the end of the three months the tokens are added up, determining first, second and third place. The organisation in first position receives £500 and the second and third places receive £200 each.

**Please support us by topping up our container! Thank you!**

Find out more about the Asda scheme at <https://www.asdafoundation.org/what-we-fund>



Eyes down for the Christmas Quiz!

**As Houghton Regis Helpers enter our 8th year as a Good Neighbour Scheme we will be holding our next Annual General Meeting on Wednesday 20 February 2019 in the Council Chamber at Houghton Regis Town Council.**

The evening will commence with light refreshments from 6.30 p.m. followed by the Business meeting at 7 p.m. and guest speaker between 7.45 and 8.30 p.m. The evening will close at 9 p.m.

Our Annual report 2018 will be presented at the AGM and the Financial Statement 2018 will be submitted for approval and election of Scrutineer of the Accounts for 2019. In accordance with the Constitution the election of Honorary Officers and Committee members will take place. Honorary Officers are elected for a 2-year period, on a rotation basis, and the roles of Vice-Chair and Secretary are due for nomination at this year's AGM. At the AGM 2018 the group's Treasurer was elected for a one-year period only, at her request, therefore nominations will be invited for an Interim Treasurer for 2019-2020.

Committee members stand for one year but are eligible for re-election if they so wish.

All members (the volunteers) of Houghton Regis Helpers will receive an invitation to the AGM and nomination forms by 15 January 2019 and all nominations must be received, in writing, one week prior to the AGM.

**Following the Business Meeting there will be a talk and presentation on SAFE AND WELL VISITS by a member of the Beds Fire and Rescue Service Community Safety Team.**

Safe and Well Visits help protect the most vulnerable people in our communities and we will learn how the safety advice is given to those most at risk.



Bedfordshire  
Fire and Rescue Service

We invite our supporters and friends of Houghton Regis Helpers to join us at our AGM and to hear about our achievements in 2018 - please contact the phoneholder on **07587 004514** or email: [houghtonregishelpers@hotmail.co.uk](mailto:houghtonregishelpers@hotmail.co.uk) if you would like to come along.

### **VOLUNTEER EVENT** **Volunteers - A DATE FOR YOUR DIARY!**

We are holding a **One-hour Community CPR and Defibrillator Awareness Course** on **Friday 15 March 2019**, from 6.30 to 8.30 p.m. in the Main Lounge at Red House Court, Clarkes Way, Houghton Regis.

The CPR/AED course will be run by HEMS Paramedics from East Anglian Air Ambulance (EAAA). EAAA are committed to train as many people as possible in CPR and the use of a defibrillator so together we can save more lives. This course will give you a quick overview of the basic required skills to perform CPR and use a defibrillator.

Tea, coffee and biscuits will be available from 6.30 p.m.  
Course commencing at 7 p.m.



Look out for your Invitation, coming soon!

The course is free but places will be limited, so book up quickly!

Although the weather at the start of 2019 is mild for winter-time, it is important to be prepared for the cold! The NHS and Age UK offer advice to the elderly and other vulnerable adults, and as volunteers it is important we look in on vulnerable neighbours and relatives from time to time:



‘Check up on older neighbours and relatives, and those with heart or respiratory (breathing) problems, to make sure they:

- are safe and well
- are warm enough, especially at night
- have stocks of food and medicines so they don't need to go out during very cold weather’

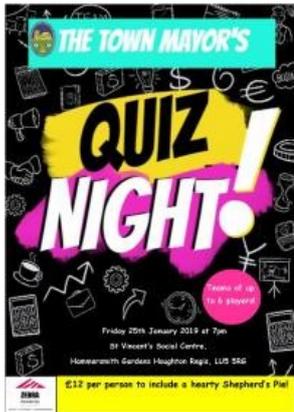
### **TOP TIPS for Keeping Well and Warm, from the NHS:**

1. Keep warm. Heat your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter’s night. Breathing in cold air can increase the risk of chest infections.
2. Get financial support There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills.
3. Look after yourself • Get your free flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person. The NHS website provides information about flu. Visit [www.nhs.uk/flu](http://www.nhs.uk/flu) to learn more. • Don’t delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker. • Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air. • Wear shoes with a good grip if you need to go outside. • When you’re indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.
4. Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely. • Contact your water and power suppliers to see if you can be on the Priority Services Register.

**For more winter wellness tips visit [www.nhs.uk/keepwarmkeepwell](http://www.nhs.uk/keepwarmkeepwell) or visit Age UK’s website [www.ageuk.org.uk/winterprep](http://www.ageuk.org.uk/winterprep) or call 0800 587 0668.**



Events coming up in Houghton Regis!



25 January 2019

Town Mayor's Quiz Night

*Good luck to Houghton Regis*

*Helpers team!*

9 February 2019

Mayor's Valentine's Bingo

*Book your tickets now!*



5 March 2019 -

Pancake Race Day

*Volunteers - start limbering up!*

*We need a fit team!*



For more Information on these, and other community events, visit Houghton Regis Town Council website

<https://www.houghtonregis.org.uk/>

Or Houghton Regis Town Council Facebook Page

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

**NEWS from Central Bedfordshire  
2019 Cheering Volunteering Awards!**

The fifth annual awards and celebration evening will take place on **Tuesday 4 June 2019** at the Grove Theatre in Dunstable.

This event will be an excellent chance to celebrate the work of volunteers across Central Bedfordshire.

There are opportunities to nominate people or groups for six different awards. Nominations will be open in early January until 8th April giving you three months to nominate volunteers in as many categories as you like. However, you cannot nominate a volunteer for more than one category.

Applications for the Inspiring Volunteering Grant Scheme will also open in January.

[www.centralbedfordshire.gov.uk/council/stronger-communities/awards-event.aspx](http://www.centralbedfordshire.gov.uk/council/stronger-communities/awards-event.aspx)

The next issue of *E-News* will be  
**MARCH 2019**

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

*E-News* is circulated electronically to over 80 email users who have given their consent (under GDPR)

*E-News* can also be downloaded from our website.

**Houghton Regis Helpers - Contact Information**

**Phone: 07587 004514** Our phone is 'manned' by volunteers from 10 a.m. to 4 p.m. weekdays.

Messages can be left at any time and we will return calls within 24 hours.



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



**Like, or join, our Facebook group page!**

Houghton Regis Helpers



**Visit our website: [www.houghtonregishelpers.co.uk](http://www.houghtonregishelpers.co.uk)**

**Or Write to us at**

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