



Houghton Regis Helpers *E-News*

Volume 5 Issue 3

May 2019



Time to Celebrate!

This is the theme for Volunteers' Week 2019 - a time to say Thank you for the fantastic contribution volunteers make all year!

Turn to PAGE 5 for more news on how Houghton Regis Helpers will be celebrating at the Cheering Volunteering Awards and our Thank You Lunch!



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Houghton Regis Helpers

Our volunteers are here to help local residents in need

This month sees the launch of our new leaflet and recruitment campaign for new volunteers!

Side One

Houghton Regis Helpers
Our volunteers are here to help local residents in need

Houghton Regis Helpers
07587 004514
Phone us & we will call you back

We can provide short term help such as transport to a medical appointment or social event, shopping, gardening, minor DIY jobs indoors or outside, form-filling and we can offer advice and advocacy support.

Feeling lonely? Our volunteers are happy to befriend our neighbours - calling round for a chat and a cup of tea or go for a walk!

Our volunteers are DBS checked and insured.

www.houghtonregishelpers.co.uk
houghtonregishelpers@hotmail.co.uk

Find us on Facebook

We have no political affiliations.
Supported by Houghton Regis Town Council and Bedfordshire Rural Communities Charity

The current leaflet has been unchanged for seven years so the committee decided it was time for an update and re-launch! The new design of Side One of the leaflet reflects the aims of Houghton Regis Helpers and a new blue colour scheme. Side Two is now brighter and eye-catching, aiming to catch the attention of volunteers of all ages!

Volunteers are planning a leaflet-drop to households across Houghton Regis and will be displaying Side Two as a Poster around town. In addition to giving out the leaflets at community events and information days we will be sharing them with other local groups, organisations and venues, including the Library and Medical Centres.

As your local Good Neighbour Scheme we are here to help residents in need - our leaflet highlights the fact that we have no political affiliations, nor do we have links to any religion or faith.

Houghton Regis Helpers are fully inclusive - as stated in our Equality & Diversity Policy: 'We celebrate the diversity of our community and seek to reflect that diversity within our good neighbourhood scheme. We will treat all people with dignity and respect, recognising the value of each individual'

Volunteering with Houghton Regis Helpers

We continue to strive to recruit volunteers of all ages and our members are looking ahead to succession planning during the coming year to ensure the sustainability of the group. As a volunteer with Houghton Regis Helpers you CAN help make a difference! With any time to spare to help others, no matter how little, we welcome applications from anyone over the age of 18 to join us. If you are under the age of 18 you are still welcome to join the group as a volunteer helping at community events or helping residents under the supervision of a DBS-checked volunteer.

Side Two

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

WE NEED YOU!
CAN YOU HELP?
Do you have any spare time?



As a **Volunteer** you can help make a difference!

Houghton Regis Helpers



www.houghtonregishelpers.co.uk
houghtonregishelpers@hotmail.co.uk

Interested in volunteering? Contact us by phone: [07587 004514](tel:07587004514) or by email: houghtonregishelpers@hotmail.co.uk or download a Volunteer Welcome Pack from the website: www.houghtonregishelpers.co.uk

TRAINING NEWS

Safeguarding Awareness training, as a Refresher and for new volunteers

Watch out for news of in-house training dates to be circulated to volunteers soon!



We send 'get well soon' greetings to three volunteers who are recovering from injuries received as a result of falls. Best wishes go to Peter, Yvonne and Anne.

And a sad farewell and good-bye to Joanna and Rebeka as you move to your new home. Thank you for all your support for Houghton Regis Helpers - and a special good luck hug to Mum-to-be Beka, may your future be bright and happy.





TRAINING EVENT

On 15 March 2019 seventeen volunteers attended a Community CPR/AED Awareness Course, facilitated by Mark Milsom, Critical Care Paramedic from East Anglian Air Ambulance. An excellent course, giving our volunteers the basic skills required to perform CPR and use a defibrillator, especially public AED's such as the one located beside the Medical Centre in Houghton Regis.



And all attendees were awarded a certificate!



Taking a stand against scams

Join us at our scams awareness event



On 3 April 2019 our monthly 'Mainly for Men' coffee morning group and several volunteers enjoyed a talk from our guest speaker Michele, from NatWest Community Banking, on the subject of banking scams.

The aim of the 'Friends Against Scams' campaign is to reduce the number of people falling victim to criminal scams. This talk raised awareness of the campaign and provided information and guidance on how to spot scams, avoid scams and fraud, and how to report possible scams whether it be on-line, in the post, over the phone, text or other forms of communication.

'Mainly for Men' meet on the first Wednesday in the month, from 11 to 12.30 in the front lounge at Red House Court,



Clarkes Way, Houghton Regis LU5 5BH. Open to any man - and ladies if accompanying a man! Free drinks, biscuits and the occasional cake!

To find out more contact Houghton Regis Helpers on 07857 004514, or email (see Back Page for contact details).



Outdoor 'jobs' and What's On



During the first quarter of 2019 (January to March) Houghton Regis Helpers helped 58 local residents, with nine individuals requesting

help for the first time. Our volunteers completed 376 'jobs' in this period, including 141 befriending visits and chats and 20 outdoor 'jobs'.

The increased requests for outdoor help generally start as winter turns to spring, when lawns and hedges begin to grow again! Other outdoor work completed recently included fence painting, clearing pots ready for summer planting, cutting back shrubs and filling green recycling bins with old cuttings!



Fence Painting! BEFORE...

While Houghton Regis Helpers volunteers offer a free service, supporting local residents who do not have family or friends nearby to help them, we have seen an increasing demand for our gardening services and a new Gardening Policy has been introduced this year.



...and AFTER

The following policy guidelines will apply from March 2019:

- New requests for gardening will be assessed following a visit by two volunteers in accordance with the Houghton Regis Helper initial assessment policy
- Priority will be given to the more vulnerable residents especially those whose tenancies may be at risk
- When an initial request for help with gardening is agreed the first visit by

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volunteers to carry out the garden maintenance is free, however when requests are for grass-cutting, hedge or shrub trimming priority will be given to residents who have their own mower and other gardening equipment

- If follow-up visits are requested, either by a new client or an existing client who already receives help with gardening, these requests will be assessed on an individual basis, however no more than three visits per growing season will be made
- At each follow-up visit a donation will be requested. Guide to donations (subject to ability to pay): £10 if the resident provides their own gardening equipment and £20 if Houghton Regis Helpers volunteers provide the equipment, including lawn-mowers, hedge trimmers and other electrical items.

Our volunteers cannot offer more regular garden maintenance but may be able to suggest other professionals or services who can help.

A copy of the full policy can be requested by email, or downloaded from our website

MAY FAIR, Saturday 4 May 2019

from 12 noon on the Village Green, hosted by Houghton Regis



Town Council. **Houghton Regis Helpers will be serving the Afternoon Teas in the Pavilion! This will include tea for Town Mayor, Cllr Ken Wattingham, the May Queen and her attendants!**

VOLUNTEERS are needed to help prepare, set up and serve... please

Town Mayor's Tea at May Fair 2018



call Jenny on 07587 004514 if you can help!

THANK YOU!



TIME TO CELEBRATE

This year, 2019, Volunteers' Week is all about celebrating the huge range of people who give their time in so many ways. During the week of 1-7 June every year, hundreds of events and celebrations take place across the UK, saying

thank you to volunteers and recognising their invaluable and diverse contribution. You can read about national and local events and more about volunteering on the website: <https://volunteersweek.org/about-volunteers-week/>

Houghton Regis Helpers will be attending the **Cheering Volunteering Awards and Event** at the Grove Theatre, Dunstable, on **Tuesday 4 June**. This is the fifth Annual awards evening organised by Central Bedfordshire Together and this year there are seven awards being presented:

- Young Volunteer of the Year
- Volunteer of the Year
- Volunteer Group of the Year
- Outstanding Contribution
- Lifetime Achievement
- Sport and Wellbeing Volunteer of the Year
- Panel's Choice



Prior to the awards presentations, which commence at 6.30 p.m., you can come and say hello to **Houghton Regis Helpers** in the upper foyer at the theatre. We will be 'manning' an information stand to promote volunteering, along with other voluntary groups.

Any volunteers who are available to come along from 5 p.m. to help on the stand will be welcome!

A buffet supper will be available prior to the main event.

We have tickets (free) to the Awards event - please contact Jenny on 07587 004514 if you can help and/or would like a ticket. It should be a great evening of entertainment, presentations and celebration!



Volunteers - look out for a special Invitation coming soon!

Volunteers' Thank You Buffet Lunch

Wednesday 5 June 2019

to be held at Red House Court, Clarkes Way, from 12.30 to 1.30 p.m.

The lunch will follow our monthly 'Mainly for Men' coffee morning, which starts at 11.00 a.m. You are all welcome to come along to join the 'men' in a celebration of volunteering!



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



Houghton Regis Carnival will be taking place on **Saturday 13th July 2019** on the theme of '**Rhythm of the World**'.

We will be asking for help to deliver the Carnival Programme, on behalf of Houghton Regis Town Council, to all homes in our town!
Any volunteers who have time to spare during the four weeks prior to Carnival will be thanked hugely!
Please call Jenny on 07587 004514, or email, if you can help at all - **THANK YOU!**

JUST ASK...

Talk to us, we are listening



Healthwatch Central Bedfordshire will be visiting an area near you to provide information, advice and guidance about local social care, health, housing and additional services.

We will be joined by our partner organisations and local voluntary groups.

Please come along to find out more about the services available in your local area.



DATE	VENUE	TIME
Friday 17th May	ASDA car park, DUNSTABLE, LU5 4JD	9 - 1.30pm
Friday 14th June	Market Square, SANDY, SG19 1JA	9.30 - 1.30pm
Sunday 7th July	Amphill Gala, AMPHILL, MK45 2HX	1 - 5pm
Friday 12th July	Morrisons, HOUGHTON REGIS, LU5 5BJ	9 - 1.30pm
Friday 26th July	Market Square, BIGGLESWADE, SG18 8AQ	11 - 4pm
Tuesday 27th August	High Street, LEIGHTON BUZZARD, LU7 1EU	9.30 - 1.30pm
Tuesday 10th September	The Greenacre Centre, STOTFOLD, SG5 4HG	9.30 - 1.30pm

Contact Dee Dillistone for more information

Tel: 0300 303 8554 or email dee.dillistone@healthwatch-centralbedfordshire.org.uk



Volunteer with SOS Bus Luton



The SOS Bus provides a place of safety where help is needed.



Opportunities for:

- First Aiders
- Drivers
- Fundraising
- Events



Are you 18 or over?
Can you spare one weekend or two nights per month?
Or more!!



Contact: Diana/Ken
01582 480770
diana.hurley@theslp.co.uk
ken.wattingham@theslp.co.uk



SOS Bus Luton are looking for volunteers. If anyone is interested please find contact details on the poster.

The next issue of *E-News* is **JULY 2019**

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

E-News is circulated electronically to over 100 email users who have given their consent (under GDPR)

E-News can also be downloaded from our website.

Houghton Regis Helpers are delighted to inform you that we



are runners-up in the Asda Foundation Green Token Giving scheme, sponsored by Asda Dunstable from January to March 2019, and we will be awarded a cheque for £200! **THANK YOU ASDA** and all the customers who supported us!

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 aim to return calls within 24 hours.



Email: houghtonregishelpers@hotmail.co.uk

Or Write to us at

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



Like, or join, our Facebook group page!

Houghton Regis Helpers



Visit our website: www.houghtonregishelpers.co.uk

