



Houghton Regis Helpers E-News

Volume 5 Issue 6

November 2019

Welcoming the start of the festive season also brings autumnal darker evenings, colder wintry weather and seasonal sadness for many people. A time to remember, a time for reflection and a time to give that extra helping hand to our friends and neighbours. In this November issue we look back at our volunteers' recent activities and look ahead to events coming up, including our Christmas Afternoon Tea on 1st December for local residents and their guests.

**Christmas
Afternoon Tea
1 December 2019**
*see page 3 for
more details!*



Inside

Events coming up...

Fireworks

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Carol Service

Santa's Grotto!

**Fund Raising
News...**
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ASDA

WE NEED YOU! CAN YOU HELP?

As a **Volunteer** you can help make a difference!
See the Back Page for Contact details



Houghton Regis Helpers

Our volunteers are here to help local residents in need

Fund Raising and Celebrating!

MACMILLAN COFFEE MORNING

Wednesday 2 October

Thank you to everyone who came along to our Macmillan Coffee morning and gave so generously, helping to



raise £110.00 for Macmillan Cancer Support.

We were especially pleased to welcome Houghton Regis Town Mayor Cllr Martin Kennedy and his wife Tracey to the coffee morning.



Martin said it was 'an absolutely delightful morning!' We have received this Thank You poster and a card from the 'Head

Coffee Lady' at Macmillan!

On Saturday 5 October our volunteers held a cash collection day at the Asda store in Dunstable, raising £110.64 for our funds! We thank the customers for their generosity and we are grateful to the store's Community Champion, Michael, for giving us the opportunity to collect in store. Volunteers enjoyed giving out leaflets, fridge magnets and chatting to



shoppers about our good neighbour scheme, so many of whom were Houghton Regis residents! **Thank you** to our volunteers for giving their time on a

Saturday to help out... Laura, Terry, Christine, Jenny, Ged, Ange, Rae, Susan, Donna and Eric.



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BRCC Annual Celebration

(report by Jenny)



On Friday 27 September BRCC

(Bedfordshire Rural Communities

Charity) held their Annual Celebration for

volunteers from the Bedfordshire Good Neighbour and Village Care Scheme Network at the Parkside Community Hall in Ampthill. Eric and I attended as representatives from Houghton Regis Helpers.

The theme was 'Making Connections' and I was asked to give a presentation on 'Promotion and Partnerships' - seasonal ways of working together to attract volunteers and clients all year round. I took



the audience on a journey through the seasons, with photos and examples of community events, working with other organisations, and ways to say Thank You to your volunteers. The presentation was well received and led to lots of questions!

We also heard about how Caddington Care scheme is reaching out to residents in local new housing developments - very pertinent for us as we see major housing developments being built in our town. After the traditional group photo (see below!) and a delicious buffet lunch we joined round table discussions on a range of topics. These included group finances and fundraising; clients - too many, too few? and the role of volunteers. The day was a great opportunity to network with volunteers from some of the 40+ schemes across Bedfordshire.



Group photo, courtesy of BRCC

Invitations!



FREE!

OPEN HOUSE Coffee Mornings!

Formerly 'Mainly for Men' our monthly coffee mornings are now open to ALL!

Everyone is welcome!

Join us on the first Wednesday in the month
11 a.m. to 12.30 p.m.
at Red House Court, Clarkes Way
Houghton Regis LU5 5BH

Free drinks and biscuits!

A chance to meet socially for a coffee or tea and a chat; to share experiences and hobbies; enjoy a game of cards; dominoes; board games; puzzles; Scrabble!

Themed events including guest speakers.

COMING UP...

6 November 2019 - Memories and Memorabilia

4 December 2019 - Crafty Christmas!

For more information about our coffee mornings,
or if you need help with transport

call: **07587 004514**

Houghton Regis Helpers E-News

Going Crackers!!



Invitations to local residents and guests to come to our Christmas Afternoon Tea on 1st December are being sent out as this newsletter is 'going to press'! An afternoon of entertainment, festive food, fun and friendship is being planned, with a raffle and a Christmas Gift for everyone! Apart from the raffle (tickets will be £1 per strip) the event is FREE!

REQUEST FOR VOLUNTEERS TO HELP PLEASE!

If any volunteer can help with the preparations; provide gifts for the raffle; driving guests to and from the tea; setting up and serving the teas; washing up and clearing away; or entertaining our guests please

give Jenny a call or send an email! **THANK YOU**



Volunteering News!



In September we welcomed **Colin** as a new volunteer, thank you for joining our team!

Each quarter we report to BRCC on the number of:

- * individual residents helped
- * new callers
- * volunteers
- * jobs completed
- * other roles and activities

In our most recent report, July to September, the numbers were:

- * 68 residents helped
- * 11 people called for the first time
- * 40 volunteers 'on the books'
- * 489 jobs completed - top of the list was befriending, closely followed by indoor and outdoor DIY and gardening, driving and shopping
- * Other activities included working with other professionals; signposting to

other organisations; and attending meetings

The support and help given to local residents by volunteers across all forty plus schemes in Bedfordshire is amazing!

In the previous three months, April to June 2019, BRCC reported a total of over 900 volunteers registered with schemes, with more than 650 volunteers carrying out over 5000 jobs, helping almost 1000 residents.

Huge thanks to all our volunteers for your care and commitment



HOUGHTON REGIS TOWN COUNCIL
FIREWORKS
SUNDAY 3rd NOVEMBER
 Tithe Farm Recreation Ground
FAIRGROUND OPEN FROM 4PM
 Fireworks Bonanza to begin at 7pm
 Food retailers
 Fairground rides for younger children

FREE
 HOUGHTON REGIS TOWN COUNCIL
 MUSIC EVENT

Entrance to the Recreation Ground will be via Hillborough Crescent

For more details contact
01582 708540
 or email: sarah.gelsthorp@houghtonregis.org.uk www.houghtonregis.org.uk

Fireworks!

Hosted by Houghton Regis Town Council, this is a free event on Sunday 3 November being held at **Tithe Farm Recreation Ground**

Fairground open from 4 p.m.
 Fireworks Bonanza starts at 7 p.m.

Notice of Road Closures:

Hillborough Crescent, from Tithe Farm Road to Grove Road, and **Tithe Farm Road**, from Recreation Road to Hillborough Crescent will be closed from 6 to 9 p.m. on the day.

The Town Council hopes residents will appreciate this is for the safety of those attending the event.



Photo: HRHC

It has been announced that Houghton Regis Helpers, collectively, have been nominated for the Good Neighbour of the Year Award at this year's Dunstable & Houghton Regis Business and Community Awards - and we have made it to the Finals! The nomination is in recognition of all our volunteers hard work and commitment to the local community - so **WELL DONE to you ALL**. The Awards night is on **Thursday 7 November** at the Dunstable Conference Centre.

DUNSTABLE & HOUGHTON REGIS
 business & community
 awards **2019**



The Parish of Houghton Regis Services of Remembrance

A Service of Remembrance will be held at All Saints' Parish Church, Houghton Regis commencing at 9.45am on **Sunday 10th November** and an Act of Remembrance will follow immediately at the Memorial Stone on the Village Green at 10.55am. The Service and Act of Remembrance will be officiated by the Parish Priest, Father Diego Galanzino.

On **Monday 11th November (Armistice Day)** there will be a Service of Remembrance at the Memorial Stone on the Village Green, gathering at 10.40 a.m. for the service to commence at 10.55 a.m.

Our Chair, Eric, will attend this service and will lay a wreath in remembrance of the fallen on behalf of Houghton Regis Helpers.



CHRISTMAS EVENTS!

Christmas Craft Fair
23rd November 2019
 Bedford Square library complex
 Houghton Regis 9am - 1pm

FULLY BOOKED

Free children's crafts

Stalls and more.....

Refreshments

 houghtonregiscraftandcoffee@hotmail.co.uk

Houghton Regis Craft and Coffee invite you to their Christmas Craft Fair on Saturday 23 November

CHRISTMAS CRAFT FAIR

Christmas Craft Fair
 hosted by Houghton Hall Park
 Park Road North LU5 5FU
Sunday, December 1, 2019
10:30 AM – 3 PM



Christmas Crafts at Jewels

MON. 11TH NOV
Wreath Making FULLY BOOKED
 Re-use, recycle and upcycle to create a beautiful Christmas Wreath in a style of your choice, to take home. £6.00

MON. 18TH NOV
Candle Gifts & more SPACES AVAILABLE
 Choose from the different craft stations to make decorative items to gift or keep yourself. £8.00

MON. 25TH NOV
Christmas Cardmaking SPACES AVAILABLE
 Follow along step-by-step, or work at your own pace, to create up to 3 card designs using simple yet effective card making techniques. Includes a FREE Christmas goody-bag for all participants! £8.00

WORKSHOPS RUN 6:30-8:30PM AND INCLUDE ALL RESOURCES, TEA/COFFEE, AND CHRISTMAS TREAT!
 BOOK 18TH & 25TH NOV. FOR £15

 Jewels 6 Bedford Square Houghton Regis

Christmas Events hosted by Houghton Regis Town Council

Carol Service - All are welcome to attend the Town Mayor's Carol Service at All Saints' Parish Church, High Street, Houghton Regis on **Saturday 7th December 2019 at 5pm**. The service will be conducted by Father Diego Galanzino. Following the service, the Christmas Tree lights will be switched on in front of All Saints' Church and light refreshments will be served.

Come and Meet Santa - Ho! Ho! Ho! Merry Christmas!
 Santa will be in his grotto at Houghton Regis Library on **Saturday 14th December 2019 between 10 am and 2 pm**. Free entry and a free gift for every child!

The Town Mayor's

Christmas Carol Service

and Christmas Light switch on

Saturday, 7th December from 5pm

All Saints' Parish Church
 Houghton Regis

This will be followed by the switching on of the Christmas Tree lights in Bedford Square, Plus light refreshments

ALL ARE WELCOME TO ATTEND

More info: www.houghtonregis.org.uk

To find out more about local events at Christmas visit the Town Council Facebook page:
<https://www.facebook.com/pg/hrtowncouncil/events/>
 or the Town Council website:
<https://www.houghtonregis.org.uk/>

All Saints' Parish Church Christmas Fayre

Saturday 7 December from 9:00am to 1pm
 Traditional Christmas Fayre with stalls, homemade refreshments, and light entertainment.

COME MEET SANTA

FREE ENTRY

surprise gift for every child

SATURDAY 14TH DECEMBER
Houghton Regis Library
10AM-2PM

SPONSORED BY HOUGHTON REGIS TOWN COUNCIL



**INFORMATION, NEWS AND
ADVICE CORNER!**

While attending the Festival for Older People in Flitwick on 4th October we spoke to a lovely gentleman about the Breathe Easy Support Group in Luton and Dunstable.

The Support Group is open to people with any form of lung disease, their carers, friends and family.



Meetings are held on the 2nd Thursday of each month, from 2 to 4 p.m.

in the Peter Newton Pavilion, Skimpot Road, Dunstable LU5 4JU. Meeting dates coming up are: 14 November 2019; 12 December 2019; 9 January 2020; 13 February 2020

The group is free to attend, Refreshments are available and Guest Speakers attend all meetings. Any enquiries you can contact the Helpline...

Helpline 03000 030 555
blf.org.uk/helpline

Get Set for Winter!



We have two money saving opportunities for older people who live in Bedfordshire and Luton

Age UK Bedfordshire has been working with energy suppliers to save money for older people and to ensure your home is insulated and energy efficient.

Keep warm in winter!

1. Free small insulation aids that we will fit free of charge through our Handyperson Service.

Simple items such as low energy light bulbs; radiator reflector kits; draught excluders

2. Warm homes discount of £140

Energy companies in the UK are offering a discount of £140 on electricity bills.

You may qualify if you are under 65 and in receipt of Pension Guarantee Credit or are over 65 and in receipt of any Pension Credit after 7th July 2019.

please contact us:-

Tel: [01234 360510](tel:01234360510)

Email: enquiries@ageukbedfordshire.org.uk

**Houghton Regis Helpers
wish all our volunteers,
supporters, clients and
friends a very
Happy Christmas
and Healthy New Year!**



The next issue of *E-News* will be
JANUARY 2020

**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 - Contact Information

Phone: 07587 004514

Our phone is 'manned' between 10 a.m. and 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

Like, or join, our Facebook group page!



Visit our website:

www.houghtonregishelpers.co.uk

Or Write to us at

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

