



Houghton Regis Helpers

E-News



Our volunteers are here to help residents in need in Houghton Regis and Chalton

Volume 12 Issue 1
January / February 2026

E-News is the bi-monthly newsletter produced by Houghton Regis Helpers

Welcome to **2026**

Houghton Regis Helpers send our warmest best wishes for a Happy and Healthy 2026! We welcome the new year with a new look to our newsletter!

Inside this Issue:

A look back at the highlights of November and December 2025
Coffee and Chat and Training Dates
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Contact Details and More!

We thank the team of twenty volunteers who gave their time to support the RBL Poppy Appeal at Morrisons, Houghton Regis, during the two weeks of Remembrance. A tremendous effort!



Highlights of November and December 2025

Remembrance

Thank you to our volunteers who helped with the refreshments at the Memorial Hall, following the Remembrance Sunday Service on November 9th 2025.



Tenants Open Day
Thank you to the volunteers who attended the CBC Tenants Open Day at All Saints View on Saturday 15th November.

On Armistice Day, November 11th our Chair, Yvonne, laid a wreath at the Memorial on the Green on behalf of Houghton Regis Helpers.



Warm in Winter Bags 2025
Donated by **Small Acts of Kindness**, our volunteers delivered more than 60 Warm in Winter bags during November and December. Helping keep residents warm during the cold winter months!



Christmas Afternoon Tea Saturday 13th December 2025

Fifty guests and volunteers enjoyed a Festive Tea, entertainment by the OccaZional Band and a visit from Santa!

With thanks to Houghton Regis Together Fund (HRCDC and Peabody) and Morrisons, Houghton Regis, for your kind and generous donations a great time was had by all!



MORRISONS



‘Thank you for a wonderful afternoon’

‘I didn’t know whether to come as I can’t hear very well but I am so glad I did’

‘Thank you for organising this for us, it has been lovely’

‘I enjoyed the singalong and the people on my table were lovely’

‘Thank you for inviting us, it was lovely. And can you thank the lady who picked us up’

‘Thank you to your team for the lovely Christmas Party at the Baptist Church on Saturday. It was really enjoyable and so well organised. Loved the quartet as well.’

‘Thank you for inviting me to the Xmas afternoon tea today.’

And thank you to everyone who supported the event – the volunteers preparing, setting up, serving and clearing up; the drivers who brought guests and took them home safely and to Karen from Peabody who came along too.

Christmas Gifts



We are pleased, thanks to the Cost-of-Living Crisis Funding from Houghton Regis Town Council, to have been able to distribute Store Vouchers and Christmas gifts to families in need of support and 20 festive fun bags to young children in Houghton Regis during December 2025.

Coffee and Chat and Training Dates

New Year Coffee and Chat! 

Volunteers!
Join us for a **NEW YEAR Get-Together, Coffee and Chat!**

Friday 9th January 2026 
11 am to 12.30 pm

Safety Starts With You To include training on new Health & Safety guidance for volunteers!

Where?
Lime Room
Houghton Hall Park Visitors Centre

 Places are limited!
RSVP - please Email:
houghtonregishelpers@hotmail.co.uk

Volunteers – join us for a **New Year Get-Together on Friday 9th January 2026 at 11 a.m.** in the Lime room at Houghton Hall Park Visitors Centre. The morning will include **Health & Safety training** to keep you up to date with our new Health & Safety Policy, changes to risk assessments and good practice guidelines, including lone working. Parking is free but there is a time limit so don't forget to get a ticket from the machine!

Please phone 07587 004514 or email houghtonregishelpers@hotmail.co.uk if you can come along.


The next date is Friday 30th January 2026 for **Safeguarding (Adults at Risk) Awareness Level 1 training** from 11 am to 12.30 pm at St Thomas' Meeting House, Lowry Drive. Free parking on site!

Safeguarding awareness is important for all volunteers working with adults who may be at risk and the training is for both new volunteers and as a refresher for those who did not attend training in 2025. It is important to keep up to date and to know how to report a concern and how to act in an emergency situation.

Please phone 07587 004514 or email houghtonregishelpers@hotmail.co.uk if you can attend or if you want more information.

There will be further dates for training planned for the 2026 and these will be circulated as soon as available.

All training is free and the sessions also are an opportunity to meet up with other volunteers for coffee and a chat!

Houghton Regis Helpers Postal address: Secretary, H/Regis Helpers
c/o Houghton Regis Town Council, Peel Street,
Houghton Regis, Beds LU5 5EJ 

07587 004514
houghtonregishelpers@hotmail.co.uk

Safeguarding (Adults at Risk) Awareness Training 2026

Dear Volunteer,

You are invited to attend the following Safeguarding Awareness (Level 1) training on

Friday 30th January from 11.00 a.m. to 12.30 p.m.

**Venue: St Thomas's Meeting House, Lowry Drive,
Houghton Regis LU5 5SJ**
There is free parking on site

As a volunteer working in our community, it is important to be aware of adults who may be at risk and the needs of vulnerable people. The issues facing volunteers are changing all the time and it is important to be kept up to date. The training will provide you with the knowledge and awareness of safeguarding, both to protect our clients and yourselves, and guidance on how to act in an emergency.

Training is **FREE** for Houghton Regis Helpers volunteers

The objectives of the session are to help us to:

- understand what is meant by safeguarding
- have received clear and simple information about what abuse is and how to recognise it
- understand policy and legal requirements
- know how to raise concerns about, and report, suspected or actual abuse

Drinks/biscuits will be available, and Attendance Certificates are awarded!

Facilitator: Jenny Gallucci

All volunteers are recommended to attend regular Safeguarding Awareness training – this may be your first time, or a refresher. Further dates will be available if you are unable to attend this session.

AGM 2026

As we enter our 15th Year as the local Good Neighbour scheme we invite you to our 14th Annual General Meeting, to be held on Friday 13th February at 11 a.m.

The Annual Report and End of Year Accounts will be presented at the AGM.

Honorary Officers are elected, or re-elected, on a two-year rotational basis. This year, nominations are invited for the roles of Chair and Treasurer.

Committee members are elected, or re-elected, annually.

Nomination papers will be circulated to members (volunteers) by 22nd January.

Proposed changes to the Constitution will be circulated to members prior to the meeting for your consideration and approval.



Houghton Regis Helpers



WE HEREBY GIVE NOTICE OF OUR 14th ANNUAL GENERAL MEETING

Friday 13th February 2026

11 am to 12.30 pm

Venue: St Thomas' Meeting House
Lowry Drive,
Houghton Regis LU5 5SJ

The main agenda items at the AGM will include:

Approval of Minutes of 13th AGM held 19th February 2025

Receiving Annual Report 2025

Finance Report and receiving of independently scrutinised End of Year Accounts 2025

Election of Honorary Officers: Chair and Treasurer

Election of Members of the Committee for 2026

Election of Independent Scrutineer of Accounts for 2026

Consideration and approval of proposed changes to the Constitution

Feedback and Comments from Members and Guests

Papers will be circulated to members at least 21 days in advance of AGM

If you wish to attend,
please RSVP by 5th February 2026

Reply by email: houghtonregishelpers@hotmail.co.uk

or Phone 07587 004514



Volunteer News

Welcome to our new volunteers Nick and Marvelous who joined us recently! We are delighted to have you with us!

As 2025 comes to a close we can report that our amazing team of volunteers will have completed 4000 plus jobs during the year, helping more than 350 residents and their families. Our quarterly report to Bedfordshire Rural Communities Charity (BRCC) for October to December 2025 records 160 clients helped in the last three months with more than 1100 jobs completed. During this period sixteen other professionals and organisations have made referrals to our group or made enquiries about our service. Meetings have been held with the Town Council relating to projects coming up in 2026 – watch this space!!

Well done and Thank You to you all for your commitment, care and goodwill to others in our community!

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retailers donate**



Sign up to easyfundraising
and see your favourite
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Houghton Regis Helpers

whenever you shop with them

Sign up and get started

Help us with fundraising for FREE!
Over £90 raised since we
registered in the summer! These
donations really mount up, so
please sign up to support us at
https://www.easyfundraising.org.uk/causes/houghton-regis-helpers/?utm_medium=email&utm_campaign=pmc&utm_content=email-1





Local Council Tax Support Scheme

Do you pay a reduced amount of Council Tax, or no Council Tax?

Tell us what you think of proposed reductions to levels of Local Council Tax Support.

Find out more at www.centralbedfordshire.gov.uk/consultations
The consultation closes on Wednesday 7 January.



News from Central Bedfordshire Council

Local Council Tax Support scheme consultation 2025
Consultation closes: Wednesday, 7 January 2026

Council Tax funds council services across Central Bedfordshire. It contributes to road maintenance, street lighting, waste, and recycling collections, libraries, and leisure centres. The largest share, more than 60%, is used to fund adult social care and children’s services, which are increasing in cost and demand. The Local Council Tax Support (LCTS) scheme helps people on low incomes by reducing the amount of Council Tax they need to pay. Like many councils across the country, CBC states that they are facing significant financial pressures as the demand for adult social care and children's services grows. The Local Council Tax Support scheme for working age residents is determined locally, and some changes are planned and they want your comments.

[Council Tax Support Scheme consultation 2025 | Central Bedfordshire Council](#)



Can We Help?

Do you live in Central Bedfordshire and are aged over 50?

Winter Warmth Agents can help you access services and support to reduce fuel poverty and improve your health and wellbeing ahead of the colder months

Contact us:
✉ winterwarmthagents@bedsrcc.org.uk
🌐 ywb.org.uk/www
☎ 01234 838771



Interested in volunteering?
Contact us by phone, email, Facebook or visit our website and download our Volunteer Welcome Pack!



How to contact us...

By phone: **07587 004514**

Our phone help-line is available on weekdays between 10.00 and 15.00 hrs. Messages can be left at any time and we return calls as soon as possible

Email: houghtonregishelpers@hotmail.co.uk

Website: www.houghtonregishelpers.co.uk

Facebook: [Houghton Regis Helpers group page](#)

By post: Houghton Regis Helpers, c/o Houghton Regis Town Council, Peel Street, Houghton Regis, Beds, LU5 5EY

The next issue of E-News will be March 2026

Please send your articles, photos, or comments by email to the Editor.

We reserve the right to edit or decline articles which are contrary to our vision and aims.

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