

# 2019 HUB NEWS ISSUE 3

## BUSHMEAD COMMUNITY HUB

Charity No. 1169398



THIS ISSUE IS SPONSORED BY



# IT'S ALL HAPPENING AT THE HUB

Wow! What a year it has been for the Hub. We have completed our second full year of being run by the community, for the community. We have increased our regular hirers and have been delighted to welcome new and exciting groups to the Hub family.

We are as ever grateful to those who have supported us over the last 12 months and in particular those groups who have been with us since day 1. Without you the Hub wouldn't exist. Also our thanks needs to go to those local people who have hired us for their social occasions, not only are we a good price, every time you hire us it means we can plough the money back into the Bushmead Community.

The last year has seen some exciting new partnerships forming, including with Luton Sixth Form and their Duke of Edinburgh Scheme and with the Probation Service.

I can't pass up this opportunity without giving my heartfelt thanks to my fellow Trustees and the volunteer members of the steering committee, each who bring a different set of skills and knowledge that has allowed us to go from strength to strength. Without them, the Hub wouldn't be here. But that's why we also need you! We need you to get involved in the Hub, donating around 4 hours a month (on average) to become a trustee or a member of the committee. This is an opportunity to secure the Hub for the future and we need to grab that with both hands. As a charity we have to have a trustee board, without one, it doesn't matter about the amount of money in the bank, the Hub will close. So now is your time to step up and help your community.

Finally, I wanted to share a few of my personal highlights with you from during my year as chair of the trustee board. In October 2018, we won Community Project of the Year at the Luton and Bedfordshire Community Awards. In November, we were highly commended in the Love Luton Awards. December we took 35 excited members of the Youth Club to see the Panto at Dunstable Grove and in July we took another group to Luton Library Theatre to see Griffin Players High School Musical.

We are in a far more financially stable position than we were at the end of year one (we have a little way to go for total financial security.)

The next year holds some more exciting projects for the Hub to allow us to continue to grow and help with our sustainability, and we are busy working behind the scenes to find the finances to achieve some of activities.

So please, continue to support the Hub through hiring us, attending classes, groups or activities that happen here, but by also getting involved to change your community for the good.

*Scott Eastwood*  
Chair of Bushmead Community Hub 2018-2019



# PERFECT PARTY VENUE

Bushmead Hub offers an excellent party venue for all your parties and events. With a spacious hall and attached kitchen, free parking and on-site staff throughout your hire. Over the last year most weekends have seen a party or event take place from birthdays, graduations, Pre-Wedding and Mehndi Parties, baby showers and religious gatherings.

We have a children's birthday package of 3 hours hall and kitchen hire for just £80 including the chairs and tables. Parties must be finished before 6pm. Terms and conditions apply.

**Our prices are:**  
**£35 per hour use of the Manning Hall including tables and chairs**  
**£20 one off charge for kitchen use**

We require a £100 deposit (£50 for children's party package) which is refunded after the event in accordance with our terms and conditions. Our local restaurant Fusion and Café CJ's both offer catering at competitive prices.

Call the team on 01582 422818 or email [team@bushmeadhub.co.uk](mailto:team@bushmeadhub.co.uk)



## Looking for somewhere local to hold a meeting?



Book online at [www.bushmeadhub.co.uk](http://www.bushmeadhub.co.uk) or call

The Galley Room is ideal for meetings of up to 8 people

- Free WIFI
- Tea/Coffee available

Available to hire from  
**JUST £12.50 per hour**



# IT'S ALL HAPPENING AT THE HUB

There is so much happening here at Bushmead Community Hub that we are sure everyone can find something of interest.

Daytime activities include Short Mat Bowls of Thursday and Friday, Tai Chi on Wednesday from 12.30pm to 1.30pm, Pilates with Abby on Tuesday 2pm – 4pm.

The range of health and keep fit activities are wide and varied including: Monday and Wednesday Boxfit with Dave, Monday and Tuesday Yoga with Helen Rolls, Thursday Be Yourself Pilates with Nuria and Zenjie Women on Tuesday, Zumba on Tuesday with Chevonne, Pilates with Kat on Tuesday and Saturday, Kojo Karate with Kieran on Tuesday and Thursday and Shintai Karate with Iain on Wednesday and Saturday.

There are a huge range of other interest groups that meet regularly – Luton and District Historical Society meet every third Monday of the month (excluding August), Friends of Bradgers Hill conservation group every second Wednesday (excluding August), The Luton and District Model Boat Club meet every second Monday from September to April. Griffin Players meet here regular to rehearse and there are always auditions for the next show to get involved with. Junior Youth Club for Years 3 to 6 meets fortnightly on Fridays from 6.30pm to 8pm.

Want to learn a new skill? The DIY Sewing Academy meet on the 1st and 3rd Saturday monthly. Classes for young people on the 1st Saturday and Adult classes on the 3rd Saturday. We have tuition services from First Class Learning on Wednesdays and Kumon on Saturdays.

For your Pre-Schoolers we have Stay and Play on Wednesday at 10am (term time only). And Bushmead Pre-School based here for children over 2 years and 9 months.

Looking for something spiritual? The Potters House, Redeemed Christian Church of God meet every Sunday at 10am, UKIM will be starting Friday Prayers here from 1st November from 12.30pm – 1.30pm and Ahmadiyya Muslim Community meet on the last Saturday of each month at noon, we also host Physic Fayre's throughout the year.

I am so proud of all we have on offer here at the Hub. Our Community Wildlife Garden and Book Exchange are very popular with local residents and NHS patients alike.

If you are looking for a venue to start a club or group get in touch as we always want to support new initiatives that will be of interest to the local community.

*Helen*

Helen Smeath – Hub Manager



## GET OUT AND ABOUT WITH

You will be most welcome to attend Friends of Bradgers Hill meetings on the following date:

2019	2020	13 May
Meetings	Meetings	10 June
13 November	8 January	2 February
11 December	12 February	15 March
	11 March	16 May
	8 April	18 October

Quarterly litter picks are on:  
 2 February  
 15 March  
 16 May  
 18 October

Every month we undertaker conservation work on Bradgers Hill on Sundays, primarily to keep the paths open. The dates are:  
 20 October      17 November  
 19 January      16 February



Over 60? Come and join us  
at the Bushmead Hub's

# Young at Heart Christmas Party

Monday 16 December 2019 ❄️ 2-4.30pm

Join us for an afternoon of festive food,  
carols and Christmassy fun.

This event is FREE to attend and  
is an opportunity to chat  
with friends and neighbours.

For information call 01582 422818

**BUSHMEAD**  
COMMUNITY HUB  
Hancock Dr, Luton LU2 7SF

Food Kindly  
donated by  
**co op**  
BUSHMEAD

**BUSH HUB**  
**BOWLS**  
INDOOR MAT BOWLING AT BUSHMEAD COMMUNITY HUB

## YOU'LL BE BOWL'D OVER

Short mat bowls is a game for all ages and abilities. The objective is to bowl your wood as close to, or touch, a small ball called the Jack which is placed at the other end of the rink mat. It is made more difficult because a block of wood is placed midway on the middle of the mat and you have to bowl around this. The person/team with the bowl(s) nearest the Jack will win that particular end.

Do not worry if you have not played before, there will be people there who will gladly introduce you to the game. You We will also supply you with bowls. A pair of flat soled shoes to wear is the only thing you need to bring along.

**£2.50 per session**

Thursday: 10am – 12 midday  
Friday: 9.30 – 11.30am

WHY NOT COME ALONG A GIVE IT A GO

# WHAT'S HAPPENING IN THE GARDEN

Since re-opening its gates to the residents of Bushmead on the 8th of June, the Bushmead Community Wildlife Garden has become a haven for people to meet, relax, and take in the tranquil surroundings.

Formerly the John Dony Field Centre, The Bushmead Community Wildlife Garden is the latest project bringing the whole community together. A dedicated team of Duke of Edinburgh students from Luton Sixth Form and Staff and volunteers from the Bushmead Community Hub have beautifully transformed the garden into a welcoming retreat for residents and wildlife.

With the emphasis on encouraging wildlife and creating a relaxing environment for everyone to share, the team have created different habitats for insect, birds, butterflies and bees from both natural and recycled items, including lampshades, furniture, teacups and much more. The garden also features stones painted by children and adults of the community!

On Sunday the 8th of June Bushmead Community Hub invited all the Duke of Edinburgh volunteers, their families and local residents to a garden

party to celebrate the garden transformation. It was a beautifully sunny day and the event was well supported by local families and residents from nearby Bushmead Court, who now frequently visit. Since then the garden has also been visited by the pre-school children, and local workers and residents and is proving to be a popular picnic spot!

Together with the hours of hard work from the Duke of Edinburgh students and the Bushmead Community Hub staff, this project has been only been possible through the kind donations of tools, plants, paints, time, money and expertise from local residents and businesses, most recently the Co-op Hancock Drive, who have very generously donated £250 towards a new bench for the garden so our more mature residents are able to sit comfortably and enjoy the garden.

A metal pond cover in the design of a leaf which was funded with a grant from the LLAL Community Fund Fast track award and made by the fantastic guys at Project Metal Craft ensure children can use the garden safely.





D of E students Adam Hunt, Connor O'Mahony, William Quibell and Josh Quibell from Luton Sixth Form College received certificates of appreciation from the hub



Re-purposed gym benches beautifully painted by Naomi



We are a charity run organisation therefore we rely on donations and volunteers, so if this has inspired you to visit the garden, donate time, plants or a few pennies, please come and see us at the Bushmead Community Hub.

The Bushmead Community Wildlife Garden is open every weekday from 9am until 5.00pm.



## TAKE A SEAT AND ADMIRE THE GARDEN

In the summer the Bushmead CO-OP donated £250 for us to buy a bench for our community garden.

The bench has arrived! And been in use already by local residents and our Duke of Edinburgh volunteers from Luton Sixth Form College.

#communitiesworkingtogether #lovebushmead



### BUSHMEAD CO-OP OPENING HOURS



**7am to 10pm  
 EVERYDAY**

(Monday to Sunday)

Hancock Drive, Luton, LU2 7SF



## MONDAY

**BOXFIT** 6.30 – 7.30pm  
Manning Hall



**Helen's YOGA** 8 – 9.30pm  
Manning Hall



**THE GRIFFIN PLAYERS** 8 – 10pm  
Bradgers Room



## EVERY WEEK DAY

**BUSHMEAD PRE-SCHOOL**  
9.15am – 3.45pm  
Term time only



**LUTON & DUNSTABLE UNIVERSITY HOSPITAL**  
Appointment only



## TUESDAY

**Pilates** 2 – 3pm  
with ABBEY HICKS  
Manning Hall



**Helen's YOGA** 6.15 – 7.45pm  
Manning Hall



**kat pilates** 6.30 – 7.30pm  
Bradgers Room



**ZENJIE WOMEN** 7.30 – 8.30pm  
Warden Room



**ZUMBA CLASS** 8-9pm  
Manning Hall



**Kojo Karate Kai** 8 – 9pm  
Bradgers Room



## WEDNESDAY

**Giving Children in Luton a Flying Start** 10 – 11.30am  
Stay & Play Manning Hall



**TAI CHI KUNG** 12.30 – 1.30pm  
Manning Hall



**First Class Learning** 4 – 6pm  
Maths & English  
Bradgers Room



**BOXFIT** 6.30 – 7.30pm  
Manning Hall



**SHINTAI KARATE** 8 – 9pm  
Manning Hall




## Children's Birthday party coming up?

Why not hold it at Bushmead Community Hub!  
Children's Birthday parties (ages 3 to 13) £80 for 3 hours hall use\* (including 30 minutes clean up time)  
Free use of the kitchen.

Call the centre on 01582 422818 or go online at [bushmeadhub.co.uk](http://bushmeadhub.co.uk) to book your party now.

\*Excludes Friday and Saturday evenings from 5pm onwards.



**FIND MORE INFORMATION AND CONTACT DETAILS ON ALL OUR HIRERS VISIT WWW.BUSHMEADHUB.CO.UK**

**THURSDAY**



**10am – 12noon**  
Manning Hall



**Kojo Karate Kai**  
**8 – 9pm**  
Bradgers Room



*Be Yourself*  
**Pilates**  
**7 – 8pm**  
Warden Room



**8 – 10pm**  
Bradgers Room

**FRIDAY**



**9.30 – 11.30am**  
Manning Hall

**FRIDAY PRAYERS**  
**12.30 – 1.30pm**  
Manning Hall




**6 – 8.30pm**  
Manning Hall  
Fridays fortnightly  
See website for details

**MONTHLY GROUPS**  
Luton & Every second District Model Boat Club  
**Monday 7.30pm**

Luton & District Historical Society  
**Every third Monday 7.30pm**



**Every Second Wednesday 7.30pm**



**Last Saturday 12-2pm**

**DIY SEWING**  
Every first and third Saturday  
**12.30 – 4.30pm**



**SATURDAY**



**kat pilates**  
**8.30 – 9.30am**  
Bradgers Room

**SHINTAI KARATE**  
**10 – 11.30am**  
Bradgers Room



**KUMON MATH & ENGLISH**  
**10 – 11.30am**  
Manning Hall

**SUNDAY**



**10am – 12 noon**  
Manning Hall



**10am – 2pm**  
Bradgers Room

**HIRE A ROOM**  
**THE MANNING HALL**

Largesportshallidealforclasses,group meetings and parties. Capacity seated 120. Access to kitchen through hatch.

**THE BRADGERS ROOM**

Ideal room for groups to hire for meetings Seats: 50 in theatre style or 40 round table (tables of 8-10).

**THE WARDEN ROOM**

Group meetings of up to 20 people.

**THE GALLEY ROOM**

Small meeting room for up to 8 people.

**Contact our team to discuss your requirements**  
**01582 422818**

team@bushmeadhub.co.uk

 Bushmead Community Hub

 Bushmead\_Hub

**Christmas at CHRISTCHURCH**

**FAMILY CHRISTMAS**  
(including Christingle)  
Sun 8 December • 9.30am

**CAROLS BY CANDLELIGHT**  
(mulled wine & mince pies served afterwards)  
Sun 15 December • 6.00pm

**CHRISTMAS EVE COMMUNION**  
Tue 24 December • 11.00pm

**CHRISTMAS MORNING SERVICE**  
Wed 25 December • 11.00pm

Hancock Drive, Luton, LU2 7SF

# BE YOURSELF 4 HEALTH NURIA BARNETT



Hi my name is Nuria (Nunu for short) and I moved to Luton last year. Firstly I just want to say how I'm glad I found the Bushmead Community Hub. I want to thank the Team there for being supportive of my work. My style of classes are personal, calm, and in essence to provide the best care to individuals as if with a Personal Trainer.

## BACKGROUND ON ZENJIE WOMEN NST

Although my background originally is Sports Therapy and Massage, I started taking an interest in Mind-Body connections re exercise a while back. I first went on to study Stress Management and Counselling, progressing to teaching Zenjie NST (Natural Strength Training) from all my training in S.E Asia and its work linking self-defence with breathing.

I found it effective for calming, restorative and empowering practices re myself and then went on to teaching it to Women. Zenjie Women NST Classes are based on a combination of Self Defence Discipline, Central Power Breath Control and Strength Training. These practices originally linked to Tibet, Himalaya and S.E Asia. From my research used originally to protect humans from combating the cold and dealing with the adverse affects of a difficult terrain where survival perhaps meant adaptive methods for high altitudes.

Nowadays my classes are simply to bring a Mind-Body experience to your repertoire. I find

it effective in toning, strengthening, calming and reducing stress/anxiety. Of course we tackle the day-to-day hard facts that as Women we need to protect and defend ourselves come what may. Confidence to use all means to deal with a difficult situation comes with repetitive exercises such as punches and kicks to build up the instincts and improve awareness. All in all, in my opinion a thoroughly positive and full round work-out experience. This class is predominantly beginners, though lessons are tailored to any level and it is possible to get advanced lessons outside classes. Zenjie Women NST works alongside a registered charity called Proteks International which promotes Health and Well-being as well as deals with Humanitarian Issues globally.

## BACKGROUND ON BE YOURSELF PILATES

I originally started learning Pilates as a hobby. Having then had a knee and foot injury from dance and ballet classes I then found it as a way of dealing with a niggle with joints and pain which I'd never had before (due to old age I guess!). I found regular training with Pilates reduced problems physically. I was so impressed that I went on to study and immersed myself in an Advanced Specialised Pilates Diploma, covering Orthopaedic Conditions, Small Equipment and Pre/Post Natal Exercise.

I am presently completing my Level 4 Lower Back Pain Exercise Specialist which will make me competent to take on GP Referrals on Exercise Prescription. And am incorporating that at my practice in Leagrave on a one to one basis for Pilates with Nutritional guidance & Stress/Health Counselling. So you know that classes have my full attention and care at a high level.



## THURSDAY'S CLASSES 7-8PM:

Thursday's Classes 7-8pm are designed to progress students from beginner to intermediate. Though challenging, work through a range of exercises to improve posture, tone, strength and iron out niggles. We often use small equipment, blocks, bands, foam rollers, balls, hand weights and ankle weights. So improving all parts of your

body and improving joint mobility and good bone health. Classes take commitment and of course like anything without regular attendance you won't see progress. First timers please bring a mat, water and arrive 10 mins early.

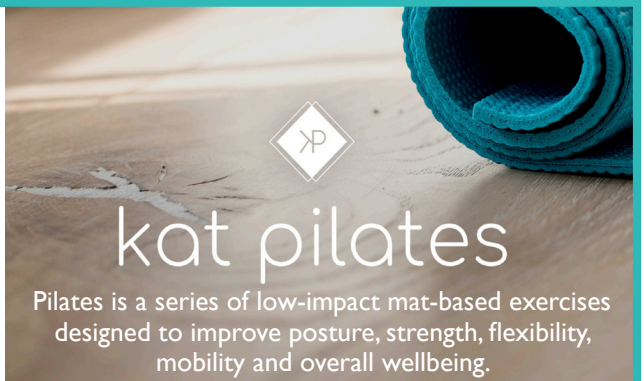
As always, all my classes at the Hub are **WOMEN ONLY**.

## Pilates Classes Bushmead Hub

Open to All – Beginners  
Tuesday 6.30pm – 7.30pm  
Saturday 8.30am – 9.30am

## Christchurch Bushmead

OVER 50S  
Tuesday 10am – 11am



# kat pilates

Pilates is a series of low-impact mat-based exercises designed to improve posture, strength, flexibility, mobility and overall wellbeing.

TASTER CLASS £10 per person  
BLOCK OF 4 CLASSES £35 per person  
PERSONAL TUITION (1 HOUR)  
£40 per person

All places must be booked and paid at 48 hours in advance

Book Now – 07732 054177

[www.katpilates.co.uk](http://www.katpilates.co.uk)

[facebook.com/katpilatesco.uk](https://facebook.com/katpilatesco.uk)

# TAI CHI KUNG



**Gentle and relaxing  
exercise classes**

**Why not join us?**

- ✓ Improve your health
- ✓ Get fitter and stronger
- ✓ Feel better in yourself

**Wear comfortable clothes  
to exercise**

**COME ALONG TO A SESSION AND FIND OUT MORE**

**Wednesday**

**12.30 – 1.30pm**

**Bushmead Hub**

with Graham

**Wednesday**

**2.30 – 3.30pm**

St Margaret's Parish

Centre with Peter

**Saturday**

**11am – 12pm**

Hockwell Ring Community

Centre – with Kaushal

# FUN PACKED ACTIVITIES AND TRIPS

Junior Youth Club continues to thrive, with regular attendance of 35 to 45 young people. At Christmas we had a trip to The Grove Theatre pantomime “oh no we didn’t”, “oh yes we did with funding from Your Say Your Way”.

Throughout the year we have had a huge variety of activities from cooking, crafts, sports, pamper session and slot car race night! We enjoyed another Theatre trip to see The Griffin Players performing High School Musical.

We love seeing how the young people develop friendships and confidence and sharing experiences and ideas.

**We urgently require volunteers** to help run the club. We have a small and very dedicated team but with the increase of numbers we need more adults to ensure that we will not have to limit the number of young people able to attend. If you can commit one Friday a month or even a half term please get in touch with Helen at The Hub on [manager@bushmeadhub.co.uk](mailto:manager@bushmeadhub.co.uk) or call 01582 422818.

Helping is so rewarding when you see the young people developing and enjoying their free time together. We feel it is important to be able to offer this safe space for them to be together and experience new opportunities and develop socially and emotionally.



## LEARN HOW TO SEW?

Why not come along to our friendly relaxed forum with dedicated paced tutoring where we learn essential sewing basics: understanding garments, how to measure and apply measurements, cutting, sewing and finishing.

Our 4 hour workshops are hands-on, practical and fun. You'll network with other enthusiastic sewers, share experiences and get support in advancing your skills to create unique pieces from garments to soft furnishings, customize/alter garments for a perfect fit or recycle old garments.

Classes – no experience is required.

Kids (age 10+): every 1st Saturday of month

Adults: every 3rd Saturday of month

Contact: 07366146620

email: [diysewingacademy@gmail.com](mailto:diysewingacademy@gmail.com)

 @diysewingacademy  @diysewingacademy



Youth Club is for Year 3 to Year 6 children.  
We meet every other Friday – 6.30pm to 8pm

Subs is just £2.50 (inc all activities).

Upcoming dates  
8th and 22nd November  
6th and 20th December



## Learn to Sew

*Freehand without Patterns*

...because you can...

Kids Workshop (Age 10+): Every 1st Saturday

Adults Workshop: Every 3rd Saturday

12.30 - 4.30pm @ Bushmead Community Centre,  
Hancock Drive LU2 7SF

*Private Tutoring available by arrangement*



# f BUSHMEADROCKS

Have you seen any brightly coloured rocks on your recent walks around Bushmead? If you haven't seen our Bushmead Rocks Facebook Page you may wonder what it is all about?

A family friendly activity, that's free and for the whole family to enjoy involves making, hiding and finding decorated rocks with pictures or words of encouragement, with the purpose of making someone smile. With so much more attention on children's mental health and well-being, this makes it both the perfect community event and ideal for entertaining our local children and supporting their emotional wellbeing.

This craze was initially founded in America.

Katie-Marie Quinton, local resident and business owner of Beauty Q Ltd, set up Bushmead Rocks Group after seeing the idea in the village she grew up in. With a keen interest in spreading mental health awareness and supporting children's mental health initiatives Bushmead Rocks was founded.

There are further plans to expand the use of the group, we will be holding a community rock painting session so keep an eye on the page for dates.



In the meantime, please get painting rocks with your children and before you hide them, share them in the group for people to see.

A few of the rules we follow within the group

- Keep the rocks child friendly.
- The purpose of the activity is to get the children outdoors, be uplifting, inspiring, kind and spread positive affirmation.
- Please put #bushmeadrocks on all rocks before hiding. This is so the rocks' journeys can be tracked and seen by the makers and those that have rehidden them.
- Rocks must be hidden in safe places, ie not on the roadside.
- Share a picture in the Bushmead Rocks Facebook group, of any rocks you have made and that you have hidden.
- Share a picture in the Bushmead Rocks Facebook of any rocks you have found and where.

And the most IMPORTANT rule.....Have fun!

# HUB WINTER GET-TOGETHER!

## DROP IN CRAFT MORNINGS FOR ADULTS!

**Monday 2nd & 9th of December**

**10.00am—1.00pm at Bushmead Community Hub**

Crafting and a cuppa? Board games and brew?

Or just a sip and sit!

Come and join us for a morning of coffee, crafting and chat!

Craft not your thing? - No problem! We have cards,  
board games, dominoes, crosswords  
or just come for a natter and a cuppa!

**Entry £3.00 per person**

**Refreshments available too!**



## BUSHMEAD COMMUNITY SHOP

Bushmead Community Shop CIC. Unit 8, Bushmead Parade, Hancock Drive, LU2 7SF.

### OPENING SOON!

However, we need your  
donations to make this work!

We are looking for ...

**Clothes, Shoes, Bric a Brac, Books,  
Linen & Blankets, Ornaments & China,  
Toys & Games**

You can recycle your old clothes, fabric, linen, sheets,  
towels etc.. with us too!

### WE NEED EVERYTHING YOU DON'T!

All profits from the shop will go to the local community &  
surrounding area including Bushmead Community Hub.



## BUSHMEAD COMMUNITY HUB

### BOOK EXCHANGE!

We have a lovely bookcase bursting with  
fantastic books for all ages available to  
borrow and swap!

The book exchange is **FREE**  
and open to everyone!

### BRING A BOOK, TAKE A BOOK!

**Pop in a see us in the Hub!**

Note: Sadly we are unable to accept donations of multiple  
books any longer, thank you.



# OPEN EVENINGS

  
**Luton**  
SIXTH FORM  
COLLEGE



# JANUARY 2020

## 7TH, 15TH, 23RD

5.30-8pm (last entry 7.30pm)

Luton Sixth Form College  
Bradgers Hill Road, Luton LU2 7EW

[www.lutonsfc.ac.uk](http://www.lutonsfc.ac.uk)  
#lutonmade

