



WINTER NEWSLETTER



BUSHMEAD COMMUNITY HUB

Charity No. 1169398

PRINT KINDLY DONATED BY  **arriva**

 Bushmead_Hub

 Bushmead Community Hub

www.bushmeadhub.co.uk

A WARM FESTIVE WELCOME

Wow! What a year it has been for Bushmead Community Hub. We have officially survived year one of The Hub being run by the community, for the community. We are going from strength to strength and have some stability in our staff team that has allowed us to really focus on what we are here to do – support and enhance the community spirit of Bushmead.

It was a delight for all of us at The Hub to win Community Project of the Year at the Luton and Bedfordshire Community Awards in October, and we are equally as proud to have been shortlisted for the Love Luton Awards in the same category.

We have welcomed a number of new hirers to The Hub family over the last year – you can read about some of those in the rest of this newsletter.

What we need now is YOU! We need members of the Bushmead community to join us in making Bushmead and Luton a better place to live for everyone. Can you spare 3 hours every couple of months to help us out? We have space on the board for new trustees as well as more informal positions on the steering committee – where your insight and ideas would be of great help. As a charity we have to have a board and without it The Hub could not run and therefore have to close. None of us want to see that.

 Bushmead_Hub  Bushmead Community Hub

We would like to say a huge THANK YOU to the small but dedicated team who run Junior Youth Club, they are amazing and we couldn't do it without them.

We were excited to be awarded funding from Your Say Your Way to help support the continued running of Junior Youth Club. We are using some of it to take the young people to a Christmas Pantomime. Oh no we're not! Oh yes we are! If you would like to get involved as a volunteer with Junior Youth Club, we particularly need some sporty people, please contact Helen on ask@bushmeadhub.co.uk



One question I know that is going through your mind is... am I qualified to be Trustee? The simple answer is yes. Anyone can be a trustee or part of the overall steering group. We can quickly bring you up to date with what's going on. The board and wider group meet together every other month for a couple of hours to make sure that everything is running how it should be. So come and get involved.

Finally it falls to me as Chair of Trustees to wish you a very Happy Christmas and all the very best for 2019. Enjoy the time with your family and friends and remember The Hub is the place to hire when you are organising birthdays and family gatherings. We would be delighted to help make your event as special as possible!

Scott

Scott Eastwood, Chair of Trustees



Luton



NEW LEAF POND COVER

After the transformation of the Hub's garden last year there was still a vital element missing. A pond cover was needed to make pond secure and to open up the garden to use by the pre-school and other young groups.

The hub committee managed to secure funding from the LLAL Community Fund Fast track award, The pond cover has been designed by Jude Chapman, one of our committee members and made by the fantastic guys at Project Metal Craft.

To find out more about using the garden space visit www.bushmeadhub.co.uk



www.projectmetalcraftltd.co.uk



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

Young at heart
Christmas
Party

MONDAY
17 DEC 18
2-5 PM

Join us for an afternoon of mince pies, carols and christmassy fun.

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

MARTIAL ARTS IS FOR ALL AGES

Shintai Karate is an inclusive martial arts club for students aged 6 to 60+.

Run by Sensei Iain Tyrie 7th Dan and assisted by Sensei Lawrie Turner 4th Dan, who between them have over 60 years of experience! The club is affiliated to the International Association of Shotokan Karate (IASK) and registered with the National Association of Karate and Martial Arts Schools (NAKMAS).

Students of all ages and abilities are catered for, and we aim to improve their fitness, awareness, concentration and confidence. Aspects of self-defence are also taught.

Shintai has been established in Luton since 2006, though both Sensei Tyrie and Sensei Turner have been involved in clubs in Bedfordshire and Hertfordshire for a lot longer.

Both instructors have trained and graded under top Japanese and European masters.

If you, or a family member are interested in learning a Martial Art from experienced and well qualified instructors contact the club, or turn up to a class to find out more.

Come along Saturday 10 -11.30am, New Class starting Wednesday 8 -9.30pm

www.shintaikarate.co.uk



est. 1999

STORM

*** GYM ***

LUTON'S NO. 1

MARTIAL ARTS & FITNESS CENTRE

KICKBOXING • MUAY THAI • MMA
PERSONAL TRAINING • FITNESS CLASSES
CHILDRENS CLASSES • ADULTS CLASSES
WOMEN ONLY CLASSES • FITNESS SUITE

FIRST SESSION FREE

01582 453981

WWW.STORMGYM.CO.UK



EVOLVE CONDITIONING

E - EMS (Electrical Muscle Stimulation)

V - Value for Money

O - Original and Bespoke

L - Less time in the Gym

V - Visual Results Quickly

E - Exciting New Concept

Want to start a fitness programme
but not join the gym?

Want to exercise more but can't find the time?

Need help to keep on track with your fitness?

Have an injury and need help with recovery?

EMS is fast becoming
THE way to train and keep fit.

2x20 Minute sessions per week is all you need.

Burn 500 calories a session.

Come along for a no obligation trial for £15.

Start getting fit BEFORE Christmas!

MAKE A BLOCK BOOKING
IN DECEMBER AND GET

10% OFF

(Please Quote 'Evolve Christmas' on booking)

CALL : 07706676633
www.evolveconditioning.co.uk

NEW KAT PILATES:

How to feel healthier and happier in 2019

With the nights drawing in are you struggling to take care of your physical and mental health? Maybe you're spending more time sitting down staring at a screen or maybe the thought of Christmas is enough to raise your stress levels. There isn't a magic pill that can cure all of these problems, but taking regular exercise is one way to help you feel healthier and happier.

My name's Kat and from January I'll be running a new weekly Pilates exercise class at the Hub.

WHAT IS PILATES?

Pilates (named after its creator, Joseph Pilates) is a series of exercises designed to improve physical strength, flexibility, and posture. Each exercise requires you to use your concentration to engage your core muscles in combination with a breathing pattern to create precise and flowing movement. This connection between mind and body helps to improve both your physical and mental health.

I began practicing Pilates when looking for a toning and strength activity that would complement my running. By attending a weekly class I found my core became stronger and I ran more efficiently. I also became more mindful about how I moved in everyday life and the niggles I had with my knee and the pain in my lower back began to ease.

HOW CAN IT HELP YOU?

One of the most popular reasons people turn to Pilates is to improve their posture.

Pilates focuses on stabilising the spine, pelvic, rib and shoulder regions by using the deep core stabilising muscles along with a breathing pattern for every exercise.

Pilates is also great for improving both your strength and flexibility. It focuses on strengthening and stretching every muscle group so that a whole body workout is achieved.

HOW TO GET STARTED

My classes are aimed at beginners, so if you've never tried Pilates or you have limited experience of it then my classes are for you. Every exercise I teach has alternatives or modifications so you can work at the level that's right for you.

My weekly classes begin on Tuesday 8 January (6.30pm) and Saturday 12 January (8.30am). Places are limited to 7 people per class and booking is essential. I look forward to seeing you there. To book visit www.katpilates.co.uk



NEW Pilates classes at
Bushmead Community Hub, Hancock Drive, LU2 7SF

TASTER COURSE FOR BEGINNERS // 2018
4 weeks // Tuesdays // 6.30pm to 7.30pm
Starts 27 November
£35 per person (4-week course)

WEEKLY CLASSES FOR BEGINNERS // 2019
Tuesdays // 6.30pm to 7.30pm // Starts 8 January
Saturdays // 8.30am to 9.30am // Starts 12 January
£35 per person (block of 4 classes)

BOOKING AND PRE-PAYMENT ESSENTIAL
To book and pay, please email: hello@katpilates.co.uk
Places limited to 7 people per class
All places must be booked and paid for at least 48 hours in advance

Also NEW at the HUB



Zenjie women offer empowerment classes for women. We use breathing techniques combined with self defence (non-combat) to bring together an enjoyable fitness/breathing class.

During these one hour classes you will be taught to control breathing and strengthen stomach muscles, as well as improve concentration and motivation.

Tuesday: 7–8pm (The Warden Room)
www.beyourself4health.co.uk
www.kixa.co.uk

COME AND JOIN IN THE FUN

Hello we are Cathy and Julie from Cha Char Chimps Luton. Cathy is a full time Mum to one little boy and Julie is a full time mum of two boys and is a qualified teacher. We both love seeing the children smiling and having fun whilst learning in a safe environment. So much so, we started bringing our own children to Bushmead Cha Char Chimps and we are now running the show!

We provide two 1 hour shows of entertainment and learning for accompanied Pre-school children at the Bushmead Community Hub every Monday 9.45-10.45am & 10.45-11.45am.

Our sessions provide a great opportunity to get out of the house, have some fun with your little ones and chat with other parents and carers from your area.

We sing, we dance, we act out stories, we pop lots of bubbles, we eat lots of yummy cake and most importantly we have lots of fun!



Our shows work on a Pay as you go basis, no booking or prepayment required. Prices include tasty refreshments during the break. We have homemade cakes and tiffin for the adults and yummy cake and biscuits for the children washed down with hot or cold drinks.

All up to date information regarding our shows can be found on our Facebook Page [ccchimpsluton](#)

MAUREEN AND AIDEN'S STORY

"I am a Granny who was looking for activities to do with my grandson and came across this lovely group. Aiden has been going to Cha Char Chimps for 8 months or more now. This is a lovely music group that helps the children's interaction, co-ordination and self-esteem.

In the beginning it was granny that was dancing around with him carrying out the actions and singing along to the songs (great work out by the way!)

Now, Aiden is a very independent 18 month who has developed his self-esteem and now knows the routine and actions to all the songs independently. We would highly recommend this fabulous group. We look forward going every week. If you're looking for an active music and action group come along to the Bushmead hub at 10:45 and join in cha char chimps and have a great time with Cathy, Julie and Marvin the Chimp.

Oh! and by the way I can't forget the tiffin it's yummy!

Thank you Cathy and Julie your doing a great job."



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CHA CHAR CHIMPS SESSION 1 9.45 - 10.45am SESSION 2 10.45 - 11.45am Manning Hall	TAI CHI KUNG 11.30 - 12.30am Manning Hall Pilates with ABBEY HICKS 2 - 3pm Manning Hall	 Giving Children in Luton a Flying Start 10 - 11.30am Manning Hall TAI CHI KUNG 2 - 3pm Manning Hall	 BUSH HUB BONDS 10 - 12am Manning Hall  weight watchers 6 - 7pm Bradgers Hall	 BUSH HUB BONDS 1 - 3pm Manning Hall  Youth Club Fridays Fortnightly 6.30pm - 8pm
BOXFIT 6.30 - 7.30pm Manning Hall	 Helen's YOGA 6.15 - 7.45pm Manning Hall	 First Class Learning 4.15 - 6pm Bradgers Room	 LUTON KARATE INTERNATIONAL 8 - 9.30pm Manning Hall	
 Helen's YOGA 8 - 9.30pm Manning Hall	 kot pilates 6.30 - 7.30pm Bradgers Room	BSL Course 6.30 - 8.30pm Warden Room	 THE GRIFFIN PLAYERS 8 - 10pm Bradgers Room	
 THE GRIFFIN PLAYERS 8 - 10pm Bradgers Room	 ZUMBA CLASS 7 - 8pm Warden Room	 Luton SLOT CAR Club 6.30pm Bradgers Room	SATURDAY  KUMON 9.30 - 11.30am Manning Hall	SUNDAY  THE GRADUED CERTIFICATE OF THE UNIVERSITY OF LONDON 9 - 12am Manning Hall
EVERY WEEK DAY  BUSHMEAD COMMUNITY HUB 9.15 - 3.45pm Term time only	 ZUMBA CLASS 8 - 9pm Manning Hall	BOXFIT 7 - 8pm Manning Hall	 IASK 10 - 11.30am Bradgers Room	 THE GRIFFIN PLAYERS 10am - 1pm Bradgers Room
 LUTON & DUNSTABLE UNIVERSITY HOSPITAL Physiotherapy	 LUTON KARATE INTERNATIONAL 8 - 9.30pm Bradgers Room	 IASK 8 - 9.30pm Bradgers Room	 DIT Sewing Academy 12 - 5pm Bradgers Room Every 1st & 3rd Week	
	 kot pilates 8.30 - 9.30pm Bradgers Room		 kot pilates 8.30 - 9.30pm Bradgers Room	

MONTHLY GROUPS

 Luton & District Model Boat Club Every second Monday 7.30pm	 Luton & District Historical Society Every third Monday 7.30pm	 Al-Anwar Muslim Community UK Last Saturday 11am - 1pm	 FRIENDS OF BRADGERS HILL Every Second Wednesday 7pm
---	--	--	--

INTERESTED IN HIRING A ROOM

THE MANNING HALL - Large sports hall ideal for classes, 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.

PLEASE CONTACT OUR TEAM TO DISCUSS YOUR REQUIREMENTS ON 01582 422818 OR EMAIL ASK@BUSHMEADHUB.CO.UK



WHAT A WONDERFUL 2018!

Bushmead Primary School has had a wonderful 2018! We have celebrated our 50th year, re-written our Vision and Mission, reviewed our curriculum, had countless amazing learning experiences and achieved excellent academic results.

This year we have introduced values to the ethos of the school. We want to build on our principles of developing the whole child; the well-being of each child is at the heart of what we do.

Our strong teaching and support teams ensure that we develop a love of learning in a safe and happy school. Bushmead pupils experience a broad and balanced curriculum. We have enhanced our outdoor learning and continue to ensure that we enrich our curriculum with trips and visitors and exciting experiences. Our Platinum Sports Mark and Gold Arts Mark are also testament to that commitment.

Bushmead has great support from its parents, FOBS and governors. FOBS have organised events for the children and families throughout the year as well as fundraised for the school. Thank you to everyone for their support.

We are very proud of our school and proud to be part of the Bushmead community!

www.bushmeadprimaryschool.co.uk



AD's

DECORATING
& HANDY SERVICES

**DECORATING &
HANDY SERVICES**

**FINISH TO A
HIGH STANDARD**

NO JOB TO SMALL!

CALL 07789335086

Find out more, visit



AD's Decorating and Handy Man Services

The darker winter nights, and particularly the period up to and over Christmas, present their own problems when it comes to Crime.

SHOPPING SAFELY AND SENSIBLY

- Be aware of belongings in a crowd – there may be pickpockets around. Put your purse/wallet away before leaving the till – don't let staff or other customers rush you.
- Take care at ATM – be wary of people standing too close – use ATM inside the bank.
- Shopping online – check out sites payment methods and security, many sites take orders over the phone if you don't want to give details.

USING THE CAR?

- Park in a busy and well-lit area.
- Leave personal and valuable items at home.
- If you must have them in the car, store them in the boot before you leave.
- Don't store your bought goods in the car and then return to the shops for more – you don't know who may be watching the car park.
- Late night shopping may be convenient, but take care and take someone with you if possible.

TIME FOR A SECURITY HEALTH CHECK

- Check outdoor security lights and replace blown bulbs.
- i Check padlocks, hasps and hinges on outside doors for wear and tear, and replace them.
- Many people have freezers in the garage – Christmas food and alcohol is vulnerable. Don't forget new bicycles are also at risk!
- Has your house alarm been serviced recently?
- If you don't have an alarm, you can always buy a battery operated single room alarm to protect your hallway, shed or garage.

PROTECTING YOUR HOME WHILE YOU ARE OUT

- Use timer switches to operate lights and radios tuned to a talk radio station in the house when you are out.
- Although the tree looks lovely in the window, don't leave lights on and curtains open when you go out and don't leave presents under the tree!

- Going away? Ask a neighbour to pick up post – maybe ask them to park a car on your drive.
- After Christmas, dispose of packaging carefully – don't leave on top of wheelie bins.

VISITORS

DO NOT open the door too any of the following...

- Bogus Callers: pretending to be from a utilities company (water, gas, electricity, even police).
- Distraction Burglars: one will keep you at your door with an excuse while an accomplice commits the burglary round the back.
- Cold Callers: hard-sell sales reps who turn up without an appointment and won't leave till you have signed a contract.
- Rogue Traders: unqualified workmen offering to do jobs on your home, usually for cash – often of bad quality and very expensive.

The following callers will have official ID:

- Utilities staff
- Emergency Services staff
- Charity collectors with charity number

These people may also call:

- Political groups canvassing
- Religious groups and carol singers.

Whoever it is, before you answer the door, check all back doors and windows are closed – if it's a genuine caller, they won't mind waiting.

IF YOU'RE NOT SURE, DON'T OPEN THE DOOR!



There will be another meeting of Bushmead Neighbourhood Watch at the HUB in the new year but in the meantime if you would like to get a pack about how to secure your home and local area contact at Luton Neighbourhood Watch Office, Lewsey Community Centre, Landrace Road, LU4 0SW.

Keep an eye out on social media in the new year or ask the hub staff about the next meeting.



Beauty & Holistic Pamper Parties

Beauty Q Limited are a Bedfordshire based Beauty and Holistic Therapy Company who offer Pamper Parties and Events in the comfort of your own home or chosen venue.

Whether your event is for a small group of friends, for charity or to raise funds for your local school, Beauty Q has a team of fully trained therapists to meet your every need. As a member of the Professional Guild of Holistic Therapists, Professional Guild of Nail Technicians and Professional Guild of Beauty Therapists you can be assured of a professional experience with Beauty Q.

We require a minimum of 5 guests (there is no maximum restriction) and a private space for treatments. There is no cost for us to attend your event and we will bring all the equipment required. As a host all we ask is for you to collate your guests booking forms and collect payment, it really is that simple.

Contact
Beauty Q to book a provisional date and request your booking forms

Treatments Available
Gel Polish - Manicures - File & Polish - Pedicures - Delux Pedicures - Hard Skin Removal Treatments - Waxing - Hopi Ear Candles - Massage - Indian Head Massage - Tanning - Eyelash Extensions - Lash Lifts (LVLs) - Tinting - Tanning - Tarot & Tea Leaf Readings

Contact Telephone number: 07729 172934
Director: Katie-Marie Quinton MGBT MGMT MGMT



Beauty Q



bybeautyq



Your local shop supplying:

newspapers and magazines



HAVE A DAILY PAPER DELIVERED STRAIGHT TO YOUR DOOR
Call 01582 485134 or pop in

confectionery & drinks
stationery & greeting cards

collect+
Parcel Service



7A Bushmead Shopping Parade,
Hancock Drive, Luton, Beds LU2 7ST **Contact 01582 485134**

CREST ACCOUNTANCY CHARTERED ACCOUNTANTS

www.crestaccounts.com

Arrange a free consultation on **01582 935042** or email info@crestaccounts.com

Our Services

- Personal Tax Returns
 - Corporation Tax
 - Year End Accounts
 - Rental Accounts
- Payroll & VAT Services
 - Limited Company Incorporation

Our Clients

- Individuals
- Limited Companies
- Contractors & Freelancers
- Sole Traders & Partnerships
- Business Start-ups

What We Offer

- A personal service tailored to your needs and requirements
 - Transparent, competitive pricing and no hidden fees
- Option of a lump sum payment or Monthly Fixed Price Plans spreading the fees over 12 months





FESTIVE 5 MINUTE MAKE! ...

CANDY CANE REINDEER CHRISTMAS DECORATION!

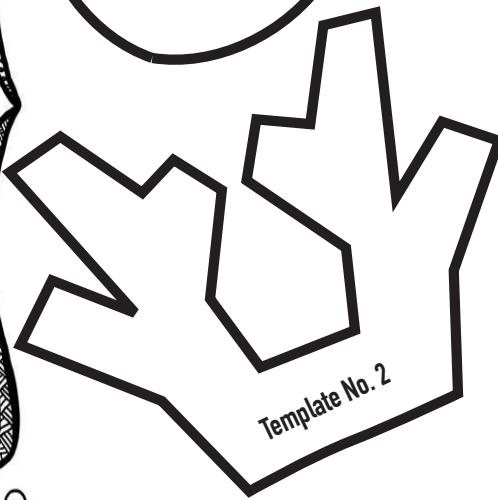
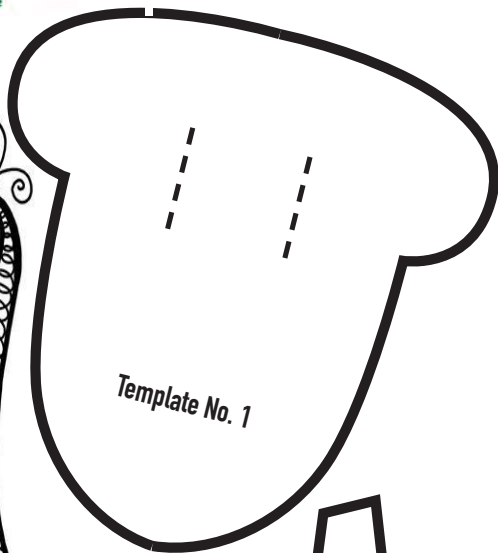


To make this very cute reindeer Christmas candy cane decorations simply follow these easy steps!

- 1: Using the brown felt or card, draw around template no.1 and cut out. Do the same with the beige felt or card, using template no.2.
- 2: Making sure you have cut the 2 small slits indicated on template 1, on the brown felt, thread your beige felt piece (the antlers) through both slits.
- 3: Using the side that has both antlers poking through, glue a small circle of red felt or card, or a pom-pom on for the nose and glue on the eyes too.

What you need :

- | | | | |
|--------------------|--|-------------|----------|
| Brown felt or card | Small piece of red felt, card or pom-pom | Googly eyes | Scissors |
| Beige felt or card | Glue | Candy cane | |





Creative Parties & Workshops for Adults & Children

Whether it's for a **BIRTHDAY**, **HEN DO**, **TEAM BUILDING** or just an excuse to get together with **FRIENDS** or have some **ME TIME**, we offer a range of workshops & parties for **CHILDREN & ADULTS**.

Including dream catcher making, themed arts & crafts, crochet, sewing, clothing & accessory customisation, painting, printing, lampshade making, ... the list goes on!

From Super Heroes & Unicorns to Ladies Nights with a twist, we can tailor our parties to any theme and they can be held in your own home or party venue.

For more details of our **PARTIES** and a full list of future **WORKSHOPS** check us out at

www.mollyandpeg.co.uk

or Facebook Molly & Peg.

Or call us on **07515431301**.

TENTASTIC

The Ultimate Sleepover Experience



Public Liability Insured

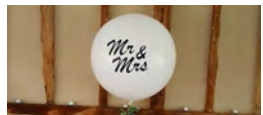
Bringing camping to your own home with either our lovely cozy Bell Tent or our indoor Teepee's.

We come along, kit out and collect the next day, so you don't have to do a thing but sit back, relax and enjoy making memories.

Facebook: Tentastic Partees
 Instagram: lorraineodonoghue
 Email: Tentasticpartees@live.co.uk
 Tel: 07789037346
 Proprietor: Lorraine O'Donoghue



Creative Decorations
 info@creativdecorations.co.uk
 www.creativedecorations.co.uk



We all like to bake for Christmas but with all the stress and pressure our advice is keep it simple! Mary Berry has admitted buying puff pastry so we agree with her! These are two easy festive bakes for anyone to have a go at. If you do make some send us a picture for facebook! Happy baking.

CHEESE STARS

INGREDIENTS

320g puff pastry sheet
 1 mug grated cheese (60g cheddar, 25g parmesan)
 Flour (for dusting)
 2 tablespoons milk
 Toppings of your choice (optional) - we used poppy seeds, dried oregano and sesame seeds

METHOD – Preheat oven 220°c/180°f fan oven.

1. Unroll pastry and sprinkle one half with most of the cheese. Fold in half and seal it in.
2. Dust pastry with flour, roll until doubled in size.
3. Using cookie cutters, cut out shapes and put them on the prepared baking sheets (re-roll trimming and cut out more shapes).
5. Brush the shapes with milk and add a pinch of cheese and a sprinkling of your chosen topping, if using.
6. Bake for 10-12 minutes or until risen and golden, then transfer to a serving plate. Keep in an airtight container for 3 days.

GINGERBREAD PEOPLE

INGREDIENTS

350g plain flour
 100g butter
 5 ½ teaspoons ground ginger
 1 ½ teaspoons ground cinnamon
 1 teaspoon bicarbonate soda
 175g light brown soft sugar
 4 tablespoons golden syrup
 1 medium egg

METHOD – Preheat oven to 180°/170°C/Gas 4

1. Rub flour, butter, ginger, cinnamon and bicarbonate of soda in a mixing bowl with fingertips until crumbly. Add the sugar, syrup and mix until it forms a firm pastry mix.
2. Roll out the pastry to about 5mm thick. Use gingerbread men cutters to cut out shapes.
3. Place on a greased or non-stick baking tray and bake until golden, about 10-15 minutes
4. Cool on wire rack





Peace on Earth

YOU ARE VERY WELCOME TO JOIN US IN OUR CHRISTMAS SERVICES

9th December 9.30am - Messy Christmas for all the family (Including Christingle).

16th December 6.00pm – Carols by Candlelight (mince pies & mulled wine).

24th December 11.00pm – Christmas Eve Communion Service.

25th December 10.30am – Christmas Morning Service.



You are invited to our Carols by Candlelight service.

*Sunday 16th December
6.00pm*

Mince pies and mulled wine will be served afterwards.



- All welcome
- Free will
- Great value
- Hot/Cold Drinks
- Sweet/Savoury Snacks
- Allergy friendly options

Church and community volunteers working together



*Offering great value refreshment
with a friendly smile
in a welcoming environment.*

Where to find us:

Inside Christchurch reception area, beside Bushmead shops

Facebook:

Thirst Community Café Bushmead

Supported by:



**Every Tuesday
9.30am – 12pm**

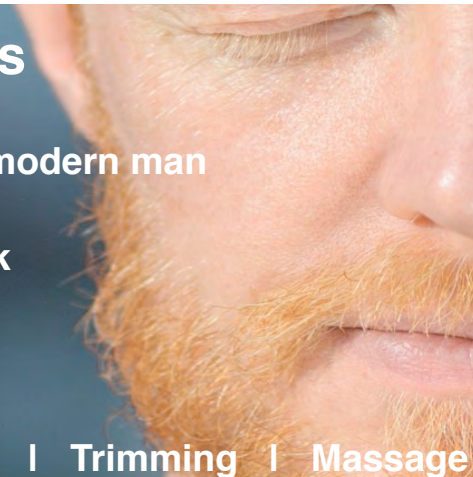
Chris Brown Therapies

Professional grooming for the modern man

www.chrisbrowntherapies.co.uk

07971 921457

Waxing | Facials | Sugaring | Trimming | Massage





Thank you for your patience since we made changes to the 24 and 25 services in August.

We are aware that there have been issues, and are pleased to announce that following your feedback and reviewing our data again, we're going to be introducing some changes in February:

- **Two new morning journeys extending to the L&D Hospital to provide links for workers**
- **Coordinated 10 minute services in the mornings from Luton to the schools, and 15 minutes back in the afternoons**
- **Changes to some other journeys to improve punctuality**
 - **Less confusing service patterns**

