



November Newsletter

Welcome back to the Bushmead Hub monthly newsletters! November has come around all too quickly. In October we welcomed our new manager Ian. Ian is settling in to the Hub well and our deputy manager Lisa, alongside our fabulous team of staff are doing a wonderful job of keeping everything running as smoothly as possible as we go through this transition period. This month we have a jam packed newsletter including a wonderful feature from The Wildlife Trust, upcoming December events and more!



The Bushmead garden club has almost come to an end this year with the weather becoming colder, although we did still have some strawberries growing up until recently! We have some young volunteers and their carers come along every other Tuesday morning and they have achieved a lot! They successfully grew tomatoes and potatoes, fed, and looked after the birds in the garden, and maintained the new wildlife planting area at the front of the Hub. If you are interested in helping to look after the garden areas at the Hub or joining this group then please do let staff at the Hub know or contact Matt.

We also had volunteer groups from Signposts charity and the Good Gym who helped with cutting back hedges this year and clearing shrubs ready for installing a new

shed. (See photos above!)

The Wildlife Trust have now been based in the Community Hub since November of 2021 and we are pleased to say the National Heritage Lottery Fund agreed to give us another 3 years of funding, which started in September when we launched the Wilder Luton project. As part of the project, we have employed Ieva Piraga (community engagement officer) to help deliver activities at the Bushmead Community Hub, Bradgers Hill and other green spaces in Luton. We are extremely happy that we will remain based at the Hub for at least one day a week and we have plans to extend the new planting area out front.

We have also launched new monthly sessions for children educated at home (Wild Ed Secondary) at the Hub garden supporting with delivering practical skills in gardening, wood work and bushcraft. Other areas of work include school visits and outdoor education, monthly A Walk in the Park programme, Little Bugs for pre-school at Wardown Park and practical sessions for 12-18yr olds every month.

Warm wishes, Ieva & Matt



**Wildlife Trust for
Beds, Cambs
& Northants**

Click here for more information
about activities and
volunteering with Wildlife Trust



Bushmead Pre School are asking for support as they are struggling due to lack of government funding. If you are able to donate or help spread the word, this would be greatly appreciated.

Bushmead Pre School
Go Fund Me



Get ready to test your knowledge and spread some holiday cheer! ☀️ Gather your friends, family, or co-workers and take part in our Christmas Charity Quiz on 7th December 2024 7pm at Bushmead Community Hub. With exciting rounds of trivia hosted by Quiz Master Anya, a raffle packed with amazing prizes, and plenty of festive fun, this is an event you won't want to miss!

Baby and Child First Aid

Would you know what to do in an emergency?

CPR, Choking,
Bumps, Bleeding,
Breaks, Burns,
Febrile Seizures
& Meningitis
Awareness



BOOK YOUR CLASS NOW AT
www.minifirstaid.co.uk

Isabelle runs monthly baby and child first aid sessions at the Hub. Her upcoming sessions are on: 2nd November, 30th November & 11th January. These sessions are highly rated on Trustpilot and offer invaluable life skills.



8 Aug 2024

Isabell running course - trained Nurse

Isabell was running our course, and was incredibly knowledgeable. To have a trained nurse and all her experience teaching us felt incredibly valuable.

I've come away from the course a lot more confident, and will likely book a refresher in a year or so to keep my first aid skills polished. Thanks Isabell 😊

Date of experience: 03 August 2024

A great opportunity coming up this November!



BETTER BONES CAMPAIGN **Luton Bone Health Group**

Bushmead Community Hub
Hancock Drive, Luton, LU2 7SF
Saturday 23rd November
11.30am - 1.00pm

Whether you or a loved one have been diagnosed with osteoporosis, have concerns about bone health, or just want to find out more about keeping your bones strong, this group is for you. Join us for coffee and cake!

RSVP at:
theros.org.uk/better-bones-luton/
or call 01761 473220

theros.org.uk

 **Royal Osteoporosis Society**
Better bone health for everybody

Sarah Ian Counselling

- ✦ Integrative counselling sessions on Monday & Thursday evenings
- ✦ £45 per session face to face
£35 reduced rate 1st session to get to know one another and assess compatibility
- ✦ Video sessions also available for £40 per hour

Member of
 BACP


BUSHMEAD
COMMUNITY HUB
CHARITY No. 1169398

Registered with
 professional standards authority
accredited register

Sarah Ian Counselling is running counselling sessions on Monday and Thursday evenings. Sarah also offers 121 Vinyasa Yoga and Meditation sessions. Contact her directly for more information.

Following our AGM, we say goodbye to Dave and Abi Coupe who have stepped down from our board of trustees. We thank them for everything they have done for the hub and wish them all the best going forward. At the AGM we confirmed the appointment of a new chair of Trustees; Helen Smeath and Treasurer is Alan Mason. That concludes our November Newsletter! Thank you for joining us, we will see you again in December!

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