

[View this email in your browser](#)



## October Newsletter

Welcome to the Bushmead Community Hub October newsletter, we will be catching you up on everything that happened during September and a sneak peak of what's coming up in October.

September has been bittersweet at the Hub. It has been lovely to welcome lots of groups back to the Hub after a lengthy summer break but we have also said an emotional goodbye to our beloved manager Helen.

We have many of our regular groups back and running at the Hub, for more information please visit our website where you can find details of all our groups at the Hub including dates, times, prices and contact information.

While we are all sad to bid farewell to Helen, we know she is moving on to do great things and we are excited to have an experienced, passionate new manager starting with us soon! See further down the newsletter for a special message from Helen.

We have also had some new hirers join us this month! See below for 3 new hirers offering their services at the Hub. We are very pleased to welcome Tina's School of Dance, Sing Space choir and Sarah Murdoch Counselling to the Hub.



A community based dance school, offering a variety of styles of dance classes for children.

*Saturdays from 9am*

Tina's School  
of Dance



Experience the joy of singing show tunes together in beautiful harmony whilst improving your own voice.

*Mondays 7:45pm*

Sing Space  
Luton



Integrative counselling sessions using a number of therapeutic models as part of the approach to best meet your needs.

*Monday Evenings*

Sarah Murdoch  
Counselling

We have lots of exciting things coming up in October.

- Isabelle from **Mini First Aid** will now be running monthly first aid classes. "The 2-hour Baby & Child First Aid class covers CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures and Meningitis & Sepsis Awareness and will give everyone who attends the peace of mind they deserve." Her October class is on **Saturday 5th October** so there is still time to grab the last couple of places now!
  - We will be welcoming our new manager Ian to the Hub on **14th October**, keep your eyes on your inbox for next month's newsletter where we will be introducing you to our wonderful **new manager**!
  - Our AGM is being held at the Hub on **22nd October at 7pm**, everyone is welcome to come along and hear about the last year and our upcoming plans.
  - We will be supporting Luton NHS App Day on **11th October**.
-



## Goodbye from Helen

"I have spent 7 years at Bushmead Community Hub, and now feel it is the right time for me to move on. In those years I have had the pleasure of serving Bushmead Community and ensuring there is a community space available for community activities such as the nursery for children, a space for NHS physiotherapy outpatients along with other NHS services such as community clinics, sports clubs, interest groups, faith groups and support groups.

We have also run activities ourselves for various groups and interests such as the over 50's Bowls Club, Youth Club, Holiday Activities, Craft Club, Table Top Sales and provided a warm space through the cold winter months.

Many have used the Hub to celebrate important life events such as birthdays, Mendhi's, pre-wedding events, memorial gatherings and family get togethers.

It has been a pleasure to be part of this and to work with an amazing team of dedicated staff, volunteers and Trustees through the years. I have loved the creativity we have been able to use and working with everyone's strengths and expertise, created such a vibrant community space.

The work will continue with new Manager Ian starting on 14th October and I know you will all give him a warm welcome as you have done for me.

I have been overcome with the show of thanks, cards, presents and well wishes.

I really do thank each and every one of you for being part of my journey in community activism and inclusion.

I encourage all of you to think about what you can do to support your community, and if you aren't sure drop in or drop an email to Ian to discuss. I know he would like to run some community events and will need volunteers to support with this.

Bushmead you are a very special part of Luton and have shown the town what can be achieved through communities working together."

---

Thank you for reading! We will see you again in November!

---

---

**BUSHMEAD**  
**COMMUNITY HUB**  
CHARITY No. 1169398

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)