



Keeping promise to Srebrenica mothers p4

Cemetery's ancient history is revealed



p7



Free learning help for two-year-olds p21



Dog walkers urged to 'scoop the poop' p23

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More help to stay well for longer in your own home

What the Care Act will mean for you



The Care Act

The Council is preparing for the most significant changes in adult social care in more than 60 years. Due to be implemented nationwide from April, the Care Act will bring a sharper focus on 'preventative' approaches aimed at helping people stay well in their own homes for longer. Almost all existing adult social care legislation will be replaced, and the Act also introduces a range of new responsibilities for the Council. The changes aim to make care and support services clearer and fairer for everybody, and make it easier for people to plan ahead. New national minimum eligibility criteria will be set for all councils across England, replacing a current system in which each council sets its own criteria for who is or is not eligible for adult social care services. Luton's informal carers, who look after a friend, relative or neighbour because of ill health, disability or old age, will also benefit by receiving the right to ask for support. Other changes will see increased support through information, advice and advocacy, and the introduction of a cap on care costs to limit the amount individuals have to pay for their own care. The cap, which is currently proposed to be £72,000, is expected to be introduced from April 2016. The Council has started a public information campaign to raise awareness of the changes so that people can find out how the Care Act might affect them and start planning ahead. Cllr Mahmood Hussain, Portfolio Holder for adult social care, said: "The Care Act will bring the biggest reforms to



The Care Act will deliver increased support and a cap limiting the amount individuals have to pay for their own care

adult social care for a number of decades and we are working hard behind the scenes to ensure everything is in place. "While some of the details are still being finalised and consulted on at a national level, we do know the new focus fits well with the Council's priority of ensuring people stay healthy for longer to prevent and delay the need for care and support services. "Our services will not only be expanded for current users, but also so that all Luton residents have access to care services and receive information and advice to make good decisions about their current or future care needs. "Whether you are a current social care service user, a carer or you are already thinking about your future care needs, it's important to plan ahead. I encourage people to get in touch or to look at our website to find out more about what the changes may mean for you and your family." ● For more information visit www.luton.gov.uk/CareAct, email CareAct@luton.gov.uk or call 01582 547659.

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Keeping our community safe

New web pages to help fight cybercrime



Bedfordshire Police are urging people to 'control, report and delete' cybercrime following the launch of a range of advice and resources to help them stay safe while on the internet.

The [Ctrl] + [Rpt] + [Del] campaign aims to educate people on how to avoid falling victim to internet criminals.

Detective Superintendent Jon Gilbert, leading the force's cybercrime team, said: "Over the next month we will be highlighting through our website and our social media channels different forms of online crime and ways to prevent it.

"We have called our campaign [Ctrl] + [Rpt] + [Del] because we want people to take control of the information and images they put online to protect themselves from scams, phishing and harassment; report any cybercrime they are aware of and delete the opportunities for criminals to use the internet for crime.

"Cybercrime is one of the fastest growing criminal activities across the world, involving more than just the online fraud and cyber bullying that is often in the news.

"We have set up a range of useful web pages to help people protect themselves and fight back against cybercrime.

"For example if you are shopping online, always use either your credit card, which offers you protection in case



Det Supt Jon Gilbert is leading the fight against cybercrime in Bedfordshire

of fraud, or a recognised online payment service such as PayPal. Avoid paying by money transfers or direct banking transactions which can be insecure. Never send confidential personal or financial information by email.

"Cybercrime is very under-reported, with victims often feeling embarrassed because they have been scammed online or not knowing who to report the crime

to. We want to raise awareness of the ways that victims can report these to the various agencies. If you are a victim of cybercrime, you should report it quickly as the authorities could help support you.

"We also need people who think they have been affected by cybercrime to come forward and let us know what has happened. By publicising how these scams work, we can warn other people and make sure no-one else falls victim to the same scam twice."

To find out more about how you can protect yourself and report cybercrime visit www.bedfordshire.police.uk

- If you want to report a cybercrime, or if you suspect someone of illegal online activity, please call Bedfordshire Police in confidence on 101 or text information to 07786 200011. Alternatively you can contact the independent crime-fighting charity Crimestoppers, anonymously, on 0800 555111.

Leader's column



Cllr Hazel Simmons

Giving Luton's children the best start in life is crucial if we want to develop happy and successful young people. So it's great news

that the Flying Start programme has recently been launched for the borough.

Flying Start is the name of Luton's primary prevention and early intervention strategy, and delivers significant changes to how we support mothers and families from during pregnancy to a child's fourth birthday.

The initiative is led by the Pre-school Learning Alliance, and has involved

a number of partner organisations including the Council, Luton Clinical Commissioning Group, Luton and Dunstable Hospital, Cambridge Community Service, Bedfordshire Police, London Luton Airport Ltd and the University of Bedfordshire, all working together to integrate the delivery of services.

Together, we have created a variety of programmes and pilot schemes, and also training opportunities for all staff supporting families with young children.

These include the key initiative 'Five to Thrive', developed and tested to train practitioners to support parents to practice five activities with their baby.

The vital activities – responding, cuddling, relaxing, playing and talking – help parents develop strong attachments with their babies and help young children's brains develop healthily.

At the heart of Flying Start are parents and the community, who are central to shaping and improving how we deliver the services.

We will focus on harnessing and developing the skills and passion of local people through training and volunteering, and provide the opportunities for local people to actively

get involved in the programme.

Flying Start is also looking to work with Luton schools and young people in preparing them as parents of the future.

- More good news came as six Luton schools earned the Primary Science Quality Mark in December.

Denbigh, Pirton Hill, The Meads and Downside primary schools, together with Sundon Park Junior and Williams Austin Infant schools, all undertook a year-long programme encouraging pupils to plan experiments and other investigations to find answers to their own questions.

The award aims to raise the profile of the subject by utilising the natural curiosity of young children. Eight Luton schools have now achieved the mark, and a further six are working towards it this year.

Not only is the scheme making a real difference to the quality of teaching in Luton, it is also preparing children to live in a world where science and technology will play an increasingly important role.

H Simmons

News in Brief

Mayor boosts local charities

Former Mayor of Luton Cllr Sheila Roden recently donated an equal share of £3,000 to three local charities.

The money was raised via a number of events during her mayoral year which ended in May 2014, including a quiz, hat fashion show and Chinese dinner.

The money has benefitted the Luton Foodbank, MS Therapy Centre (Bradbury House) and the Multiple Sclerosis Society's Luton, Dunstable and district branch.

Cllr Roden said: "It was an honour to be the Mayor of the town for a year. I had an amazing experience, meeting so many people from different communities. I would like to thank everyone who has supported me in raising vital funds for these very worthy causes."



From left: Valerie Woods of the MS Therapy Centre, Cllr Sheila Roden, Trevor Whittaker from the Multiple Sclerosis Society, and Liz Stringer, Luton Foodbank

Important notice of bank account change

Luton Borough Council's banking service is being moved from the Co-operative Bank to Lloyds Bank with effect from 1 April 2015.

If you make payments to the Council by direct debit, then you need take no further action at this stage as your payments will be automatically diverted into our new bank account.

However, if you pay by standing order, then you will need to instruct your bank to make your payments to Lloyds Bank.

We are currently in the process of identifying all our standing order customers, and will shortly be writing to all of these with details of the Council's new bank account, and to issue a revised mandate for customers to sign and return.

This process must be completed by 1 April 2015.

Cllr Mohammed Ashraf, Portfolio Holder for finance said: "The reason for the change is that the Co-operative Bank is no longer providing banking facilities for local authorities. Lloyds Bank was selected via a competitive process.

"Customers are reminded it is their responsibility to ensure that sums owing to the Council are paid on the due date, and that standing orders must be changed as directed."

All invoicing and billing documents issued by the Council with effect from 1 April will include the new banking details.

Trio are made Honorary Freemen of the Borough

Luton's highest honour, the Freedom of the Borough, was formally bestowed on two former Council leaders and the manager of Luton Town FC John Still at an extraordinary meeting of the authority on 15 January.

Scrolls recognising their eminent services to the borough were presented to Lord McKenzie of Luton, Vivian Dunington MBE and John Still, followed by the signing of the Roll of Honorary Freemen.

Leader of the Council Hazel Simmons said of Lord McKenzie: "Bill was an excellent ward councillor and was instrumental along with Roy Davis in taking forward the development of Luton Airport that secured its future direction.

"He has worked continuously for the community in different ways throughout his career and I know he continues to support many voluntary and community organisations.

"This is in recognition for a person who has dedicated his life to working for local people. He has been, and still is, an excellent ambassador for our town and this is a well-deserved acknowledgement of his public service."

Lord McKenzie said: "I feel especially privileged, and to be in such good company as Viv and John.

"Di and I first came to Luton over 40 years ago. We have seen it change and



From left: Lord McKenzie of Luton, John Still and Vivian Dunington MBE

develop over that time and are pleased that it is our home. I will try to continue to play my small part in helping it prosper in the future."

Cllr Michael Garrett, who nominated both former leaders for the award, said of Mr Dunington: "Viv has undertaken 36 years in local government in Luton and was the Conservative leader of the Council for 15 years. In that time he has worked tirelessly for the people of Luton and has brought a significant amount of trade to the town. This honour is well deserved."

Mr Dunington said: "I came to Luton 60 years ago with my wife and young family and it was a good move. I love Luton and it has been very prosperous for me. Thank you for this honour from

an old member to present members. However much we differed in our way forward, we have and did have one main thing in common – we wanted the success and happiness for Luton and its citizens."

Cllr Michael Dolling nominated Mr Still, and said: "I have been a fan of Luton Town Football Club since I was 10 years old, so I am very happy that John Still has agreed to receive this honour on behalf of everyone at the club.

"Luton Town's promotion to the football league after five painful years has been incredible. This promotion has brought countless cultural, social and financial benefits to the town and truly helped to build community spirit in Luton."

Mr Still said: "I am receiving it on behalf of the people I work with: the staff, the players, the supporters and everyone involved. Everyone has played their part in a fantastic year for this football club. I am very, very proud to receive it, but I am mindful of the fact I am doing so on behalf of lots of people."

The first Honorary Freedom was granted in 1893 to Baron Battersea and Overstrand, and the last person to receive the honour was Frank Stanley Lester OBE in 1988.

Honorary Freemen have no legal rights but may be invited to take part in important ceremonial occasions in the borough.

Fittball screened on national TV



As seen on TV: Mike Bushell promotes the new sport of fittball at Pirton Hill Primary School

BBC Breakfast sport presenter Mike Bushell visited Pirton Hill Primary School recently to film the new sport of fittball – and take part in a game with pupils.

The game is a hybrid of football, netball, basketball and American football, developed by Luton Town and Queens Park Rangers men Tony McCool and Kevin Gallen.

Simple to understand, easy for a whole-school class to take part in, and

with its own unique goals and rules, it also teaches children good teamworking skills while improving individual technical co-ordination as well as general agility and balance.

Phil Martin, PE lead teacher at Pirton Hill, said: "It was a privilege to be selected by Tony and the BBC to showcase this new sport, and as always the behaviour and attitude of the pupils were outstanding.



"We are always looking at new and enjoyable ways to engage the children in physical activity and build on the amazing success the school has had over the last few years. Due to the structure of this game, it is an ideal sport for boys and girls and different age groups and abilities to play together."

'Hatred is a weakness' – a reflection from Srebrenica

Teaching the consequences of hatred in a multi-ethnic society: this is the singular most important lesson which must be learned from the 1995 Srebrenica genocide, according to a Council employee who recently returned from a four-day visit to Bosnia.

Press and communications officer Adam Kearney was representing Luton as part of a delegation of 16 young leaders selected by the UK-based charity Remembering Srebrenica.

The event, in which Bosnian Serb forces led by General Ratko Mladic systematically massacred 8,372 men and boys, remains the worst single atrocity on European soil since the Second World War.

The charity was set up to honour the memory of the victims, and to use lessons learned to create a better world.

As part of his trip, Adam made a pledge to raise awareness in Luton of the terrible events and their consequences, and to play a part in ensuring nothing like it could ever happen in the UK.

He said he will remain shocked and saddened by what he experienced, and the vivid accounts of what happened in 1995.



Clockwise from above: Srebrenica memorial cemetery, images that must never be forgotten on display in Sarajevo, and a mother urges Adam Kearney to share the lessons that must be learned around the world

The 33-year-old said: "I'd read about it in detail before I left, and knew things were bad, but only from being there can you see, feel and experience how unbelievably atrocious this evil act was.

"More than 8,000 men and boys were murdered in just a couple of days because of their religion. There was no other reason – the aim was ethnic cleansing.

"Only a visit to the country can make you fully appreciate that these men and boys are not statistics; they were the fathers, husbands, sons and loved ones of those that were left behind.

"What also got to me was where and when it happened. This despicable event happened less than 20 years ago in our own back yard, just two hours away from Luton."

The delegation's guide was Resad Trbonja, a man who not only lived through the Bosnian war during the 1990s but had fought on the front line and was able to share his own first-hand experiences with the group.

Visits were made to an exhibition in Sarajevo, a memorial site for the victims

and the International Commission of Missing People – which continues to trace human remains to this day. More than 1,000 bodies are still missing or unidentified.

On a more intimate level the group met a man who was one of a very few to survive the genocide after being captured and tortured, and also the 'Mothers of Srebrenica', a group whose sons, husbands and brothers were murdered.

Adam now wants to keep his promise to the mothers who pleaded with their visitors to help them fight for justice by sharing their story.

"We were told that a third of Bosnians still deny the genocide even took place," Adam said. "The message from the mothers was simple – tell the world it did happen, it destroyed them and that it must never happen again. This is why I'm sharing this story with residents.

"Luton is a multi-ethnic town which definitely has its challenges. I know some people are sceptical of some of the 'cohesion' work the Council and its partners carry out. My trip to Bosnia

has proven to me how important this work is. It's absolutely vital that we all work together and do what we can to ensure we live in a cohesive and harmonious society and that hatred is never, ever tolerated."

Luton may have tensions but without positive community leaders things would be worse, Adam suggested.

"I didn't realise how vital they are until I went to Bosnia. We need influential people who will stand up to the groups that try to divide us.

"The horrors of the past should remind us of the consequences of hatred and to ensure events like this do not happen again.

"The trip was very emotional and one I will never forget. I realised that humans can be very disappointing at times. But they can also be wonderful. The one thing I learnt more than anything else is that hatred is a weakness and nothing positive can come of it."

● For more information about Remembering Srebrenica visit www.srebrenica.org.uk

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Decision days: have your say

Luton residents have a further opportunity to decide exactly how public money is spent to improve their local neighbourhoods.

A series of local community 'decision days' are taking place covering all 19 Luton wards.

The events have been organised as part of the Council's 'Your Say, Your Way' programme, which is all about ensuring residents can help shape the future of their local areas.

With over 130 projects supported across the town last year, a wide range of project proposals have again been put

forward by community organisations – and those with the most votes will be awarded funding in each ward.

Suggestions include community festivals and fun days, new opportunities to access community sports, physical, wellbeing and arts activities, skills, adult learning and youth programmes plus children's activities.

Cllr Khtija Malik, Portfolio Holder for community development, said: "The projects put forward aim to make a real difference to local communities and it's important that as many people as possible come along to have their say."

Dates for your diary

The ward events are as follows:

Challney: Saturday 31 January, 10am-1pm, Chaul End Community Centre

Leagrave: Saturday 31 January, 2-5pm, Hockwell Ring Community Centre

Farley: Saturday 21 February, 10am-1pm, Farley Community Centre

South: Saturday 21 February, 1-4pm, Parktown Community and Children's Centre

Northwell: Saturday 28 February, 10am-1pm, Futures House

Dallow: Sunday 1 March, 1-4pm, Foxdell Junior School

North Luton: (for Bramingham, Icknield, Limbury and Sundon Park wards), Thursday 5 March, 6-9pm, Futures House

Barnfield: Saturday 14 March, 10am-12.30pm, Bushmead Community Centre

High Town: Saturday 14 March, 2-4pm, High Town Methodist Church

East Luton: (for Crawley, Round Green, Stopsley and Wigmore wards), Tuesday 17 March, 6-9pm, Ramridge Primary School.

Due to limited space, the Council is encouraging residents to pre-register for the events by emailing YourSayYourWay@luton.gov.uk or calling 01582 548773.

To be eligible to vote, attendees must be present for all presentations.

● For more information visit www.luton.gov.uk/neighbourhood

Mental health crisis agreement

A partnership agreement to improve outcomes for people experiencing mental health crisis has been signed by 22 partners from across Bedfordshire and Luton.

Organisations from health, police, fire, local authorities, drug and alcohol support services and criminal justice committed to prevent mental health crises where possible, and to provide effective emergency response systems when they do occur.

The mental health crisis care concordat was signed on behalf of Luton Borough Council by head of adult social care Maud O'Leary at a special event in December at the Rufus Centre, Flitwick.

Cllr Mahmood Hussain, the Council's Portfolio Holder for adult social care, said: "We are working with a range of partners across Bedfordshire to ensure a system is in place whereby anyone who is in a crisis due to a mental health condition is kept safe and found the appropriate support from whichever service they turn to first.

"By signing this concordat we want to



For the Luton CCG the concordat was signed by chief officer Carol Hill, left

show a strong and unified commitment to working closely together to improve outcomes for anyone experiencing mental health crisis."

Dr Judy Baxter, a GP and clinical director for mental health at the Bedfordshire Clinical Commissioning Group, added: "This concordat gives crisis care in mental health the priority it deserves and will ensure we can improve all our services."

Spotlight on school's faiths



Pupils released 100 balloons to spread their message

A multi-faith day at Maidenhall Primary in December saw parents and pupils celebrate the school's many different cultures and faiths.

Parents arrived wearing traditional dress and ready to share their holy books, artefacts and food specialities for children to try. Pupils also learned about music, art and geography, with each year group also studying faiths including Christianity, Hinduism, Judaism, Buddhism, Sikhism and Islam, and discovering their many similarities.

A particular focus highlighted how light is used as a symbol in festivals including Diwali, Eid, Christmas and Hanukkah.

One hundred red balloons were released, with their tags featuring images created by children representing happiness and community.

Assistant headteacher Fionna Byrne said: "The children worked hard all day, undertaking a range of activities to produce a fantastic presentation. It was also great to see many of our parents contributing."

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Pedestrian signage receives an upgrade

Work has completed to upgrade pedestrian signage in Luton town centre, Hightown and Bury Park.

The new 'wayfinding' system features both finger-post signs and simple maps with clear graphics which also identify bus and strategic cycle routes, and replaces a cast iron post signage scheme which dates from 1992.

The new network includes 24 directional finger-posts, nine wall-mounted signs, ten map points and a primary map at the Luton Station Interchange.

The aim is to help visitors find their way more easily, encourage more people to walk, cycle and take buses to and from central Luton, and bolster the town centre economy.

Cllr Dave Taylor, Portfolio Holder for environment, said: "The existing signage was contemporary in its day but unfortunately had become somewhat dated, being insufficiently clear, inflexible and lacking in information about destinations compared to more modern schemes.

"This approach to signing is an effective way of helping pedestrians find their way around towns. The new signs in Luton will be much more user-friendly, and will also benefit the wider community.



The new signage supports our town centre, says Cllr Dave Taylor

"It is by far the most cost-effective intervention which local authorities can make to support their town centres."

Funding to deliver the scheme was successfully secured by the Council through the Government's Local Sustainable Transport Fund.

Luton's lights a-twinkling



A free ice skating rink was among the highlights as thousands of people again enjoyed the annual Lighting Up Luton event.

Mayor of Luton Cllr Mohammed Farooq was joined on the Town Hall balcony by competition winner Harley Kelly, aged seven, to officially light up the town for Christmas, while Hollyoaks fans were delighted to meet Aaron Fontaine, who plays Sonny in the TV series.

Winners of the choir competition, sponsored by The Mall, were Hillborough Junior School and Luton Choral Society. The lantern parade was led by members and users of Park Town Community Centre, and the open air carol service



by Luton Churches Together and the Salvation Army.

Cllr Sian Timoney, Portfolio Holder for regeneration, said: "It was great to see so many people enjoying the fun."



Luton Time for 2s

Free early learning for 2 year olds

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early

learning



Learn

through

play

1 Do you live in Luton and have a two year old child?

2 Are you on a low income or receiving benefits or credits?

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Good for your child
Children learn through play. Having a free early learning and childcare place in an exciting, enjoyable and secure environment could give your two year old the best possible start in life.

Good for you
Gives you the opportunity to work, undertake training, access further education or gain advice and support through your local children's centre.

Call the Family Information Service on **01582 54 88 88** or email fis@luton.gov.uk for more details.





Cemetery's ancient history is revealed



Delicate work: unearthing pottery during the dig

An archaeological dig at Luton's Vale Cemetery in Butterfield Lane has uncovered human remains and other material dating back to the early Iron Age through to post medieval periods, revealing the area has been used for settlement and cremations since ancient times.

A draft report received from Oxford Archaeology East, commissioned by the Council to carry out the work, revealed that during excavation work carried out at the end of 2013 in the area of a proposed extension to the cemetery, archaeologists uncovered signs of at least three roundhouses along with enclosures, boundary ditches and various pits.

The range of exciting material finds included seven urned early Roman cremations, three brooches and a bath flask, plus a significant amount of Roman and some Medieval pottery. The earliest evidence for occupation of the area dates back to the Neolithic period and Bronze Age.

Cllr Dave Taylor, Portfolio Holder for the environment, said: "It is extraordinary to think the Vale Cemetery has been a special place for both the living and the dead for so very long.



"We already know our town has been an important settlement for thousands of years, but exciting discoveries like this help us to understand and learn more about how ancient people lived and died."

Materials uncovered in the survey are being carefully cleaned and analysed, which is a long and painstaking process.

Cllr Taylor added: "Significant archaeological finds are expected to be presented to Luton Museum in due course. But we are hoping it will eventually be possible reinter the Roman burial urns near to the spot they were discovered, with appropriate respect and a commemorative information plaque."

The cemetery's extension is expected to open in the summer, with new paths and roads helping to make it easier to move around the site.

Town supports Alcohol Concern

A new six-month Street Drinker Project was launched by the Luton Drug and Alcohol Partnership (LDAP) during Alcohol Concern Awareness Week recently.

The programme aims to engage with those involved in street drinking, to ensure everyone understands the health risks involved, and has the information and chance to seek help from local services

It will also gather information and data to provide a clear picture of local street drinking activity, and examine

potential solutions and best practice from elsewhere.

Drinking regularly can lead to a range of health issues. Guidelines suggest men should not drink more than three to four units of alcohol a day, which is around a pint and a half of beer, and women should not drink more than two to three units a day, which is around a 175ml glass of wine.

Drinking two double gin and tonics is also around the same calorie intake as eating a hamburger, so it is easy for drinkers to pile on the pounds too.

Cutting-edge technology an option to the scalpel

Revolutionary technology allowing a pathologist to carry out a full post mortem examination using a CT scan rather than a scalpel is now available for residents in Luton and Bedfordshire.

The new system uses software to create a 3D computer model for digital examination on screen, and will allow autopsy results to be made available to families almost immediately.

The Council's registrar's service has been working closely with the Coroner for Bedfordshire to make Luton one of the first local authorities in the country to introduce this new non-invasive post mortem (NIPM) for local residents.

If the Coroner assesses the case as suitable for the procedure, relatives of the deceased can request a NIPM. The Coroner will then arrange for the body

to be transported to a £1.5m facility at the John Radcliffe Hospital in Oxford.

Extra costs of around £600 associated with NIPM will be passed on to the family through the funeral director nominated by the Coroner's office.

Cllr Aslam Khan, Portfolio Holder for public health, said: "We are pleased to be among the first local authorities in the country to be able to offer, via the Coroner, the choice of new non-invasive post mortem service.

"It is upsetting to lose a loved one and I'm sure this new service, which provides very speedy post mortem examination results for grieving relatives of the deceased, will be comforting. This is a pilot project and we will be reviewing the situation in April."

Another honour for Active Luton

Active Luton has received a national honour for the way it operates Luton's swimming facilities.

The trust received the silver award in the 'Facility operator of the year' category at the inaugural Amateur Swimming Association (ASA) Awards.

Active Luton was assessed on the way it operates the town's three major swimming facilities at Inspire: Luton Sports Village, Lewsey Sports Park and Lea Manor Recreation Centre.

The trust impressed the judges on

a range of criteria including participation numbers, the quality of its 'learn to swim' programmes and its formal qualifications, teacher education and aquatic apprenticeships.

Cllr Aslam Khan, Portfolio Holder for sports and arts, said: "Swimming is a fantastic activity that is not only fun but also keeps you fit and healthy. Congratulations to Active Luton for this award which recognises their ongoing commitment to supporting Luton residents to live healthier and more active lives."

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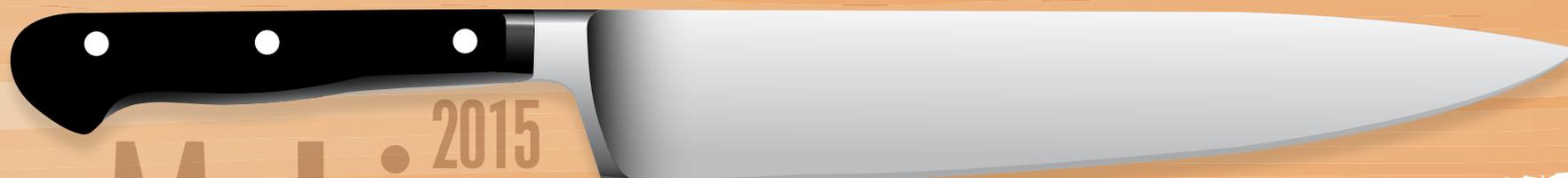
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2015 Making food waste history

In Luton, food waste accounts for more than 30 per cent of waste in the black rubbish bin. Here are some easy steps to help you reduce food waste this year, and save up to £60 a month:

1. Plan ahead

- ★ Shopping lists and meal planners may sound boring but can help you keep focused when you shop, so you only buy the items you need and will use.



2. Store correctly

- ★ Fruit lasts much longer when kept in the fridge (except bananas).
- ★ Did you know you can freeze grapes, herbs and even cheese?



3. Cook what you need

- ★ Watching portion sizes can help your pocket and your waistline!
- ★ Did you know one cup of uncooked rice is enough for four people?



4. Feed your garden

- ★ Home-composting is not only for garden waste, you can also use vegetables and their peelings, and fruit.



Get involved, and let's make food waste history

For great recipe ideas and more hints and tips to further reduce food waste, visit www.lovefoodhatewaste.com

For advice on reducing your general waste, visit www.luton.gov.uk/recycling

Try this delicious recipe, ideal for using up leftover fruit



Banana and Peanut Milkshake

by Louise Lewis

Milkshakes and smoothies give you a good start to the day and can also satisfy children's hunger pangs when they come in from school. Made regularly, the combination of fruit and milk will ensure your young ones get plenty of calcium and essential minerals and vitamins.

Ingredients

- ★ Serves two
- ★ Six pieces of frozen banana
- ★ Two tablespoons crunchy peanut butter
- ★ 125ml chilled milk
- ★ Honey

Instructions

1. Put the bananas into a blender.
2. Add the peanut butter and milk and blend until smooth. Add honey to taste.
3. Blend again for a further five to ten seconds.

Variations

Try adding a few chopped cubes of fresh pineapple or over-ripe pear to the above recipe.

Vary fruits as much as you like, and try berries such as blueberries, raspberries and strawberries instead of the peanut butter.

For more of a smoothie texture, use apple or orange juice instead of milk.

Experiment with other milks such as almond milk, rice milk, goats' milk or soya milk.

LUTON
BOROUGH COUNCIL

Signing up to oust loan sharks

Trevor Holden, the Council's Chief Executive, was the first to put his signature to a pioneering charter sending a message to loan sharks that they are not tolerated in Luton.

The campaign to raise awareness of the dangers of loan sharks was launched by the England Illegal Money Lending Team (ILMT) in partnership with the Council's trading standards service, Money Matters Credit Union, Luton CAB and Luton Age Concern.

It aims to ensure local organisations work together to highlight the dangers of borrowing from a loan shark, and hammers home the message that no-one is alone if they have already fallen into the clutches of these unscrupulous money lenders.

Help is available – and the ILMT has a 100 per cent conviction rate at court when prosecuting loan sharks.

Most importantly, the campaign is about helping people worried and sometimes terrified they have already borrowed from a loan shark to get help now by calling the confidential 24/7 hotline on 0300 555 2222.

Loan sharks operate illegally without correct permissions from the Financial Conduct Authority. These criminals usually appear friendly at first, but quickly trap borrowers into spiralling debt. As the debts cannot legally be enforced, many lenders resort to the most extreme and callous methods to get their repayment, including threats, violence and intimidation.



Chief executive Trevor Holden signing the charter

Paperwork is rarely offered, so victims are often in the dark about how much they are actually paying. Exorbitant amounts of interest can be added at random, with the highest rate seen equivalent to 131,000 per cent APR.

In some cases loan sharks have been known to take items as security, including passports, driving licences or even bank or post office cards with the PINs to withdraw directly from borrowers' accounts.

Cllr Naseem Ayub, Portfolio Holder for community safety, said: "Loan sharks bring misery and desperation to both their victims and the local community. We are working with local partner organisations to encourage people to turn away from loan sharks and call 0300 555 2222 to report the crime if they have been a victim."

Frontline staff from local organisations have also been invited to attend free training, helping them to support and signpost anyone they meet in their everyday work who has been a victim of illegal money lending.

An estimated 310,000 households across the country are in debt to a loan shark, and the England Illegal Money Lending Team has prosecuted more than 310 illegal lenders.

Report a loan shark:

- Call the 24/7 confidential hotline on 0300 555 2222
- Text 'loan shark and your message' to 60003
- Email reportaloanshark@stoploansharks.gov.uk
- Send us a private message on www.facebook.com/stoploansharksproject

Think before you ink advice

With body art becoming ever more popular, particularly among young people, the Council is working in partnership with other local authorities across Bedfordshire on a campaign to raise awareness about associated health risks.

People have body piercings, tattoos and implants for all sorts of cultural and religious reasons. But undergoing this sort of work on your body can put you at risk of blood-borne viruses passed on by contaminated equipment, and leading to serious health problems, unless it is carried out by an experienced practitioner using sterile equipment in hygienic and licensed premises.

Cllr Aslam Khan, Portfolio Holder for public health, said: "Piercings and tattoos leave a permanent mark, it's not quite the same as changing your hair colour or your clothes. If you visit a practitioner working in unregulated premises, you are placing your health at risk and possibly your life. So please 'think before you ink'."

The information campaign is specifically targeted at young people, and the Council is writing to local schools urging them to use materials such as posters and leaflets as part of pupils' health education lessons in January.

- For more information about piercings, tattoos, implants and registered practitioners, please contact the Council on 01582 510330, email environmentalhealth@luton.gov.uk or see www.nhs.uk and search 'piercings'.



Information about your street lights

In order to extend the operational life of its street lights, and also significantly reduce electricity costs, Luton Council is installing a new centrally managed system capable of monitoring and controlling most individual lamps remotely. This work to 13,500 of the 18,500 street lights across Luton is taking place over a three-year period under the Council's routine maintenance programme.

Work on this scheme is continuing in the Stopsley and Challney areas.

While the work is in progress, residents may notice that some street lights remain on during the daytime as well as at night, for a period of up to one week. This is a default setting for safety reasons while the new system 'beds in', and quite normal. There is no need to let us know.

If a street light is still on during the day after more than one week, however, then the Council will need to carry out an appropriate repair. We expect to identify most of these instances even before you do, but if you are able to let us know that would help too. We would ask that you please make a note of the street light number and its location, and email us at streetlight@luton.gov.uk.

If any street light is not working at night, we should also notice this straight away. Again though, if you can help, please email the above address with the street light's details. Thank you for your patience while these works are carried out.

www.luton.gov.uk

LUTON
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The Care Act

**care and
support
& you**

The Care Act is coming

Changing care and support for the better

The Government's Care Act will bring the biggest reforms to the social care system in more than 60 years.

Whether you are a current social care service user, a carer or you are already thinking about your future care needs – it's important to plan ahead!

Major changes will include:

- A new focus on wellbeing and prevention
- Increased support through information, advice and advocacy
- New national eligibility criteria for care services
- More support for carers
- Introducing a cap on care costs to limit the amount individuals will have to pay for their own care

Find out more: www.luton.gov.uk/CareAct

Email: CareAct@luton.gov.uk

Phone: **01582 54 76 59**

www.luton.gov.uk

LUTON
BOROUGH COUNCIL

Al Hikmah launches road safety scheme

The Council's new Young Road Safety Officer (YRSO) scheme for high schools was officially launched by pupils and staff at the Al Hikmah Secondary School in Bury Park recently.

The project was devised after Mohammed Sowab Ali, one of the trustees at the privately-funded school in Dunstable Road, contacted the Council to request road safety education for its 250 pupils aged from nine to 19 years.

The project will see year 11 pupils take the lead in engaging the whole school to improve children and young people's awareness of road safety issues, by focusing on topics including pedestrian behaviours, the wearing of seatbelts and pre-driver education.

The launch event coincided



The event was attended by Cllr Dave Taylor and Police and Crime Commissioner Olly Martins

with Brake Road Safety Week and was attended by Cllr Dave Taylor, the Council's Portfolio Holder for environment, and Bedfordshire Police and Crime Commissioner Olly Martins, welcomed by Al Hikmah headteacher Mr Ashfaque Chowdhury and Dr M Sayeid-Al-Jamee, head of science and

the school's YRSO coordinator.

"This was a great opportunity for the Council and Al Hikmah to work together on a new initiative," said Cllr Taylor.

"Beyond attending assemblies, it has long proved challenging to fully engage with high schools about road safety matters due to the varied curriculum

demands they must meet, and this new programme is seen as a great opportunity to continue talking with pupils beyond their primary years about how they can stay safe.

"We are delighted that Al Hikmah has embraced the opportunity to be the pilot school for the town, and now we are hoping this example will encourage other high schools across the borough to participate in the initiative too."

Dr Sayeid said: "Awareness of road safety at an early age has been proven to have a long-lasting impact on young people's attitudes and behaviours as responsible road users when they are adults. These types of projects should be encouraged at all levels of educational establishments, and we hope others will follow and join us in this important cause for our future generation."

Go online for Council's latest housing report

The 2014 annual report to Luton Borough Council's housing tenants has been published.

The publication outlines how the authority performed on a range of key issues over the 12-month period leading up to April 2014, including repairs, tenant involvement, allocating homes, dealing with antisocial behaviour, filling empty properties and looking after vulnerable tenants.

Developed in consultation with tenant

representatives, it includes surveys and performance information across a range of housing services.

Some notable improvements since the last report include an increase in the number of renewable energy systems installed, a reduction in the number of days taken to rent an empty council property, and an increase in the number of repairs completed on time.

Other successes include a reduction in average rent loss from empty

properties, an increase in the number of homes installed with insulation, and an increase in the amount of rent arrears collected from former council tenants.

Areas where performance was not as good included the number of annual gas services completed within 12 months, and a reduction in the number of repairs completed right first time.

The report also notes the recently-introduced 'Homecall' service whereby tenants can order repairs online.

Cllr Tom Shaw, Portfolio Holder for housing, said: "The annual report helps us understand where we are doing well and identifies areas for improvement. We are committed to improving services to tenants each year and the annual report ensures we are being transparent and accountable to them and all Luton taxpayers."

● To view the report online go to www.luton.gov.uk/housing

Open evening for prospective councillors



In May 2015, voters in Luton Borough will be able to elect their representatives for the following four years.

You could be just the person to make a difference to your local community by becoming a councillor.

If you are interested in becoming a local councillor, please come along to an open evening on **Wednesday 18 February 2015** from 6-8pm at Luton Town Hall, George Street, Luton LU1 2BQ.

The event is open to all.

Our prospective councillor evening is being hosted by the Council's Chief Executive Trevor Holden, and organised by the democracy team who will be on hand to answer any questions you may have.

For more information please go to the Local Government Association website link at www.beacouncillor.org.uk or call the Council's democracy team on **01582 546669**

"This is a chance to learn more about what it is like to be a local councillor, and to give prospective candidates a better understanding of how the Council works, the role and expected conduct.

"I would encourage anyone who is prepared to take on the challenge and who is thinking about standing as a candidate in the Luton local elections to attend this informative briefing session."

Trevor Holden, Chief Executive, Luton Borough Council



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2015
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Be inspired like our super seven in 2015

Local charity Active Luton has launched a new year campaign which aims to inspire residents to become fit and healthy in 2015.

The #BeInspired campaign uses the remarkable stories of seven Lutonians who have overcome challenging odds and transformed their lives as a result of using Active Luton's facilities.

The trust is hoping that their example will encourage others to make important changes to their lives.

Geraldine Tate, 34, who uses the facilities at Inspire: Luton Sports Village, is one resident whose dramatic weight loss is being highlighted.

She said: "What inspired me to start using the centre was after I snapped my achilles. After my operation and physio I put on a lot of extra weight when I was already big to start with. I started with aqua aerobics as I was too big to support my own body weight! After that I moved on to swimming.

"Now I am running marathons and taking part in fitness days. The sense of pride and achievement of my fitness level now is amazing."

Another inspiration, 22 year-old Amish Dahyabhai, was going through a rough stage in his life before joining Lea Manor Recreation Centre.

He said: "I looked at the offers different gyms were giving for students,

and Active Luton was affordable and I was able to choose different ways to pay.

"One thing that I initially worried about was people watching my workouts at the gym because I knew I was doing some of the movements incorrectly. However, being a family-oriented centre, people of all fitness levels were offering their knowledge and I turned that into an opportunity to get to know the regulars. Two years on, I'm still working out with them.

"Overall I have seen an increase in my fitness and I am able to feel more active during work. It's also great when people notice an improvement in your health."

Active Luton is a not-for-profit trust operating a variety of sports and leisure facilities in Luton and has a number of programmes to cater for everyone, whatever their personal circumstances.

It currently operates six leisure and activity centres including Inspire: Luton Sports Village, Lewsey Sports Park and Lea Manor Recreation Centre.

Chief executive Helen Barnett said: "We have a friendly and experienced team of professionals who can come up with a fitness plan to suit you and your lifestyle. Come along and see for yourself. There has never been a better time to join."

● For more details visit www.activeluton.co.uk or call 01582 400272.

Pupils take over the top jobs



Southfield Primary pupils were in charge of their school for a day

The shoe was on the other foot when pupils from Southfield Primary experienced school life from the other side as part of national 'Takeover Week'.

Over 30 different roles were assumed by the children, resulting in them becoming teachers, assistants, learning mentors, family workers and even headteacher.

Pupils had to formally apply for positions, with shortlisting and interviews conducted by the school council.

Year six pupil Emma O'Brien said: "I learned that teachers put hard work and effort into every lesson even though you might not think they do. They try and make it fun."

Real headteacher Marilyn Redfern said:

"It was lovely to see how well the children participated in their new roles, talking with confidence and enthusiasm about their involvement.

"They gained new skills and enjoyed finding out more about how our school operates and how decisions are made. It was good to see the school values being put into practice."

As it was also anti-bullying week, the school council sold awareness-raising bands and organised a project to promote friendship and teamwork.

They asked each class to work together to design and make outfits modelled on a catwalk during a dedicated assembly also featuring photographs, videos and interviews with pupils.



Pass it on: Give your unwanted items a new home

There is always somebody out there who could benefit from your unwanted clothes and other textiles.

Instead of just throwing them away, you could donate your items to local charities and groups in your area. Some will even collect for free.

For information and to find out more call **01582 510333** or visit www.luton.gov.uk/recycling



www.luton.gov.uk/recycling

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Think Luton ... think business!

Thinking about starting up a business?

Luton is a superb place to build and grow a brighter future. Thirty miles north of London, the town's excellent road, air and rail links mean fast and easy access to most major cities in the UK and over 100 destinations abroad. Around 3.5 million passengers used Luton Station last year and over 10 million passengers passed through London Luton Airport. The Council's economic development service is dedicated to encouraging Luton's economic growth and helping business to grow and develop by:

- ★ locating start-up premises or sites
- ★ providing research and statistics
- ★ offering business advice
- ★ assisting and facilitating networking
- ★ supplying information on wider issues
- ★ outlining grants and initiatives for your business
- ★ assisting with improving employment, skills and training provision.

For help and more information please email economicdevelopment@luton.gov.uk

A Plan Insurance

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GCA offers services to assist in the purchase of business premises including offices, shops and factories. If you are unsure as to whether you wish to trade as a partnership, company or on your own, then we can advise you. We can offer support to businesses to comply with all aspects of company law. We can guide you regarding the management and administration of company affairs, including directors' and employee service contracts and the responsibilities and liabilities of a company and its directors. If you are thinking of starting a new business, get in touch and let us help with the legalities of starting a business.

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Wenta are the leading enterprise agency for Bedfordshire and Hertfordshire offering support services for start-ups and existing businesses. Services include advice, mentoring, start-up work hubs ('My Incubator'), training courses and business centre premises.

Luton residents can also access Wenta's 'live chat' business advice service (MIV) via Luton Borough Council's website free of charge.

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Fancy a walk in the park?

Blow away those winter cobwebs by joining a group of friendly people for a walk in the park.

There is something for everyone, whatever your age or level of fitness, in a series of organised walks taking place over the next few months across four of Luton's award-winning parks.

Fourteen residents aged 46-91 years from Runnymede and Hanover Court recently joined an historic walk through Wardown Park.

The lead walker highlighted historic features including the donkey wheel house, summer house, daisy chain walk, boathouse, fountain and the bandstand, and also provided background information about lake dredging, the proposed new Rotary bandstand and old buildings still being used today as offices.

The group walked 1¼ miles in around an hour, enjoying the benefits of being outside, taking exercise and chatting to like-minded people. The walk was followed by a trip around the museum and afternoon tea in the Luton Town and Indians Cricket Club.

Council leader Cllr Hazel Simmons and Portfolio Holder for health Cllr Aslam Khan recently joined another organised walk across the flat terrain of Lewsey Park, taking in the brook and a brief history of the buildings once on the site.

The route continued up gentle slopes to look at the new hedgerows planted this summer before returning to the pavilion for hot soup and a chat.

Forthcoming events include:

- organised walks in Wardown, Lewsey, Wigmore Valley and Stockwood parks (other venues available on request)
- buggy-pushing walks for mums and/or dads with prams
- club walks
- Nordic walking (£1 a session).

Cllr Khan said: "We have received some really positive feedback about this initiative from those taking part, and there is even a ten-walk challenge for keen enthusiasts. The walks are free and anyone can come along."

The walks are organised by the Council's parks service as part of an initiative with the public health team, working closely with Live Well Luton, Active Luton and 321 Run England to encourage local people to improve their general wellbeing.

Cycling training and 'boot camp' fitness sessions are also available at low rates, with prices available on application.

- To find out more simply call 01582 546710 or 07710 365874, or go to www.luton.gov.uk/parkwalks

Rothesay retains green flag



Pupils perfecting their gardening skills as part of the Eco School Green Flag Award

Rothesay Nursery School recently celebrated retaining its Eco Schools Green Flag award.

The scheme recognises schools that have shown a commitment to becoming environmentally friendly and sustainable, and which aim to embed these principles in the future habits of young people at home.

The nursery, which first achieved the award in 2012, had to produce a plan covering energy use, litter, waste, the school grounds and biodiversity.

It created a new bottle greenhouse and vegetable plot for the children to grow, harvest and cook their own produce. Pupils also made bird feeders and took part in the nationwide 'Big Bumblebee Discovery' to learn about pollination.

The school also received a positive monitoring inspection report by Ofsted last

term, showing that it is moving in the right direction.

Inspectors found that Rothesay's senior leaders and governors were taking effective action to tackle the areas that require improving, and that by the end of the summer term children's attainment in communication, language, literacy and numeracy was significantly higher compared to the previous year.

Ofsted further acknowledged the focus on literacy and opportunities to develop early reading and writing skills.

Headteacher Janet Brownjohn said: "We are determined to take the necessary actions to continue this success, however we are not complacent and appreciate there is still much more work to be done. It's great to see the hard efforts of both pupils and staff being acknowledged."

Join us for fitness



Live Well Luton
Steps to a healthier you

Join in the fun in one of Luton's fabulous parks

Choose from:

- ★ Nordic walking
- ★ Social walks
- ★ Boot camp exercise
- ★ Cycling



Venues:

- ★ Popes Meadow
- ★ Wardown Park
- ★ Lothair Recreation Ground
- ★ Stockwood Park
- ★ Lewsey Park



Starting January 2015

For more details, dates and to book a place, please call the parks team on **01582 546710** or **07710 365874**



**Want to give something back to your local community
and make a real difference?**

Luton Borough Council's Volunteer Scheme



We are looking for enthusiastic and committed volunteers to help support our community services

There are a variety of roles and ways in which volunteers can contribute, such as:

- Promoting health and wellbeing to residents
- Encouraging and promoting independence and social inclusion amongst older and vulnerable people
- Helping children and young people to learn, develop and have fun
- Being part of fantastic community events

...and much, much more!

Want to know more? Please email us on **Volunteering@luton.gov.uk** or call us on **01582 548772**

Recruitment Dates

Volunteer Welcome Workshop

Thursday 5 March, 6-8pm

High Town Methodist Church – High Town Road

Volunteer informal interviews

Tuesday 10 March, all day (15 minute slots)

Tokko - Gordon Street

Volunteer training

Friday 13 March, 9.15am-1pm

Luton Adult Learning – Dunstable Road

www.luton.gov.uk/volunteering

LUTON
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Schwer there's a will!

Boxer supports new cancer health scheme

Former boxing champion Billy Schwer joined staff from Macmillan as they spent a recent away day playing walking football against a group of residents on an Active Luton exercise programme for people affected by cancer.

The 'Move More' programme, which is run in partnership by Active Luton, Luton & Dunstable University Hospital and Macmillan Cancer Support, is aimed at improving the physical and mental wellbeing of those suffering or recovering from the disease.

Walking football is a simple but ingenious slow-paced adaptation of the traditional game that does not allow running or jogging, and is one of the many activities that cancer patients can participate in.

Schwer is the programme's ambassador, and said he felt proud to be able to take part in the match and support a fantastic programme.

"I believe that a combination of physical, mental and nutritional health will aid prevention and recovery of any disease," he said.

"This programme gives the tools to help people fight against cancer. You only have to look at the participants to see the benefits that they are getting from the scheme."

Jo Foster, physical activity programme



The programme aims to improve the physical and mental wellbeing of cancer patients

lead at Macmillan, said: "Enabling people to move more in an activity that they enjoy and at a level that's right for them is essential to Macmillan Cancer Support's strategy of helping people live as well as possible for as long as possible."

Helen Barnett, Active Luton chief executive, added: "The feedback on this programme has been overwhelmingly positive and is making such a difference to people's lives."

"Going through cancer must be a very terrifying experience but we know exercise is vitally important to the health and wellbeing of patients and can help them with their recovery. We offer a range of activities including gym, swimming, exercise classes and golf as part of the programme."

● For more information contact Active Luton on 01582 400272 or visit www.activeluton.co.uk

Carols in Whitehall



As some pupils had not visited London before, the choir toured Parliament and Trafalgar Squares, Buckingham Palace, Pall Mall, and had their photo taken outside Downing Street

Pirton Hill Primary School's choir and their music teacher Mark Newport were in fine voice when they led the annual Department of Health (DoH) carol concert at Richmond House, Whitehall, shortly before Christmas.

The event was hosted by the DoH's Christian Network Group and organised by Dr Louise Newport.

A range of traditional and modern carols were heartily sung by the 25-strong choir of seven to 11-year-olds, particularly during The 12 Days Of Christmas, complete with actions.

A charity collection was held for Crisis and Shelter, known for their work with the homeless at this time of year.

After rousing applause, the choir enjoyed lunch in the DoH boardroom and then gave an impromptu personal performance for Health Secretary Jeremy Hunt MP.

Headteacher Debbie Thompson said: "This was an amazing opportunity for the children who were once again fantastic ambassadors for Pirton Hill Primary School, and we are very grateful to the Department for Health for providing this wonderful experience."

YOUR SAY YOUR WAY

Community Decision Days

- ★ Want to find out about community projects and see improvements in your neighbourhood?
- ★ Would YOU like to decide which community projects should be funded in your area?
- ★ Make sure you come to your local community decision day and make your vote count!



For information, dates and locations visit www.luton.gov.uk/neighbourhood or call 01582 54 87 73

Examples of projects which residents voted for at last year's decision days:



Residents of a sheltered scheme participating in the 'Mind, Body & Soil' project



A local Playschemes programme



Youth club volunteers learning creative craft

www.luton.gov.uk/neighbourhood





Advertising
feature

Are you planning to get married?

Smiles of joy and tears of sadness are all in a day's work for staff at Luton's Register Office.

Housed in an impressive 1820s Edwardian building in George Street West, with a pretty little garden area that's good for photographs, Luton's Register Office officially records and conducts marriages, civil partnerships and reaffirmation of marriage vows. More than 450 marriages were conducted in Luton from last January until December.

As an approved venue for marriages and civil partnerships, the Register Office offers two beautifully decorated rooms: the smaller room caters for a standard ceremony for up to 16 people, and the larger room a choice of ceremonies for up to 26 people from Mondays to Fridays, and up to 40 people on Saturdays. The rooms may also be used for other ceremonies.

The Town Hall is also licensed for marriages and civil partnerships; this sophisticated venue offer a choice of ceremonies for wedding parties of up to 100 guests. With its marble staircase, which is hugely popular for wedding group photographs, and its spacious marriage area, it is becoming a favourite venue for local residents. The Town Hall is also available for other ceremonies.

If you are planning your wedding, please see a selection of local suppliers below who would be pleased to help you with your special day.

For more information, please visit the Council's website www.luton.gov.uk or call 03007 900341.

Spas, fitness and hen days

Bannatyne 241 Spa Day
 1 Regent Street, Luton LU1 5FA
 0844 248 3770
 Sales.luton@bannatyne.co.uk
www.bannatyne.co.uk/healthandfitness/luton



Treat yourself & a loved one or friend to a pamper day with the choice of a Bannatyne Energising Facial or Swedish Back, Neck & Shoulder Massage each then both receive a Scalp Massage. Upgrades Available. T&C'S Apply.

Photo booths

Pro Photo Booths
 David: 07590 376160
 Tom: 07983 389387
 probooths@hotmail.co.uk
www.prophotobooths.co.uk



Hiring a photo booth will ensure that you and your guests are entertained for hours and will remember your big day for the happy and joyous occasion it was. We have different packages to suit all budgets and this will include guestbook, unlimited double prints, fun prop box, disc of the photos mailed direct to you, Facebook upload and a booth attendant. This is a great way to remember all the guests who enjoyed your special day.



Marquees

UK Events and Tents Marquee and equipment hire
 13 High Street, Pulloxhill MK45 5HB
 01525 713791
 info@ukeventsandtents.co.uk
www.ukeventsandtents.co.uk

A family-run company with many years' experience in the wedding marquee and catering industry. We have a wide range of equipment from marquees to suit your budget to flooring, lighting, catering, staff, luxury toilet hire, starlight ceiling, mobile bars and furniture. Our helpful team can help you plan your day from beginning to end, adding all the special extra details to make your day complete.

Dresses

Delphine Alexander
 1 The Gallery, The Mall
 Luton LU1 2TW
 01582 400664
 info@delphinealexander.co.uk
www.delphinealexander.co.uk



Delphine Alexander is a contemporary wedding shop located in the heart of Luton. Delphine and her team have a wealth of experience from more than 25 years helping thousands of brides choose their perfect dress. With a stunning collection of dresses from sizes 6-28 for you to try, don't hesitate to book an appointment if you are looking for that perfect dress.

Photography

Sarah Slimani Photography
 07415 467987
www.sarahslimani.com

Sarah Slimani



Sarah is a professional photographer specialising in weddings, engagements and portraits. She has a profound passion for photography and loves capturing distinctive moments and being creative, helping the photographic memories of your special day stay with you forever. She takes a lot of pride in her work and regards the customer service offered as important as the images themselves. Creating a package that suits your day and budget, Sarah is happy to help in every way.



Cars

The White Wedding Taxi
 01582 664964 / 07870 764722
 info@thewhiteweddingtaxi.co.uk
www.thewhiteweddingtaxi.co.uk



A refreshing idea as an alternative to the classic wedding car. It is fun, stylish, spacious and fully chauffeured. We are happy to help make your day run smoothly, with wedding packages starting at £120. Call the friendly team to discuss what we can offer you so you can travel to your wedding in style.

Honeymoons

Stear Direct Travel
 01582 894753
 enquiries@steadirecttravel.co.uk
www.honeymoonweddings.co.uk

explorer
travel



www.facebook.com/Honeymoonweddings

We specialise in cruises and tailor-made holidays to suit all your needs. Whether you are planning a romantic city trip or wish to travel to the other side of the world for your honeymoon, we can make sure that everything is covered including flights, hotels, car hire and parking so you can concentrate on starting your married life with a stress-free honeymoon. We do packages with all major tour operators.

Venues

Putteridge Bury
 Hitchin Road, Luton LU2 8LE
 01582 489069/065
 conference.centre@beds.ac.uk
www.putteridgebury.co.uk

We are situated in picturesque parkland on the Herts/Beds border, the perfect venue for your wedding and catering for up to 120 guests. See our new all-inclusive packages with £500 discount for new dates available in August and September. For more information contact the conference team.



Dental care

Luton Dental Health Care
 57 Guildford Street, Luton LU1 2NL
 01582 416029
 lutondentalhealthcentre@hotmail.co.uk
www.lutondentalcentre.co.uk



On your special day you will hopefully be smiling and we can help make sure your teeth look fantastic. We offer a wide range of treatments to help achieve the perfect smile, including crown, bridge and veneers to straighten, lighten, reshape and repair teeth. Tooth whitening is a simple procedure and the results can be amazing, making sure your wedding photographs look fantastic and the guests are wowed by your smile. It is available as both an in-house procedure and a home kit. We can also offer tooth coloured fillings, these are ideal to replace your old, metal fillings with a natural, white filling matching the shade of your teeth.

Come to our jobs fair – and you could change your life!

Want a job? Fancy changing your job? Then come along to Luton's Employment, Training and Skills (LETS) Fair on Wednesday 25 February at Venue Central, 15-17 Chapel Street, Luton, from 10am until 3.30pm.

Supported by the Council, JobCentre Plus, Community Interest Luton and other local organisations, the fair offers local residents the chance to expand their job and career options, and network with hundreds of like-minded people.

In attendance will be local employers with job opportunities, apprenticeship and training providers, representatives from colleges and universities, careers advisers and organisations committed to helping job seekers.

Those who should find the fair particularly helpful include the unemployed, those claiming jobseeker's allowance and/or employment support allowance, young people not in employment, education or training (NEETs), those looking for apprenticeship opportunities, experienced working adults wishing to change their job, life-long learners, lone parents, fresh graduates and 16+ students.

With around 60 stand-holders under



The last LETS fair in September attracted more than 1,000 delegates

one roof, a wide range of employers will be on hand to review resumes, introduce company culture and discuss job possibilities. There will also be help on

hand for those planning to set up their own business.

The LETS fair is also a great chance for businesses to network and meet local talent.

Cllr Sian Timoney, Portfolio Holder for regeneration, said: "We want to help our workforce gain new skills, and help local employers address any recruitment issues and skills gaps."

"Most jobseekers could use a little help to get back into employment. Anyone attending the fair is sending out a clear message to employers that they are keen and eager to work."

- Entry is free and everyone is welcome. For more information call Mostaque Koyes on 07931 973967 or Attia Nazir on 07718 270686, email mostaque@barthamgroup.com or attia.nazir@luton.gov.uk or visit www.letsfair.co.uk

Delegates' stories

- Mohammed* was retired but wanted to earn some money so attended the LETS Fair last year. He signed up to the Employment Support for Over 50s programme which helped him identify his key skills and review his CV and career options. After nine weeks he was offered a job. He said: "While my new job did not directly come from my attendance at the work club, it did add to my confidence and willingness to apply for and accept job opportunities."
- Louise* secured a job at Asda, and Henry* a position with Sainsbury's, after also attending last year's fair and joining the same programme.

* names have been changed

Women revel in some 'me time'

More than 70 local women descended on Lea Manor Recreation Centre recently for a free workout party.

The event was organised to celebrate the first year anniversary of 'Me Time', an Active Luton project which encourages women and girls to increase their involvement in sport and physical activity, whether for fun, social, recreational or competitive purposes.

The project has resulted in more than 1,000 women signing up for dedicated sports and fitness programmes taking place across the town during daytimes, in the evenings and at weekends.

Highlights included a 69-year-old first-timer who took part in Latin fusion, 'boxercise' and spin classes, a retired woman who enjoyed the free swimming session so much that she joined the programme, and a 63-year-old who loved learning how to skip.

Helen Barnett, chief executive of Active Luton, said: "There are a number of reasons why female physical activity participation levels are lower in some parts of the community. The simple aim of Me Time is to overcome these barriers so that women have the opportunity to get fit and healthy in an environment they feel comfortable in."

- For more information about Me Time contact Active Luton on 01582 400272 or visit www.activeluton.co.uk

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN

THE WAY WE ALL REGISTER

TO VOTE IS CHANGING



You need to make sure that you're on the updated register, or you might not be able to vote in future.

For more information please go to www.gov.uk/yourvotematters

Electoral Services

Luton Borough Council, Town Hall, George Street, Luton, Bedfordshire LU1 2BQ

Tel: 01582 510380

Email: electoral_services@luton.gov.uk

Web: www.luton.gov.uk



What do you think?

There is a new way for you to influence changes in Luton

You can tell us your views on a host of subjects at www.luton.gov.uk/consult



Luton's consultation website is open to anyone over the age of 18 years who lives in Luton and Bedfordshire. Once you register, and tell us which topics interest you, we will email you when a relevant consultation begins.

With your own personal log-in, you can respond to surveys, opinion polls, take part in online discussion forums, read about findings – and what has happened as a result – and keep track of surveys you have taken part in.

This consultation website is only used by Luton Borough Council and its public sector partners. Your details will not be passed to any commercial organisations.

You can either register your details online at <https://secure.luton.gov.uk/surveys/consult>, or return this form to:

Consultation website
Luton Borough Council
Town Hall
George Street
Luton
LU1 2BQ

Question 1: What is your title? please tick one box only

Mr Mrs Ms Miss Dr Other title?

Question 2: Please provide your following contact details:

Family name (surname): First name:

House number/name: Town and county: Postcode:

Email address: Tel number: Mob number:

Question 3: Which topics of consultations would you like to be notified about? please tick all topics that interest you

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Benefits and welfare | <input type="checkbox"/> Budgets and council tax | <input type="checkbox"/> Children and young people | <input type="checkbox"/> Communications |
| <input type="checkbox"/> Community care/adult social services | <input type="checkbox"/> Community and business safety | <input type="checkbox"/> Corporate strategy/policy | <input type="checkbox"/> Customer services |
| <input type="checkbox"/> Planning – buildings and land | <input type="checkbox"/> Education and schools | <input type="checkbox"/> Engineering and transport | <input type="checkbox"/> Environment |
| <input type="checkbox"/> Health <input type="checkbox"/> Housing | <input type="checkbox"/> Leisure, libraries and culture | <input type="checkbox"/> Local democracy | <input type="checkbox"/> Street services |

Question 4: Are you? please tick one box only

Male Female Prefer not to say

Question 5: Please add the year you were born? write in four-digit format eg 1965

Year:

Question 6: Which of the following groups best describes you? please tick one box only

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> White – British/English/Welsh/Northern Irish | <input type="checkbox"/> Irish | <input type="checkbox"/> Gypsy/Traveller | <input type="checkbox"/> Eastern European |
| <input type="checkbox"/> Other White | <input type="checkbox"/> Mixed – White and Black Caribbean | <input type="checkbox"/> White and Black African | <input type="checkbox"/> White and Asian |
| <input type="checkbox"/> Other Mixed | <input type="checkbox"/> Asian/Asian British – Indian | <input type="checkbox"/> Kashmiri | <input type="checkbox"/> Pakistani |
| <input type="checkbox"/> Bangladeshi | <input type="checkbox"/> Other Asian | <input type="checkbox"/> Black/Black British – Caribbean | <input type="checkbox"/> African |
| <input type="checkbox"/> Black other | <input type="checkbox"/> Other – Chinese | <input type="checkbox"/> Arab | <input type="checkbox"/> Other |

Prefer not to say If other please state:

Question 7: Do you consider yourself to have a disability? please tick one box only

Yes No Prefer not to say

Question 8: If yes, please state which of the following best describes your disability?

please tick one box only

- | | | |
|--|--|---|
| <input type="checkbox"/> Hearing impaired/deaf | <input type="checkbox"/> Physical disability | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Visually impaired/blind | <input type="checkbox"/> Mental health condition | <input type="checkbox"/> Longstanding illness |

If other please state:

By completing this form you are agreeing for your details to be added to the partnership consultation portal. You will shortly be sent a password via email after which you will be able to amend your details and preferences.

www.luton.gov.uk/consult

LUTON
BOROUGH COUNCIL

Free learning help for two-year-olds



Do you want to give your two-year-old the best start in life? Then help them to learn through play.

If you are a Luton resident and on a low income or receiving benefits or credits, you could receive up to 15 hours of free childcare per week for your two-year-old.

Having a free place in a high-quality, exciting, enjoyable and secure environment is a fantastic way to help children to develop.

Your child will acquire new skills, from learning to talk and listen, to playing and exploring, and they will make lots of new friends too.

Meanwhile you will get the chance

to work, access training or education or simply enjoy some 'me time'.

Cllr Waheed Akbar, Portfolio Holder for children's services, said: "We know that children can develop a number of vital skills simply by playing and interacting with each other.

"If you have a two-year-old please do not miss out on this fantastic opportunity. Free childcare is good for both your child and you too!"

- For more details about childcare in your area, and to see if your two-year-old is eligible for a free place, call the Luton Family Information Service on 01582 548888, email fis@luton.gov.uk or visit www.luton.gov.uk/timefor2s

What parents say:

"I have more time to myself which has helped during my pregnancy. My child has gained confidence. I am glad I made the choice for my child's sake." Mrs Mehmood

"My child was behind on speech and language and also confidence and financially I was struggling to keep him in nursery. Then when I got introduced to the funding I was relieved as it allowed my child to get the support and help he needed. He is now more confident and also his speech is coming along. It has also helped me to get back to work. Overall, I'm so thankful." Mrs Hussain

New award for school health and wellbeing

Helping children and young people make the right choices to keep themselves healthy is the aim of a new scheme launched recently by Luton's Mayor.

The School Health and Wellbeing Award is a locally accredited programme involving whole schools to help students make the most out of life and learning, and ensure they are fully aware of potential risks to health and where to go for support if they need it.

It is backed by public health, school leaders and support services, police, CHUMS (the child bereavement service) and external agencies.

Schools taking part are encouraged to ensure staff are fully trained in areas such as domestic violence, sexual exploitation, radicalisation and extremism. The initiative is also in line with new Ofsted requirements for

behaviour, safety and safeguarding.

Cllr Aslam Khan, Portfolio Holder for public health, said: "The School Health and Wellbeing Award provides a useful tool to help improve health outcomes for local children and young people, with key partners working together to help achieve this goal.

"We are encouraging all secondary schools in Luton to join the award scheme now, along with a few pilot primary schools. The scheme will be open to all schools in January, including academies and free schools."

The award has bronze, silver and gold tiers and will recognise outstanding work as part of an accredited process.

- More information for schools interested in taking part is available at www.schoolsupportatluton.co.uk/news or by emailing tara.lewis@luton.gov.uk



BROCCOLI STALK SOUP

Recipe by Irene Pizzie

Ingredients

4 potatoes, peeled and cut into chunks

1 onion, finely chopped

2 carrots, peeled and cut into chunks

A handful of pearl barley or red lentils

Leftover broccoli stalks (about 200g)

½ tablespoon fennel seeds (optional)

Salt

Black Pepper

Sour cream or crème fraiche

A few tarragon leaves

1 Put the potatoes, onion, carrots, pearl barley or lentils in a large pan and cover with water.

2 Bring to the boil and reduce the heat and simmer for about ten minutes. Add the broccoli stalks and fennel and continue to cook until all the vegetables are just tender.

3 Take off the heat and allow to cool a little before pouring into a blender and pureeing until smooth. Taste and season.

4 Pour into warm bowls and add a little sour cream or crème fraiche, swirl into the soup and add a few sprigs of herb such as tarragon.

This is a great recipe for using up broccoli stalks, which are often thrown away. You can use any other left over leafy vegetables such as Brussels sprouts, cauliflower, purple sprouting broccoli, spinach or kale to create a lovely wholesome soup.

Each portion contains					
Calories	Sugar	Fat	Saturates	Salt	Fibre
148	5g	3g	1.2g	1.3g	4.6g
7%	6%	5%	6%	22%	18%

of an adult's guideline daily amount

Did you know?

The average family throws away food worth £50 every month! To help you make the most of the groceries you buy, Luton Borough Council is bringing you a super series of recipes in association with the Government's Love Food Hate Waste campaign.

For more tasty tips and advice on how to reduce food waste, go to www.luton.gov.uk/recycling



Everyone's a winner with Travel Luton!

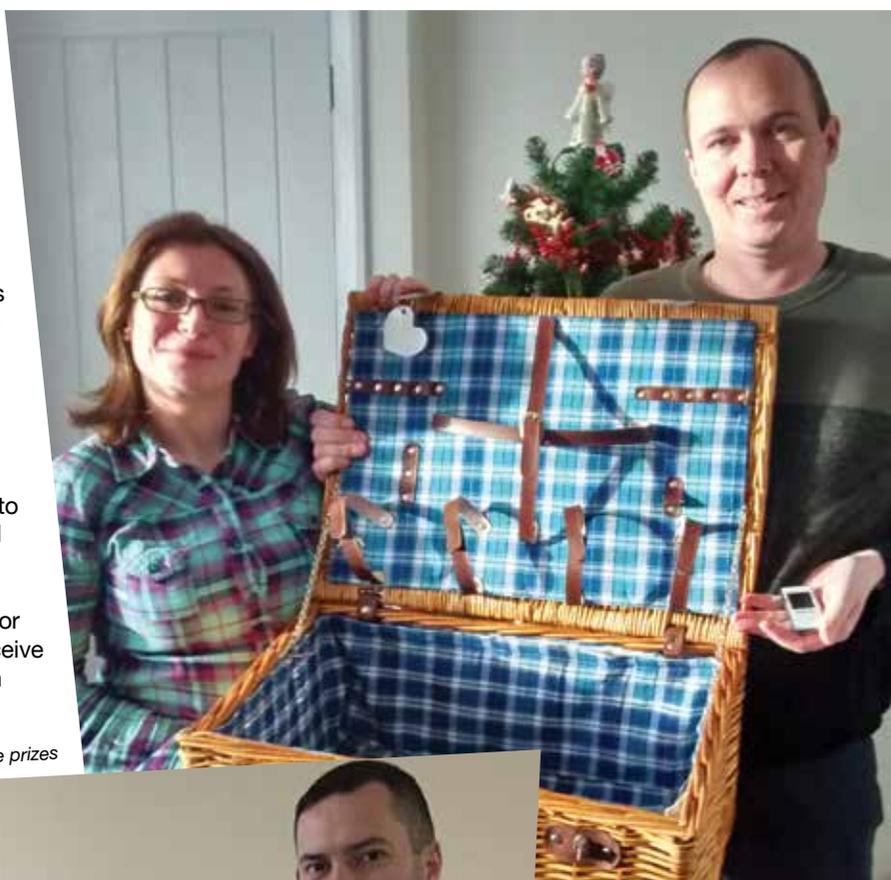
Travel Luton
Joining up your journey



Travel Luton advisers have had some fantastic conversations with Luton residents over the last year, discussing their travel behaviours and challenging people to use more active and sustainable forms of transport on a regular basis.

We have been going door-to-door, attending a variety of community events and speaking with businesses about how their employees' journeys in Luton can be cheaper, more convenient and less stressful simply by walking, cycling or using public transport.

Loyal Travel Luton Club members, who signed up during the campaign to receive useful updates on local travel news and offers, had the opportunity via December's newsletter to enter a prize draw and win festive hampers for Christmas, and it was pleasing to receive positive feedback at the presentation ceremonies.



Our lucky winners receive their festive prizes



One of our winners, James Stevens, was looking forward to sharing it with his family; keen mountain biker Sayera Islam was thrilled to receive hers at work; and Theresa Gazard even sent us a short poem.

The great giveaway did not stop there either, as we announced December's Travel Luton Challenge prize draw winner as James Manger.

James successfully completed his challenge to walk into town at least three times a week with his wife Zoe instead of taking the car, and was pleased to win a hamper and MP4 player.

If you or your community group would like to get involved in the Travel Luton project, or if you require specific travel advice, email us at info@travelluton.org.uk. Alternatively, if you would like to plan a journey by walking, cycling or public transport, visit our website www.travelluton.co.uk



www.travelluton.co.uk

Please scoop the poop

In a bid to help reduce dog fouling locally, the Council is supporting the national 'We're watching you' campaign launched recently by Keep Britain Tidy and aimed at dog walkers who don't scoop the poop.

Recent research shows that dog walkers are more responsible and pick up after their dogs when they think they are being watched.

Keep Britain Tidy recently ran a social experiment working with 20 land managers across the country, resulting in an average reduction of 46 per cent in the levels of dog fouling.

Feedback suggests dog fouling tends to occur more at night and during the winter because some dog owners feel they cannot be seen under the cover of darkness.

Council dog wardens are taking part in Keep Britain Tidy's edgy and uncompromising 'We're watching you' poster campaign to tackle dog fouling hotspots in Luton.

Created using innovative and cutting-edge materials clearly visible after dark, the posters have gone up in Waldeck Road, Colin Road alley, Mussons Path, Putteridge Road and Onslow Road.

They are also on display at Appledown Kennels as a reminder for visiting dog owners.

Cllr Dave Taylor, Portfolio Holder for environment, said: "Feedback from local residents shows dog fouling is a key issue in Luton.

"Most dog owners are responsible



people who always pick up after their dog and dispose of the poo bags correctly, either in the nearest bin or by taking home to dispose of in their own household waste bin.

"We are pleased to be working with Keep Britain Tidy and to be taking part in this cutting-edge campaign, and we hope we will achieve the same successful results as the local authorities who took part in the trial campaign."

Keep Britain Tidy chief executive Phil Barton said: "Our research tells us that people see dog fouling as by far the most unacceptable and dirtiest type of litter.

"This campaign has been proven to make a difference and encourages the minority of dog owners who don't pick up after their pets to do the right thing."

MPs' Advice Surgeries

Luton's two MPs, Kelvin Hopkins and Gavin Shuker, hold regular Advice Surgeries and are always happy to help their constituents.



Luton North

Kelvin Hopkins MP

Covering: Barnfield, Bramingham, Challney, Icknield, Leagrave, Lewsey, Limbury, Northwell, Saints and Sundon Park

www.kelvinhopkinsmp.com

Please call Kelvin's office on 488 208 for an Advice Surgery appointment



Luton South

Gavin Shuker MP

Covering: Biscot, Caddington, Crawley, Dallow, East Hyde, Farley, High Town, Round Green, Slip End, South, Stopsley and Wigmore

www.gavinshuker.org

Please call Gavin's office on 457 774 for an Advice Surgery appointment

Councillor advice surgeries

Labour

Ward	Councillors	Date, time, venue/contact
Barnfield	Rachel Hopkins	Second Saturday of every month, 10.30am-12noon, Bushmead Community Centre, Hancock Drive
Biscot	Mohammad Ayub Naseem Ayub Tahir Khan	First and last Saturday of every month, 10am-12noon, Bury Park Community Centre, 161 Dunstable Road
Challney	Khtija Malik Tom Shaw Tahir Malik	Every Saturday, 10am-12noon, Chaul End Community Centre, 515 Dunstable Road
Crawley	Melvin Cato	First and third Saturday of every month, 9.30-11.30am, Hart Hill Adventure Playground, Brooms Road
Dallow	Mohammed Ashraf Mohammed Farooq Tafheen Sharif	Last Saturday of every month, 10am-12noon, and last Thursday of every month, 3-5pm, Dallow Community Centre, 234 Dallow Road Last Tuesday of every month, 9.30-10.30am, Bury Park Resource Centre, 161 Dunstable Road
Farley	Sian Timoney Mahmood Hussain Paul Castleman	Every Saturday, 10am-12noon, Housing Office, Farley Community Centre, Delphine Close
Hightown	Andy Malcolm Roxanna Whittaker	Every Thursday, 10-11am, Hightown Community Centre, Concorde Street
Leagrave	Waheed Akbar Sheila Roden Desline Stewart	First and third Saturday of every month (excluding August), 10am-12noon, Hockwell Ring Community Centre, Mayne Avenue
Lewsey	Joan Bailey Aslam Khan Hazel Simmons	Every Saturday, 10am-12noon, Lewsey Farm Community Centre, Landrace Road
Limbury	Jacqueline Burnett Stephen Lewis	Second Saturday of every month, 10am-12noon, Leagrave Library, Marsh Road
Northwell	Roy Davis Don Worloding	First and third Saturday of every month, 10am-12noon, Futures House, Marsh Farm
Round Green	Yaqub Hanif Mark Rivers Mohammed Zia	Every Saturday (excluding August), 10-11.30am, 3 Yeovil Road
Saints	Mohammed Riaz Raja Saleem Asma Rathore	Last Saturday of every month, 10am-12noon, Saints Community Centre, Solway Road North
South	Keir Gale Amy O'Callaghan Dave Taylor	First and third Saturday of every month, 10.30-11.30am, Park Town Community Centre, Bailey Street
Sundon Park	Syd Knight	Third Saturday of every month, 10am-12noon, Futures House, Marsh Farm, 07958 634 798.

Liberal Democrats – please contact the numbers below

Ward	Councillors	Contact
Barnfield	Clive Mead	50 86 99
Crawley	David Franks	41 49 25
Stopsley	Jenny Davies Michael Dolling	07702 444 021 42 96 46
Sundon Park	Doris Hinkley	59 25 16
Wigmore	Peter Chapman Diane Moles Alan Skepelhorn	48 06 29 72 32 93 27 18 51

Conservatives – please contact the numbers below

Ward	Councillors	Contact
Bramingham	Gilbert Campbell Katie Foord	57 22 52 07718 118 094
Icknield	Michael Garrett John Titmuss	57 56 30 50 86 74

www.luton.gov.uk/councillors



Children and Families

National Libraries Day: Give a Book a Jacket

Saturday 7 February, 11-11.45am:

Luton Central Library

Saturday 7 February, 2.15-3pm:

Stopsley Library

Celebrate libraries, and make a jacket for your favourite book, to mark the start of Luton's Word Fest.

For school-aged children and their families.

Free, donations welcome

Bedtime Stories: The Midnight Library

Tuesday 10 February, 4.45-5.15pm:

Leagrave Library

Wednesday 11 February, 4.45-5.15pm:

Luton Central Library

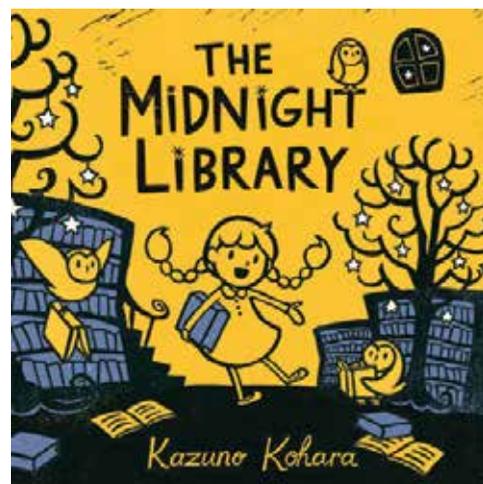
Thursday 12 February, 4.15-4.45pm:

Lewsey Library

Once there was a library which only opened at night ... will you be as helpful as Kazuno Kohara's little librarian?

For children aged three+ years and their families.

Free, donations welcome



Hockwell Ring Community Centre

Playschemes

17-21 February

Hockwell Ring Community Centre

For further details contact the centre on 01582 548392



Full House presents

Imagination Station

17-20 February, 11am-3pm

The Hat Factory



A free drop-in creative playroom for children of all ages. Activities include arts and crafts, storytelling and music. Some activities may be chargeable

Full House presents

Bubble Disco

Tuesday 17 February,

11.30am & 2.30pm

Stockwood Discovery Centre



A fun-packed experience for children up to age eight years. Learn some new moves on a dance floor packed with bubbles and balloons. Free. Please book to avoid disappointment

Le Petit Artiste Theatre Company present

The Ugly Duckling

Tuesday 17 February, 11.30am & 2.30pm

Luton Central Library

Wednesday 18 February, 11.30am

Leagrave Library



The Ugly Duckling is a unique retelling of Hans Christian Andersen's classic tale. Be enchanted by exploding eggs, singing frogs, dancing swans and live music.

For ages three+ years.

Free. Please book to avoid disappointment

Luton Central Library
St George's Square, Luton LU1 2NG
01582 547418

Stockwood Discovery Centre
London Road, Luton LU1 4LX
01582 548600

Wardown Park Museum
Old Bedford Road, Luton LU2 7HA
01582 546722

The Hat Factory
65-67 Bute Street, Luton LU1 2EY
01582 878100

Luton Library Theatre is located within Luton Central Library

Theatre of Widdershins present
Skinny Widd Stories
Wednesday 18 February,
11am, 12pm, 1pm, 2pm & 3pm
Stockwood Discovery Centre



Using some puppets, props and costumes, hear a range of stories from all over the world, including folk tales, fairy tales and myths, told with the gusto of a live theatrical show. For children of all ages. Free. Please book to avoid disappointment

Komedia present
Pitschi – The Kitten with Dreams
Wednesday 18 February,
11.30am & 2.30pm
The Hat Factory



Pitschi doesn't care for the rough and tumble and mischievous fun of kitten play, but instead dreams of being something else – a chicken, perhaps, or a goat, or a rabbit ... for after all, anything is better than being a cat! Come and enjoy this classic Swiss story that has delighted generations of children and cat lovers all around the world.

For ages two to seven years and their families. £7.50 – get an adult ticket free with every full price ticket purchased OR get a Festival Pass for £25 and see four shows.

Extended event:
Pitschi – The Kitten with Dreams Workshop
Wednesday 18 February, 3.30pm
The Hat Factory

After-show workshop with activities including making and decorating a kitten mask and playing cat-themed games. For ages two to seven years. £3



Half Moon presents a Word Pepper Theatre production
Pop-Up Flashback
Thursday 19 February,
11.30am & 2.30pm
The Hat Factory



Enter an imaginative world of memories through poetry and incredible pop-up books in this funny and heart-warming adventure of complicated families and growing up. For ages five+ years. £7.50 – get an adult ticket free with every full price ticket purchased OR get a Festival Pass for £25 and see four shows.



Water Wiggle Workshop
Thursday 19 February,
11.30am & 2.30pm
Tokko Youth Centre



A fun-filled creative dance workshop exploring raindrops, rivers and waves! This 45-minute session offers an opportunity for participants to learn a new dance and create their own moves. For ages five to seven years. £3

Propeller presents
Pocket Comedy
Friday 20 February, 2.30pm
Luton Library Theatre



Shakespeare's *The Comedy of Errors* for young audiences. Two sets of estranged twins, separated at birth, find themselves in the same city 25 years later with hilarious consequences. For ages eight+ years. £7.50 – get an adult ticket free with every full price ticket purchased OR get a Festival Pass for £25 and see four shows.

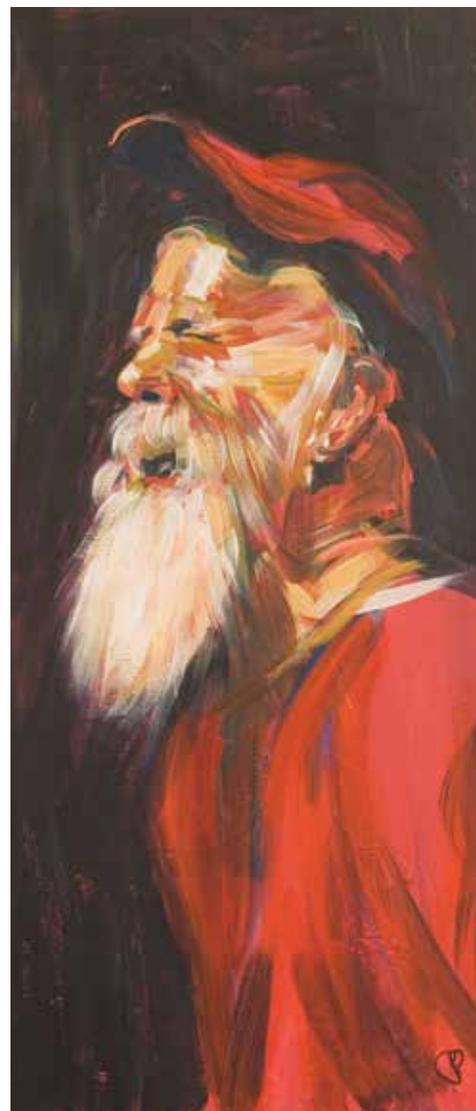
Stories of British Wildlife
Saturday 28 February, 11-11.45am:
Leagrave Library
Saturday 28 February, 2.15-3pm:
Marsh Farm Library

See the photos from Stockwood Discovery Centre and enjoy stories of Britain's wildlife at your local library. For school-aged children and their families. Free, donations welcome

Exhibitions

Luton Art '14 Exhibition
Continues until 22 February
Wardown Park Museum

An exhibition of works by local artists in a range of media and styles, selected from submissions to the Luton Art Competition. Free



Beautiful Beds
Continues until 26 April
Wardown Park Museum: Threads of Life Gallery

An exhibition of bed coverings: from delicate butterflies to long lengths of narrow lace, this display shows the skills of Bedfordshire lacemakers from 100 years ago. Free

British Wildlife Photography 2014
Continues until 15 March
Stockwood Discovery Centre

The British Wildlife Photography exhibition will feature over 100 images and videos, including winning and commended entries. Winning images are chosen from thousands of entries in 16 separate categories, including a special film category for wildlife in HD video, and three junior categories to encourage young people to connect with nature through photography. Visit this stunning exhibition which celebrates both the work of amateur and professional photographers and the beauty and diversity of British wildlife. Free

Theatre, Dance & Comedy

Townsend Productions present
United We Stand
Thursday 5 February, 7.30pm
The Hat Factory

Sharp and humorous, *United We Stand* tells the story behind a compelling dispute and dispels the myth, put about at the time, that the pickets were criminally violent rather than ordinary working men seeking a better life for themselves and their fellow workers. £10, £8 concessions



Groups and Societies

Next Generation Youth Theatre present
Love For Dummies
 Friday 20 February, 6.30pm
 The Hat Factory



This autobiographical journey chapters our very own personal encounters with love in its many forms. From loving oneself to loving one's first, love that is lost and butterflies that burst, love that is confused and love that leaves you bruised.

£7.50 – get an adult ticket free with every full price ticket purchased OR get a Festival Pass for £25 and see four shows.



The Comedy Bar
 Friday 20 February, 8pm
 The Hat Factory

Come along, bring your friends, and bathe in the comedy outpourings of the country's up-and-coming talent. £3, in exchange for two hours of chuckles, is the bargain of the year to see the stars of the future before they release their ghost-written biographies and grin at you from every DVD aisle.

This open-mic comedy club is held every third Friday of the month.

For ages 16+ years.
 £3 (free to performers)

The Basement Gaming Club
 Every Friday, 7pm
 The Hat Factory

Join us for a fantasy games night, to be held every Friday on the second floor of The Hat Factory. Complete with licensed bar and a variety of gaming tables including Magic the Gathering, Games Workshop, 40k, Bloodbowl, and more.

There will be tournaments and leagues with prizes, so come along, have fun and happy gaming.

If you would like to book a gaming table please contact ian.jarrett@lutonculture.com

For ages 18+ years.

Free entry

Luton Poetry Society
 Last Saturday of the month, 2-4pm
 Luton Central Library

£3, free for Poetry Society members (£20 annual membership).

Our meetings usually take place on the last Saturday of each month at Luton Central Library (third floor).

February's theme is 'Valentine'.

Music

Music in the Museum: The Situators
 Sunday 8 February, 2pm
 Wardown Park Museum

Local band The Situators are a guitar and vocal group that play a wide range of familiar and less well-known music based on strong rhythms and tight harmony singing. Frequently described as "a breath of fresh air", The Situators' choice of songs and unique delivery will both sound great and entertain, perfect to raise the spirits in deepest, darkest February.
 £5

Music on Mondays: Symphonia Academica
 Monday 2 February, 7.45pm
 Luton Library Theatre

Peter Bussereau's orchestra returns with another inventive programme of music for chamber ensemble. The concert will be shaped around a tribute to composer, pianist, musicologist and broadcaster Antony Hopkins who, until his death in May 2014, had been President of Luton Music since 1959.

£15, concessions £8, under 18s free

Music on Mondays: Evva Mizerska & Emma Abbate
 Monday 9 February, 7.45pm
 Luton Library Theatre

This concert is an opportunity to welcome friends of Luton's Polish community to Music on Mondays, with an unusual and revelatory repertoire from these Polish chamber music specialists. Before the recital an exhibition of musically-inspired prints by distinguished Polish photographer Renata Iris Lardner will be opened at the Library Theatre.

£15, concessions £8, under 18s free



Music on Mondays: Clare Hammond
 Monday 16 February, 7.45pm
 Luton Library Theatre

This gifted young pianist offers highlights from her recent CD of concert studies by Chopin, Lyapunov and Kapustin. It's a timely opportunity also to hear Ravel's Le Tombeau de Couperin, with each movement dedicated to the memory of a friend who died in the First World War.

£15, concessions £8, under 18s free

Music on Mondays: Petroc Trelawny's Quiz Night
 Monday 23 February, 7.45pm
 Luton Library Theatre

Enthusiastic teams of audience members will compete for glory in this classical music quiz featuring live performances by surprise guests. A relaxed and social evening hosted by one of BBC Radio 3's foremost presenters.

£15, concessions £8, under 18s free

Zion Train
 Saturday 28 February, 8pm
 The Hat Factory

Starting out in the UK's rave party scene in the early 1990s, the band have come a long way by touring in Europe, Asia and the Americas, and exciting audiences at club gigs and festivals. Zion Train have been the undisputed leaders in the dub/dance genre for the past two decades.

As one of the most unique and enjoyable live dub acts on the planet, they are well known for using dynamic onstage dub mixing while performing alongside acoustic instruments and exceptional vocalists.

£15 on the door, £12.50 in advance



Talks, Workshops and Other Events

Saturday Selection

Every Saturday until 21 February 2015

11am-1pm & 2-4pm

Wardown Park Museum

Visitors will be able to get up-close and hands-on with a range of weird and wonderful objects from the museum's many and varied collections. Each week the museum will be searching its stores and bringing out objects for people to see and handle, many of which have never before been on display.

Free

Luton Libraries Six Book Challenge

Continues until June 2015

All Luton Libraries

We all know that it can be difficult in our busy day-to-day lives to find the time to enjoy a good book, relax with your favourite magazine or catch up with the latest news stories. So Luton libraries are challenging you to participate in the Six Book Challenge. Despite the title, you can choose to read anything that appeals, including magazines, newspapers, poems, plays, games, websites and books. Just pop into your local Luton library to register and you will be given a reading diary to record your progress. Then take your diary, including a brief comment about each item you have read, to your nearest library to be signed.

Once you have completed your reading diary you will be given a certificate and, if you are one of the lucky few, a further mystery gift.

Happy reading!

Free

Afternoon of Discovery: Valentines

20 February, 2-3.30pm

Stockwood Discovery Centre, Wenlock Room

A look at some of Luton's most interesting history through film footage, photographs and museum artefacts.

Tea and coffee included.

£7, £5 concessions

Coming Soon

Andrew O'Neill's History of Heavy Metal

Thursday 5 March, 7.30pm

The Hat Factory

Andrew O'Neill answers all the questions you were afraid to ask the big hairy men in that pub you have always avoided. Whether you are a committed headbanger or the type of person who would not know Napalm Death if they were squatting your garden shed, this show is hugely funny and massively entertaining.

Combining stand-up comedy with live music played on his customised Flying V guitar, O'Neill paints a picture of a subculture and history that has rocked the world.

£10, £8 concessions



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Gina Yashere Laugh Riot!

Saturday 7 March, 8pm

Luton Library Theatre

Multi award-winning Gina Yashere is back in the UK with her biggest tour to date! She has appeared on various American TV shows such as The Tonight Show with Jay Leno, Def Comedy Jam and The Rosie O'Donnell show as well as being a staple on The Lenny Henry Show, Mock the Week and Live at the Apollo here in the UK.

After rapturously-received shows at The Underbelly Festival this summer, Gina is back with her new show and a couple of classic stories. For ages 16+ years.

£15 in advance, £17.50 on the door



Ali Cook – The Art of Astonishment

Thursday 19 March, 8pm

The Hat Factory

Ali Cook is a historian of deception, a sleight-of-hand expert, a street magician, escapologist, stage illusionist and performer of thought control. The star of Penn & Teller: Fool Us, Dirty Tricks and Monkey Magic, the award-winning TV magician promises a night of breathtaking magic.

£10, £8 concessions



Fellswoop Theatre Company present

Ablutions

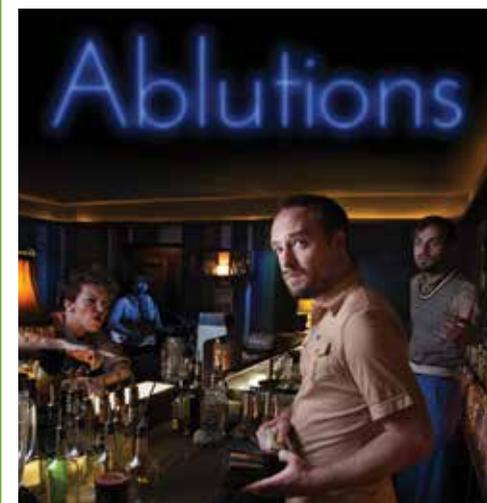
Thursday 26 March, 7.30pm

The Hat Factory

Picture yourself as a bartender, sipping top-shelf whiskey and watching your customers descend into nightly oblivion. Your heart is broken by the world around you and, leaving the whiskey aside, you hatch a devious, unthinkable plan of escape.

Award-winning FellSwoop Theatre present Ablutions, a dark, modern drama adapted from the novel by Man Booker shortlisted author Patrick DeWitt. A grimly funny tale from the sodden depths of the Los Angeles underworld, Ablutions blends a live soundtrack with detailed mime and DeWitt's heart-wrenching humour.

£10, £8 concessions



Hire Lewsey Community Centre for your meetings, special events and activities.



contact us at:
Landrace Road
Luton, LU4 0SW
Tel: 01582 696355
lewseyc@lutonculture.com

Other venues: **Libraries** – Bury Park, Legrave, Lewsey, Marsh Farm, Stopsley.
Community centres – Bury Park, Bushmead, Chaul End, Farley, Futures, Hockwell Ring, Lewsey, Limbury, Park Town, Raynham Way, Saints. For full details please visit our website.

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