



Houghton Regis Helpers *E-News*



Volume 10 Issue 3
May / June 2024

Welcome to our Celebration Issue! Presentation of The King's Award for Voluntary Service



Houghton Regis Helpers

Our volunteers are here to help local residents in need



Interested in volunteering?

Contact us by phone, email, Facebook or visit our website - see the Back Page for details!



Message from the Chair



"I am very proud of our volunteers in achieving the prestigious King's Award for Voluntary Service.

As Chair, I would like to extend thanks to His Majesty's Lord

Lieutenant of Bedfordshire, Susan Lousada, for making the presentation, other dignitaries, guests and all the Houghton Regis Helpers for joining in the celebration on 18th April.

My thanks go to the team who planned and prepared for the Presentation so well, to Christine and her colleagues at Houghton Hall Park for the table decorations, and to Houghton Regis Town Council, the Memorial Hall team and Asda for your support and contributions.

I also want to thank Andy Collins on Three Counties Radio for inviting us for an interview on the King's Award, it was great fun to be part of the Breakfast Show!

Founder members you set up an amazing network for helping those in need and a special thank you goes to all volunteers for making it happen. Can't mention all of you but thanks a million for being part of an incredible team of genuine, kind people.

To everyone for their hard work as usual, Houghton Regis Helpers you are worth your weight in gold!"

Yvonne Farrell

Houghton Regis Helpers E-News

Facts and Figures January to March 2024

Our quarterly report to BedsRCC for January to March showed that we continue to hit more than 1000 jobs per quarter, thanks to a great team of volunteers!

During these first three months of 2024 we helped 159 residents with a total of 873 jobs. When we add on the help and support given to other professionals and organisations, including the delivery of 5900 Town Criers to Houghton Hall Ward, Bidwell West and Linmere by 22 volunteers, the total is 1037.

Befriending visits and phone calls and shopping is high, mainly due to the increase in food bank collections for families with several children, and additional clients now getting regular fortnightly shopping.

Volunteers delivered 32 Warm in Winter Bags (donated by the charity, Small Acts of Kindness) to older residents and 24 Packs of Support (donated by Community Link) to residents struggling with cost of living.

We currently have 46 volunteers signed up with Houghton Regis

Helpers and we thank you all for your goodwill, generosity of time and the care and commitment you give to the community.



BBC Three Counties Radio

Houghton Regis Helpers on the radio, 5 April 2024!

Jenny, Christine and Yvonne were interviewed on the early morning Breakfast Show by presenter Andy Collins, promoting Houghton Regis Helpers and announcing the up-coming Presentation of The King's Award!

An early start but great fun!

You can listen to a short clip of the interview at BBC Sounds - <https://www.bbc.co.uk/programmes/p0hp0dyh>



Photos © Kimberley Piper

BBC Three Counties

Presentation of The King's Award for Voluntary Service

On 18 April 2024 we were honoured to be presented with The King's Award for Voluntary Service by His Majesty's Lord-Lieutenant of Bedfordshire, Susan Lousada, at a celebration event in the Memorial Hall in Houghton Regis.

Seventy guests attended the presentation, including volunteers, invited dignitaries and representatives from community and other organisations with whom we work in partnership.

Welcomed by our Chair, Yvonne, the Lord-Lieutenant first presented the Certificate, speaking about the dedicated team of volunteers and the difference they have made to the community especially during and post-Covid. She spoke about the King's Award being awarded to voluntary groups that are truly outstanding and that Houghton Regis Helpers are truly outstanding.

Susan Lousada particularly commented that, as a Good Neighbour Scheme, Houghton Regis Helpers help all age profiles with over 50% of those helped being of working age, that we are all volunteers with no paid staff and not only respond to requests from residents but also from other professionals. She closed her speech by saying we are a shining light in our County. On presenting the Certificate to the Chair, Susan Lousada read out the inscription, signed personally by King Charles the Third, awarded to *'Houghton Regis Helpers for providing practical support and wellbeing whilst reducing loneliness and isolation in Houghton Regis'*

Following the presentation of the Certificate we were presented with an engraved Crystal, held aloft by Yvonne!

Jenny as Secretary, gave the response speech, thanking the Lord-Lieutenant for this prestigious award which is an honour and testament to the hard work of all our

volunteers, past and present. Jenny thanked everyone for joining us to help celebrate this achievement, particularly those who nominated Houghton Regis Helpers, wrote letters of support and gave testimonies on our behalf.

Guests included the assessment team of Deputy Lord-Lieutenants Rob Oakley, Ismail Anilmis and Mark Hardy; The High Sheriff of Bedfordshire, Bav Shah; Town Mayor Cllr Jimmy

Carroll; Tracey Inkster from Central Beds Council who nominated us and Sharon Warboys from Don't Let Dunstable Die who wrote a letter of support. Representatives from Houghton Regis Town Council, Beds RCC, Titan PCN, Small Acts of Kindness, Time2Connect, CBC Ward Councillors and staff, the Heritage Society and Memorial Hall, and local religious groups attended - but the Volunteers and their guests were the STARS. Everyone enjoyed a celebration lunch and meeting the Lord-Lieutenant, who spent time going round the tables and chatting to everyone.



The Presentation

Houghton Regis Helpers E-News



Comments and Thanks

Houghton Regis Helpers *E-News*

What a tremendous celebration on Thursday and I was very honoured to be part of your special day.

You have an amazing team of helpers, and their faces were all really glowing as the day progressed. It was fantastic to see them all proudly wearing their KAVS badges. They work so efficiently together - decorating the Memorial Hall - nobody seemed to be giving out instructions, yet everything happened and likewise with the takedown after your amazing buffet lunch.

With very grateful thanks for allowing me to be part of your celebrations and for the excellent buffet lunch.

Best wishes to you and all at Team HRH,
Rob

I feel it should be me thanking you for inviting me to your very special day, I was delighted to be there.

Once again congratulations.

Ismail

It was an absolute honour to share this exciting (and much deserved) award with you all!
Vicky

It was a fabulous day and I can only say how proud I am to be a part of this wonderful group of volunteers.
Christine

It was an absolute pleasure to attend, it was a lovely event, very well organised and I'm sure you are relieved its over, I know how stressful these kind of events are.

Sarah

It was a lovely event, I was so pleased to be able to come along and celebrate with you. It is very well deserved. Onwards and upwards as ever.

Best wishes to you all and thank you once again for all the hard work you do.

Clare

Was a very special day for everyone The helpers and their guests. Proud to be part of this amazing group of people.

Sandra

Thank you for letting me take part in such a lovely event. It was fabulous to hear your story and join in your celebration.

Nicola

Michelle enjoyed the event as did I. Houghton Regis Helpers after hearing how you all work together for those so vulnerable in our society is so inspiring. To receive an award from the King is so special. Well done to you all.
Pat

It was a real honour being invited and attending the presentation of the King's award to the Houghton Regis Good Neighbours.

The refreshments were delightful thank you so much.

Bex

Thank you for your generous invitation to this prestigious event. It was lovely to be involved in seeing your group recognised for the significant work you all undertake for our residents!

Many congratulations to you all again, very worthy recipients!

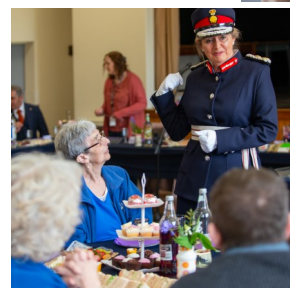
Rebecca

Many thanks for including BRCC in your KAVS award ceremony. It was great to see such a good turnout, and it was an enjoyable and well organised event for a very well deserved award.

Mike

Photo Gallery

Houghton Regis Helpers E-News



More News!

Houghton Regis Helpers E-News

Fund Raising at Morrisons

A chilly morning fund-raising at Morrisons in Houghton Regis on 12th April 2024! Great to meet so many customers and talk about the help and support we give in the community. Thank you to Morrisons for the opportunity.

And thank you to Theresa,

Saikat, Jenny,
Martha, Yvonne,
Linda and
Christine for your
time and
cheerfulness.



Afternoon Tea following Town Mayor's Civic Service

Well done to Paulette, Sheila, Norman, Martha and Saikat for your hard work in preparing and serving refreshments to over 90 guests at All Saints View following the Town Mayor's Civic Service on Sunday 14th April 2024. Cllr Carroll was very pleased at the success of the event and the afternoon tea was enjoyed by all.



Houghton Regis Locality Professionals Network Event

Organised by CBC Children's Services, volunteers attended the event at Houghton Regis Children's Centre on 22nd April 2024. A chance to meet other professionals, share information and promote the Good Neighbour Scheme.

Thank you Sandra, Yvonne, Debbie, Jenny, Christine, Jacque and Martha for your support at the event.



Safeguarding (Adults at Risk) Awareness Training 2024

Training for Volunteers

Two training sessions coming up - both sessions are open to first time participants and as a refresher course!

Saturday 1st June 2024 from 10.30 a.m. to 12.30 p.m.

**Venue: Linmere Farmstead Community Hall, Hockett Street,
off Sundon Road, Houghton Regis LU5 5GX**

OR

Thursday 6th June 2024 from 10.30 a.m. to 12.30 p.m.

Venue: Cedar Room, Houghton Hall Park Visitors Centre, Park Road North, LU5 5FU

As a volunteer working with adults and their families in our community it is important to be aware of the risks to and needs of vulnerable people. The issues facing volunteers are changing all the time and it is important to be kept up to date. The training session will provide you with the knowledge and awareness of safeguarding, both to protect our clients and yourselves, and guidance on how to act in an emergency situation.

**Training is FREE for Houghton Regis Helpers volunteers -
look out for the booking forms coming soon!**



NOTICE BOARD



Hospice at Home Volunteers is a registered charity covering the Dunstable, Houghton Regis and District area. Volunteers provide practical, social and emotional support to both clients and their carers, offering a free service that provides strength and encouragement at a difficult time. They offer practical help where it is needed to those suffering a life limiting illness and their family and carers.

If you would like more information call us on **07709131514** or email hello@hospiceathomevolunteers.co.uk

[Home](#) | [Hospice at Home Volunteers](#)

Houghton Regis Helpers

Phone: **07587 004514**

Our phone help-line is 'manned' on weekdays between 10 a.m. and 4 p.m. Messages can be left at any time and we aim to return calls within 24 hours.

Email:

houghtonregishelpers@hotmail.co.uk

Like, or join, our Facebook group page!

Visit our website

www.houghtonregishelpers.co.uk

Or Write to us at: Houghton Regis Helpers
c/o Houghton Regis Town Council
Peel Street LU5 5EY

EVENTS!

Volunteers wanted!

If anyone can help on our Information Stand at the Wellbeing Awareness Coffee Morning on 9 May please contact Jenny by email or on 07587 004514

Thank you!

Chiltern Hills PCN
Would like to invite you to

Wellbeing Awareness Coffee Morning

Thursday 9th May
10:00 am to 14:00 pm

Grove View Health Hub
Dunstable LU5 4JD

Come and meet representatives of:

- Health Watch Central Bedfordshire · Age UK · Dunstable CAB
- Houghton Regis Helpers · Central Bedfordshire Public Health · Beds Hospital NHS Foundation Trust Diabetes Educator · Housing Initiatives Central Bedfordshire · The Recovery College · ELFT · Beds Hospital NHS Membership

Houghton Regis Carnival
2024
Magic and Mystery
Saturday 13th July 24
The Village Green

More details will be released nearer the time

80th Anniversary D-DAY

June 6th 9.15pm
Village Green, Houghton Regis

Honoring Courage and Sacrifice.
Join us in remembering the bravery and sacrifice of the Allied forces who fought valiantly during Operation Overlord.

We will light a beacon to honor the 210,000 Allied casualties, including the 37,000 ground forces and 16,000 air forces who laid down their lives for peace and freedom.

Let us stand together in gratitude and remembrance.

Time for Tea & a Treat

Enjoy a change of scenery, FREE tea & a treat along with conversation and laughter.

1st Tuesday of every month
11am - 12.30pm

Houghton Regis Town Council | 01582 708540

All Saints View (entrance left of Costa Coffee)
Sapphire Place,
Houghton Regis, LU5 5LP

Make new friends!

For more information please contact:
Zunaira Sobhi - Houghton Regis Town Council
01582 708540

*If transport is a struggle we may be able to assist, please contact the above number for details

The next issue of *E-News* will be **July 2024**
Please send your articles, photos, ideas to the Editor...
(contact details left)

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