



May 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm

FITNESS CLASSES

SPORT
ACTIVITIES

GYM TOURS

2026 WELLBEING GAMES

INFLATABLES

MUSICAL
PERFORMANCE

INFORMATION
STALLS AND MORE

31ST JULY

10AM TO 4PM

BEDFORD INTERNATIONAL ATHLETIC STADIUM



We care
We respect
We are inclusive



Email: steve.muggridge@nhs.net

2026 Bedfordshire and Luton Wellbeing Games

Movement is good for every part of you

Take advantage of our **FREE** health and wellbeing stalls, designed to boost mental and physical health, and promote the benefits of sport and fitness.

NHS

BETTER



WE'RE RECRUITING NEW PLAYERS!



Come join Dunstable Town FC and be part of something special! 

New Players Wanted!

Join us as we move up to 9v9 football.

Be part of the next stage of our team's journey.

✓ TRAINING MONDAY 6-7pm

✓ TRAINING THURSDAY 5-6pm

📍 CREASEY PARK
Dunstable, LU6 1BB

HOW TO JOIN:

rjmfootballcoaching@outlook.com

☎ Rory 07514 318916 or Ryan 07939 074877



Be part of the Blues! 

U12 TEAM - NEXT SEASON

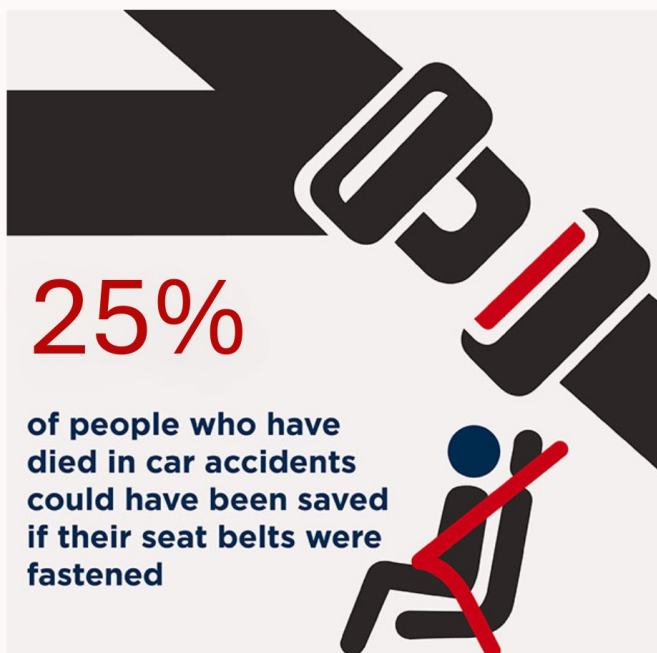
Girls currently in Year 6
Moving to Year 7
next season



BUCKLE UP BUTTERCUP!

- Wearing a seat belt reduces the risk of death by 50%
- 4 unbelted young people were killed/seriously injured every week in 2022
- 41% of people who dies in a vehicle collision at night could have been saved if their seat belts were fastened
- 40% of back seat passengers killed in collisions were not wearing a seat belt
- **Children under 12 years olds MUST be in a car seat or booster seat unless they are over 135cms tall**
- If a car travelling a 30mph stops suddenly, everyone and everything in the vehicle will continue to move at 30mph until something stops them. At a force of 2-3 tonne! **Make sure its the seat belt that stops you!!!**

The driver is responsible for all passengers under 14 year old and can receive an on the spot fine of at least £100. Passengers over 14 years old are responsible for themselves and can receive the same fine.



25%

of people who have died in car accidents could have been saved if their seat belts were fastened

>>>>>>

Bedfordshire Road Safety Partnership
Working together to reduce road casualties



You have what it takes for a rewarding career in fostering

- Your everyday experiences and skills are transferable into a foster carer role, from providing emotional support to teaching life skills.
- Our fostering roles are suitable for individuals, couples, or families from all walks of life. All children are different, so our foster carers are too.
- We offer many different types of fostering roles, including short-term, parent & child, therapeutic and long-term.
- Be part of our professional team and receive our ongoing comprehensive training.
- Receive generous fostering allowances, benefits and tax relief.

As a foster carer, you could provide a safe and stable home environment for a vulnerable child whilst enjoying a flexible and rewarding career that's literally life changing.



Tel: 01462 431 774 Web: www.nexusfostering.co.uk/Ampthill

**WEEKLY
TECHNICAL
TRAINING
CENTRES**

**every MONDAY
DUNSTABLE**

**Creasey Park LU6 1BB
Community Football Centre
5.00 pm to 6.00 pm**

**from Monday 13th April
6 week term £42.00**

- + Learn new skills**
- + Build confidence**
- + Fun environment**
- + All abilities welcome**
- + Term reports**
- + Academy pathways**
- + Boys & Girls**
- + School Yrs: R/1-2; 3-4 ; 5-6**

**Book online :
www.creativesportscoaching.co.uk**



Junior Cricket

At Eaton Bray Cricket Club

BEGINS 15TH APRIL

Every Wednesday Night
(even during the holidays!)



Open to both boys & girls
from 6 yrs old and up

U9, U11, U13 & U15 mixed teams
playing in the Beds Youth League

All in a welcoming environment
with qualified coaches

Interested?



Eaton Bray Cricket Club
Juniors

Message us on our
Facebook page



Coach Andy - 07962 031 582
Coach Paul - 07920 459 420

Call/Text one of our
coaches to find out
more



The Rye Gardens,
LU6 2BQ

Or just come down and
join in the fun on a
Weds night

Jets Junior Ballers

Ages 5-10 years old



Monday 5:30pm-7pm

Free Trial Session



£28 a month

50% off for each sibling



Lea Manor Rec

Contact: 07399572623

lutonjets@gmail.com



LUTON MADE: VAUXHALL

The Exhibition



Visit the new temporary Vauxhall exhibition to learn more about Vauxhall Motors history in Luton.

Luton Made:

OPENING:
2ND MAY
2026

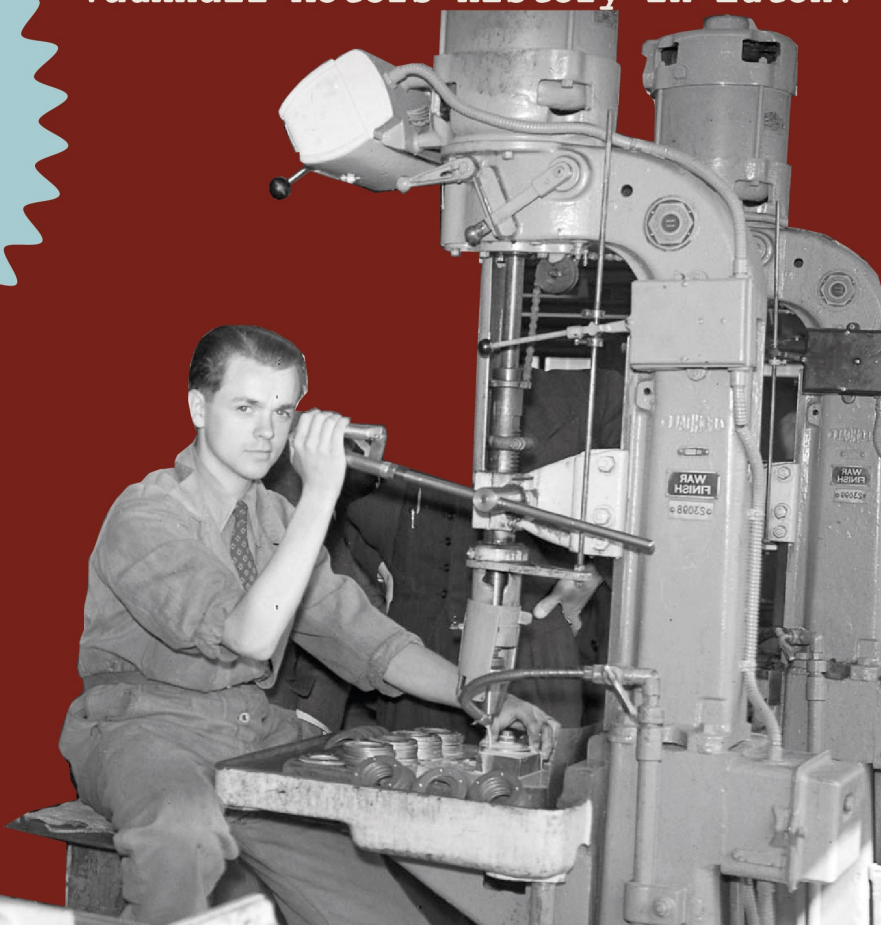
Opening weekend events:

Family fun day

Saturday, 2nd May 2026

Classic car day

Sunday, 3rd May 2026



Stockwood Discovery Centre

London Rd, Luton LU1 4LX

2nd May - 28th June 2026

©Luton News via Culture trust archives

@Lutonmade_vauxhall • lutonmade@luton.gov.uk



SCHOOL OF PERFORMING ARTS

★ NEW PERFORMING ARTS CLUBS STARTING AFTER HALF TERM ★
Christina Marks School of Performing Arts

Dear Parents & Guardians,

We are delighted to announce that Christina Marks School of Performing Arts will be launching an exciting new after school programme at Beecroft Academy after half term.

Our sessions are designed to help children build confidence, express creativity and have fun, all within a supportive and energetic environment led by experienced performing arts specialists.

🕺 Street Dance

High-energy routines inspired by modern dance styles that children absolutely love.

These sessions are suitable for all year groups and are a fantastic opportunity for children to stay active, build friendships and grow in confidence.

★ Spaces are limited and we expect them to fill quickly.

📱 to book your child's place please visit:

<https://christina-marks-sopa.class4kids.co.uk>

If you have any questions, please feel free to contact us and we will be happy to help.

We look forward to welcoming your child to a fun and inspiring term of performing arts.

Warm regards, Christina Marks

cmsopa.enquiries@hotmail.com
Director

Christina Marks School of Performing Arts

Please follow and like our social media page Christina Marks School Of Performing Arts



educating the parents

A series of interactive online discussions aimed at informing the parents of young persons at risk of exploitation and the violence associated with it.

We will discuss:

- The current education system;
- Supporting our children at home;
- Online safety;
- Signs of grooming and coercion;
- Understanding the pressures of childhood in this day and age;
- The challenges of parenthood

Every Monday from 11am to 12pm via Teams (online)

Please email gemma.hoddle@beds.police.uk
for the link



13th April to 04th May '26

ALUMINA IS A PROJECT OF

Youthscape

MOVING
TOWARDS A LIFE
FREE FROM
SELF-HARM

ALUMINA

FREE ONLINE SUPPORT FOR 10-17'S

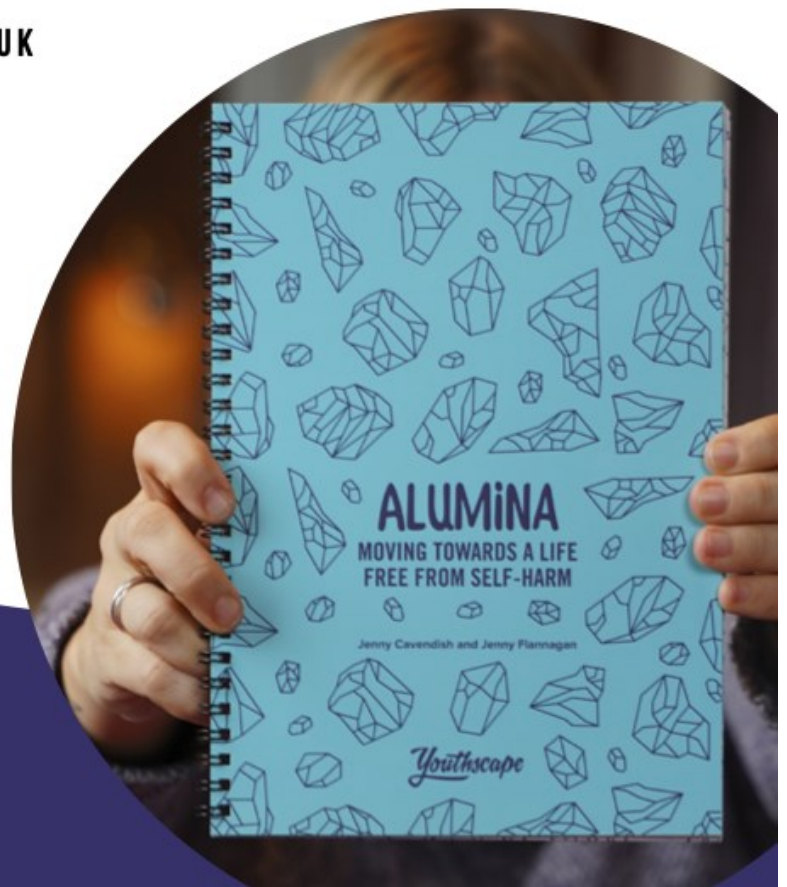
ALUMINA IS A FREE, ONLINE, 7 WEEK
COURSE FOR YOUNG PEOPLE AGED 10-17,
STRUGGLING WITH SELF-HARM.

TO FIND OUT MORE ABOUT ALUMINA
FOLLOW QR OR VISIT SELFHARM.CO.UK



"THE SUPPORT I HAVE HAD OVER THE LAST 7 WEEKS HAS
HELPED ME TO UNDERSTAND AND TALK ABOUT SELF-HARM
IN A SAFE ENVIRONMENT, AND THE ALUMINA STAFF WERE
NON-JUDGMENTAL, VERY KIND AND OPEN MINDED. I FOUND
MYSELF REALLY LOOKING FORWARD TO EACH SESSION."

YOUNG PERSON





Free Online Mental Wellbeing Courses For Spring 2026

Now open for enrolment in Hertfordshire & Bedfordshire

impactmh.org.uk



Funded by:



Central Bedfordshire Council
and Bedford Borough Council
working together

Bedfordshire
**Employment &
Skills Academy**



Funded by
UK Government



STEP 2 - SKILLS

YOUTH THEATRE

AT MILTON KEYNES THEATRE



Dive into our weekly drama classes, designed to develop key drama skills and techniques; sparking creativity, building confidence, public speaking skills and teamwork.

Classes are suitable for all experience levels, led by our talented practitioners and offering insight into life at MK Theatre, with classes taking place in our backstage studio!

Youth Theatre members also get discounts on other Creative Learning workshops, masterclasses and events, and discounted tickets where available!

Drop us an email for more info, or to book your taster session!

mkcreativelearning@atgentertainment.com

TUESDAY EVENINGS

ACT 1: School Years 2 – 4

4:30pm – 5:30pm

£108 (12 Week Term)

ACT 2: School Years 5 – 8

5:45pm – 7pm

£114 (12 Week Term)

***Sibling discount available**

