

Luton Irish Forum

Kathleen Connolly House 102 Hitchin Road, Luton, LU2 0ES

Tel: 01582 720 447 Fax: 01582 415 002

Email: info@lutonirishforum.org Web: www.lutonirishforum.org

April 2010 1st Edition

Q-cas 2

Bulletin



Family Tree Workshops

LIF will be running a programme of family tree workshops in May & June for parent/child or grandparent/grandchild couples to learn about their family history together.

Due to access to resources this is only being offered to those of Irish decent. The workshops will take place on Thursdays from 12noon to 2pm.

For further details please contact Nicola or Noelette on 01582 720 447 or email info@lutonirishforum.org.



Clothing Collection

Our next clothing collection is Thursday 27th May. Bags will be available shortly and any donation can be brought to Kathleen Connolly House up to 2pm on the day. We can take clothes, handbags, soft toys and shoes. All monies raised will go towards providing services to our community.

LUTON CARNIVAL - FINNEGAN'S WAKE

Due to the success of our Finnegan's Wake pageant at the St Patrick's Festival we would like to do it again for the Luton Carnival on Monday 31st May. We will be holding a meeting for interested people, if you would like to take part please leave your name with a member of staff or call 01582 720 447.

GENERAL MEETING

Our general meetings are open to all LIF members. They are an opportunity for members to find out what is happening, to feedback and be consulted on activities and services.



Meetings now take place on Tuesdays from 1.30pm at Kathleen Connolly House.

The remaining dates for 2010 are 18th May, July (AGM date to be confirmed), 21st September and 16th November.

Do you read The Luton News or The Dunstable Gazette?

We are still collecting the community cash points which you can find in The Luton News and The Dunstable Gazette at the bottom of page 2. Please help us by collecting these points and handing them in to a member of staff at Kathleen Connolly House.

Quiz Night

After the success of previous events we will be holding our 5th Quiz Night on Wednesday 30th June at 7pm.

Tickets will cost £5 which includes a fish and chip supper. You can come in a team of 6 or you can come in a smaller group or on your own and we will out you in a team.

Places are limited so call into the office or ring 01582 720 447 and speak to Nicola or Jacqui to book your place.

MONDAYS



10.30 to 11.30am Yoga

Gentle exercise with professional yoga teacher Gary Ward to help you relax and improve your overall wellbeing. Each session costs £1.50.

11.30am to 1.00pm Lunch

Our Monday lunch club is a great opportunity to come along meet friends even if your not taking part in the activities. For £1.50 there is soup, a roll, crisps and a choice of cake or fruit.



1.00pm to 2.00pm Dancing

We are currently organising short courses in a variety of dancing styles including Line Dancing, Circle Dancing and Irish Set Dancing. If you would like to take part in any of these or have suggestions for other dances classes you would like us to run please call 01582 720 447 and speak to Nicola or Jacqui. Each session costs £1.50.



Our next

Literary Society is Wednesday 7th April at 1.30pm
Irish Language Sessions are Wednesday 7th April at 6.30pm & Wednesday 21st April at 1.30pm.
Both activities take place at Kathleen Connolly House.

Cosy Rosy - Warm Front Grants

If you're struggling financially to keep your home warm, you could get a grant to make your home more energy efficient, or repair or install a new heating system. If you don't qualify for some benefits, you may qualify for others. And even if you have been turned down for some benefits in the past, you may find that you now qualify for some means of support. For more information on the scheme contact the Home Improvement Co-ordinator at Luton Borough Council on 01582 546789.



Are you getting all your entitlements?

Our welfare advice service could check you are receiving all you are entitled to and can help with all UK Benefits including disability benefits, Irish pensions, returning to Ireland, employment law, appeals and many other issues. Call us on 01582 720 447 to speak to an advisor or make an appointment.