



**SCENE: Enhancing Social Networks,
Improving Quality of Life**

Luton Activity Booklet

 East London NHS Foundation Trust



SCENE

Enhancing social networks,
improving quality of life



NHS

East London
NHS Foundation Trust

Any section of this publication is available in large print upon request. If you require this publication in a different accessible format we will endeavour to provide this where possible. For further information and assistance please contact:

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The information given in this publication is correct at the time of going to press.



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This booklet lists a range of activities available free of charge, or for very little money, in your local area.

These include leisure centres and activities, as well as regular workshops and lectures in your local libraries, galleries and community centres.

If you are unsure what your interests are, or would like to explore different or new activities, feel free to plunge into the booklet for inspiration.

The majority of activities listed do not require booking. However, we have included relevant contact details and additional useful websites, should you wish to check for up-to-date schedules or obtain more information.

We hope you find this booklet useful for both meeting new people and learning new skills...

And above all else, for having fun!

The SCENE Team



Community Projects and Centres

Bury Park Community Centre

161-161B Dunstable Road, Luton, LU1 1BW

Tel: 01582450194

Email: buryparkcc@luton.gov.uk

This is a centre run by Luton council.

[www.luton.gov.uk/Community_and_living/
community-centres](http://www.luton.gov.uk/Community_and_living/community-centres)

The centre offers:

- Religious classes
- Tai chi
- Library
- Zumba

Bushmead Community Hub

Hancock Drive, Luton, LU2 7SF

Tel: 01582 422 818

This is a charity run venue, who claim to be sustainable, secure, culturally diverse and accessible.

www.bushmeadhub.co.uk

The centre offers :

- Boxfit
- Pilates
- Zumba
- Yoga
- Karate
- Indoor bowls
- Health and Counselling Advice

Chaul End Community Centre

515 Dunstable Road, Luton, LU4 8QN

Tel: 01582557155

Email: chaulend@luton.gov.uk

This is a community centre run by Luton council that offers lots of different activities.

[www.culturetrust.com/community-centres/
centres/chaul-end-community-centre](http://www.culturetrust.com/community-centres/centres/chaul-end-community-centre)

Some which might interest you include:

- Thai-Chi
- Muay Thai Martial Arts
- Boxing
- IT-Suite
- Shower Facilities
- Luton Council Access and Advice Point
- Free Wifi
- Photocopying
- Fully equipped Kitchen Facilities



Farley Community Centre

Delphine Close, Luton, LU1 5RE

Tel: 01582736812

Email : Farley@luton.gov.uk

This is a centre run by Luton council. Feel free to give them a call and attend one of the activities! There are lots of exercise, social and religious groups, among a variety of other things (contact directly to get a full outline of all activities).

The centre offers:

- Relate counselling
- Kettlebell exercise class
- Bingo
- Boxing
- Zumba
- Bible study
- Muslim Male Prayer group



Hightown Community Sports and Arts Centre

Concorde Street, Luton, LU2 0JD, Luton, LU2 0JD

Tel: 01582419548

Email: info@activeluton.co.uk

This is an Active Luton gym that offer many classes that could be of interest.

They offer:

- Cycling classes
- Aqua fit
- Zumba
- Bums and Tums
- Stretch and Relax
- Pilates
- Body combat

Hockwell Ring Community Centre

Mayne Avenue, Luton, Bedfordshire, LU4 9LB

Tel: 01582734238

Email: hockwellring@luton.gov.uk

This centre is run by Luton council. It has a welcoming atmosphere and offers the following (among much more):

- Dance
- Badminton
- Coffee MorningS
- Diabetes advice
- Music
- Theatre
- Childcare

Leisure Centres

Inspire: Luton Sports Village

Butterfield Green Road, Luton, LU2 8DD

Tel: 01582731664

Email: info@activeluton.co.uk

This is a Luton council gym that offers a variety of different classes and activities.

www.activeluton.co.uk/lea-manor

- Gym
- 2 swimming pools
- 10m diving board
- Dance studio
- Cycle studio
- Wifi

Lea Manor Recreation Centre

Northwell Drive, Luton, LU3 3TL

Tel: 01582599888

Email: info@activeluton.co.uk

This is a Luton council gym that offers a variety of different classes and activities.

www.activeluton.co.uk/lea-manor

- Swimming
- Badminton
- Basketball
- Roller skating
- Netball
- Martial arts
- 5 a side football
- Squash

Lewsey Sports Park

Pastures Way, Luton, LU4 0PF

Tel: 01582604244

Email: info@activeluton.co.uk

This is a Luton council gym that offers a variety of different classes and activities.

www.activeluton.co.uk/lewsey-sports-park/centre-info

Activities include:

- Swimming Pool
- 20m slide
- Boxing
- Fitness classes
- Tennis



Lewsey Community Centre

Landrace Road, Luton, LU4 0SW

Tel: 01582696355

Email: Lewsey@luton.gov.uk

This is another council run community centre with some great activities on offer.

These include:

- Art
- Wellbeing classes
- Zumba & street dance
- Hairdressing
- Bingo
- Tae kwon do



Raynham Way Community Centre

66 Eaton Green Road, Luton, LU2 9LE

Tel: 01582 402 034

Email: raynhamway@lutonculture.com

Raynham Way is a community centre sited to the east of Luton near the airport. It has recently undergone an exciting transition to full community ownership! There are some really great things happening there and they are keen for people in the community to join them.

Some activities which may interest you include:

- Bowls
- Table Tennis
- Zumba
- Ballet and Tap dancing
- Weight Watchers

Sundon Park Arts

C/O Futures House, Coulter Building, The Moakes

Contact : via the contact button on the website.

The centre is run by members of the local community. Workshops are held throughout the year, and weekly lessons with newcomers welcome. Come along on a Tuesday evening at 7pm (2 hour session, it only costs £2), or a Wednesday morning at 9.30am (£3). The club was opened in 2002 and there are lots of tutors on hand to give advice. They also have exhibitions and painting out days, as well as a number of social events.

www.sundonparkarts.co.uk/aboutus

Libraries

Luton Central Library

St George's Square, Luton, LU1 2NG

Tel: 01582 547 418

Email: libraryinfo@lutonculture.com

The library has the widest selection of novels, non fiction and newspapers and magazines. Free to use computers and Wifi across all floors.

www.culturetrust.com/venues/luton-central-library

Opening hours:

Monday 11am—7pm

Tuesday, Wednesday and Thursday: 9am—7pm

Friday: 9am—5pm

Saturday: 9.30am—5pm

Sunday: 11am—5pm

Bury Park Library

Bury Park Community Centre, 161 Dunstable Road, Luton, LU1 1BW

Tel: 01582486569

Email: libraryinfo@londonculture.com

This is a small, cosy community library with books and magazines in many different languages. Also free computers and Wifi.

www.culturetrust.com/venues/bury-park-library

Opening hours:

Monday 3.30pm—6pm

Tuesday : 9.30am—5pm

Wednesday 3.30pm—6pm

Thursday 3.30pm—6pm

Thursday 3.30pm—6pm

Friday 3.30pm—6pm

Saturday : 9.30am—1pm

Sunday : CLOSED



Leagrave Library

Marsh Road, Luton, LU3 2NL

Tel: 01582556650

Email: libraryinfo@lutonculture.com

This is the largest library branch. It offers books, newspapers and magazine services, as well as music, film and DVD. Computers are members with access to Microsoft office.

www.luton.gov.uk

Opening hours:

Monday: 11am–7pm

Tuesday 9am—6pm

Wednesday 9am—6pm

Thursday 9am—7pm

Friday: 9am—6pm

Lewsey Library

Landrace Road, Luton, LU4 0SW

Tel: 01582696094

Tel : libraryinfo@lutonculture.com

Have a great selection of novels, non-fiction, newspapers and magazines. Free computers and wifi.

www.culturetrust.com/venues/lewsey-library

Opening hours:

Monday : 11am– 5pm

Tuesday: 9am—5pm

Wednesday: 9am–6pm

Thursday : 9am—5pm

Saturday: 9.30am—5pm

Sunday: CLOSED

Marsh Farm Library

Lea Manor High School, Northwell Drive, Luton, LU3 3TL

Tel: 01582574803

Email: library@lutonculture.com

Modern and much loved, Marsh Farm Library is situated on the Lea Manor School Campus. Have a selection of novels, non-fiction, newspapers and magazines.

www.culturetrust.com/venues/marsh-farm-library

Opening hours:

Monday : 2pm—6pm

Tuesday: 2pm–6pm

Stopsley Library

598 Hitchin Road, Luton, LU2 7UN

Tel: 01582706368

Email: libraryinfo@lutonculture.com

Lots of books, magazines, computer and wifi as well as activities for children.

www.culturetrust.com/venues/stopsley-library

Opening hours:

Monday: 11am—5pm

Tuesday: 1pm– 7pm

Wednesday: 9am—5pm

Thursday: 10am– 5pm

Friday: 10am—5pm

Saturday: 9.30am—5pm

Sports Clubs

Angling/Fishing

Luton Angling Club

PO Box 1398, Luton, LU1 9QR

Tel: 01582728114

They offer a free short taster session on learning to fish.

www.lutonanglingclub.co.uk/learn-to-fish

Athletics

Luton Athletic Club

Stockwood Park, Luton, LU1 4BH

Tel: 07926995125

Email: info@activeluton.co.uk

This is a gym situated in acres of beautiful parkland, making it an ideal location for improving your health and wellbeing.

www.activeluton.co.uk/stockwood-park-athletics-centre

Park Run – Luton Wardown

Old Bedford Road, Luton, LU2 7HA

Email: lutonwardownhelpers@parkrun.com

The Luton Wardown Park Run is a weekly timed 5K run which is held every Saturday morning at 9am. It is free and is open to everyone aged 11 and over.

The run is for enjoyment, so feel free to come along and run (or walk if that is what you prefer), at your own pace. There is a friendly and welcoming atmosphere.

www.parkrun.org.uk/lutonwardown

Badminton

Stopsley Badminton Club

Inspire : Luton Sports Village, Butterfield Green Road (off Hitchin Road), Luton
LU2 8DD

Tel: 07790541546

A friendly and competitive club atmosphere playing every Friday 8-10.30pm

www.stopsleybadminton.co.uk/contact-us

Bowling

Luton Indoor Bowling Club

Co-Operative Sports Ground, Stockingstone Road, Luton

Tel: 01582402785

Email: contact@luton-ibc.org.uk

The club has bowling activities throughout the year. They have memberships available from 1st September. Social membership costs £17 per year.

www.luton-ibc.org.uk/join



Bowls

Luton Town Bowling Club

The Pavillion, Bowling Green Lane, Old Bedford Road, Luton.

Tel: 01582 522907

Email: eddieswann@ymail.com

This club plays on a six rink grass outdoor bowling green maintained by club members.

The club states it is happy to hear from new members, male or female of any age or ability.

Boxing

Hockwell Ring Amateury Boxing Club

Hockwell Ring

Tel : 07852102162

(for more contact information please see the website for the message function).

The website invites people to go down and try their first session for free, after that it costs £5 per session or £8 for the full week.

www.hrabc.co.uk

- *Tuesdays : 7-9pm*
- *Thursdays: 7-9pm*
- *Saturday s: 11-1pm*
- *Sundays: 1-3pm*

Cricket

Luton Cricket Club

Luton sixth Form College, Bradgers hill Road, Luton, LU2 7EW

Tel: 07718594512

Email: info@lutontowncc.com

This club is established to serve all young and budding as well as mature cricketers with all abilities and skill levels. The main aim of Luton town cricket club is to bring the communities of Luton and all its surroundings together through the game of Cricket. Why not give them a call and get involved? They meet every Friday between 8 and 9.30pm for net sessions".

www.lutontowncc.com



Dance

Mirrors Dance

103 St Thomas' Road, Luton, LU2 7XP

Tel: 07889800809

Email: trudi@mirrorsdance.com

They have a wide variety of classes to suit all Standards! For more information on timings have a look at the timetable:

www.mirrorsdance.com/classes

Opportunities include:

- Latin
- Ballroom
- Social
- Disco
- Street



Street Dance Productions (Adult Street Dance)

Hat Factory, Bute Street, Luton , LU1 2EY

Tel: 07940715702

Email: mail@streetdanceproductions.com

Wednesdays: 7-8pm (street/hip hop dance)

Classes are on a drop in basis, no need to book, just turn up to the class. Wear loose/tracksuit bottoms and trainers. The routines change from week to week.

Disability Sports

Lewsey Sports Park

Butterfield Green Road, Luton

LU2 8DD

Tel: 01582400272

Email: info@activeluton.co.uk

The gym at Lewsey has a welcoming environment with an inclusive initiative (IFI accredited) with all equipment fully inclusive and suitable for people with disabilities.

www.activeluton.co.uk



Female Only Sport

Stockwood Park Athletics Centre

Stockwood Park, Luton, LU1 4BH

Tel: 01582256000

Email: info@activeluton.co.uk

Active Luton also runs a comprehensive women-only health and fitness programme for women and girls over 14 called “Me Time”. Activities include everything from aerobics to Nordic walking, Latin fusion to yoga! It is free to sign up and there on you can receive a 12 month membership and can take part in ten sessions for just £1 a session.

The club runs women only gym sessions at the following times:

Thursdays: 1.15pm—2.15pm

There is also a buggy fitness programme with mums and babies with small children in buggies. This takes place at Stockwood Park Athletics Centre on Tuesdays and Fridays from 10-11am. You can turn up and pay as you go for £4.20.

Tuesdays and Fridays, 10am-11am (£4.20)

For a full timetable of women’s gym sessions across Luton, including times and locations, please go to:
www.activeluton.co.uk/women-only-sessions

Football

Play Football Luton

St Thomas' Road, Luton, LU2 7UX

Tel: 01582420710

Email: www.luton@playfootball.net

They offer a variety of adult 5 a side leagues (including women only leagues) that are possible to join. Tuesdays and Wednesday evenings,

Offer 5 a side, 6 a side (on Tuesday and Wednesday evening) and 7 a side leagues on Sundays.

www.playfootball.net/venues/luton

Netball

Play Netball

Putteridge High School, Putteridge Road, Luton, LU2 8HJ

Tel: 01256809224

Email: info@play-netball.co.uk

Matches are on Thursdays at 7pm, 7.40pm, 8.20pm, 9pm and cost £4.40—5.70 per week (depending on size of the team). Call the number above or visit the website below for more details.

www.play-netball.co.uk/luton

Luton Tornadoes

Luton Sixth Form College Indoor Sports Hall, Bradgers Hill Road, Luton

Tel:

Email: Luton_tornadoes@outlook.com

Friendly, welcoming club for all abilities.

You can get a free training session to new players to see if you feel comfortable.

You can book online at:

www.lutontornadoes.co.uk

Outdoor Tennis Sessions

Venue 360

20 Gipsy Lane, Luton, LU1 3JH

Tel: 01582 418 873

Email: enquiries@venue360.co.uk

Venue 360 pride themselves on making sports and facilities available to all. Members and non-members are welcome to use courts. Come and “Pay and play” for £10/£12 a session; membership also available. You can play from Monday to Friday from early until 11pm, and at the weekend until 10pm. It's a good idea to book in advance as courts can get busy.

www.venue360.co.uk/tennis

Lewsey Sports Park

Pastures Way, Luton, LU4 0PF

Tel: 01582 604 244

Email: info@activeluton.co.uk

Lewsey sports park is part of the Active Luton initiative. They have lots of courts and you can play for £5.90 for an hour. You can book slots online.

www.playfinder.com/luton/venue/lewsey-sports-park



Swimming

Inspire Luton Sports Centre

Butterfield Green Road, Luton, LU2 8DD

Inspire is a world class multi sports facility with a modern gym., 2 swimming pools equipped with a new award winning hoist. The pool is used by the community as well as talented and elite athletes.

- Lane swimming (daily)
- Swim fit classes
- Learn to swim classes (adult)
- Disabled swimming sessions
- Women only
- Learn to dive

Monday—Friday : 6am—10pm

Saturday : 7am—5.15pm

Sunday : 8am - 5.15pm

Sunday : 7am—4.45pm

Lewsey Swimming Pool

Pastures Way, Luton, LU4 0PF

Tel: 01582604244

Email: info@activeluton.co.uk

Lewsey Park is an exciting community development offering swimming sessions. Pay as you go sessions are £3.90 (off peak). Memberships also available.

www.activeluton.co.uk/lewsey-sports-park

The pool offers:

- aqua fit
- Learn to swim
- Lane swim

Monday—Friday : 6am-9.30pm

Saturday : 8am—6pm



Lea Manor Recreation Centre

Northwell Drive, Luton, LU3 3TL

Tel: 01582256000

Email: info@activeluton.co.uk

The swimming pool boasts a 25m, 5 lane swimming pool. Pay as you go: £3.90 (off peak). Memberships also available.

www.activeluton.co.uk/lea-manor

The pool offers:

- Adult lane swim
- Disabled swim

Monday—Friday: 6am-9.45pm

Saturday & Sunday: 7.30am-4.45pm

Walking

Active Luton Health Walks

Lewsey Sports Park, Pastures Way, Luton, LU4 0PF
Or

Hightown Community Sports and Art Centre

Tel: 01582 400 272

Email: info@activeluton.co.uk

Our Let's Do This Health Walks vary between 30-60 minutes starting from Lewsey Sports Park or Hightown Community Sports and Art Centre.

The walks are suitable for all fitness levels and as well as getting fit, they are a great opportunity to socialise and get to know the local area.

www.walkingforhealth.org.uk/walkfinder/active-luton-health-walks

They also hold walks:

- *River Bank Primary School / Wardown Park - Tuesday 9.20am - Women only (30 minutes)*
- *Hightown Walk - Friday 9.30am (1 hour)*
- Lewsey Sports Park - Wednesday 9.30am (1 hour)*

U3A

For the following groups you need to apply for membership at www.u3asites.org.uk/luton/contact. They will send you more detailed information about starting points for walks.

Opportunities:

- **Amblers:** Meets fortnightly in alternate weeks to the Rambling Group, to do short walks within the local area at an easy pace on fairly flat terrain.
The programme is published in *In Touch* and on the notice board.
- **Strollers:** Meets fortnightly alternating with the Ambling Group and offers short local walks of around 2 miles at a gentle pace on easy terrain.
- **Rambling Group:** The Rambling Group offers short walks of 5-6 miles, often starting and finishing at a pub, with a short break part way; and long walks of 8-12 miles with a lunch stop, on alternate Fridays, starting usually within 15 miles of Luton.

www.u3asites.org.uk/luton/contact



Arts and Culture

Cinema

Cineworld

The Galaxy Bridge, Luton, LU1 2NB

Tel: 03303334444

A nice cinema in the centre of Luton, near the station, showing the latest international blockbusters in 2D and 3D.

www.cineworld.co.uk

Theatre

Luton Library Theatre

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

Tel: 01582 878 100

A family favourite, presents theatre, comedy, music and spoken word. Part of Luton life since 1962, presenting an eclectic programme of events. Offers a good selection of theatre performances for adults and children. Also range of classical musical performances.

www.culturetrust.com

Hats Factory Art Centre

65-67 Bute Street, Luton, LU1 2EY

Tel: 01582878100

Email: ellen.waghorn@lutonculture.com

The hat factory is a venue offering live music, contemporary dance, film, workshops and theatre.



Museums

Stockwood Discovery Centre

London Road, Luton, LU1 4LX

Tel: 01582 548 600

Admission is free! Displays large displays of collections of local social history, archaeology, geology and rural crafts.

www.culturetrust.com

Wardown House, Museum and Gallery :

Old Bedford Road, Luton, LU2 7HA

Tel: 01582546722

Admission is free!

This is a grade II listed building in the beautiful grounds of Wardown Park. This house “transports you back in time” to a Victorian family home.

www.culturetrust.com/venues/wardown-house-museum-gallery

Volunteering

Voluntaryworks

Various sites across Luton, see website for more venue details

Tel: 07584687657

Email : volunteering@voluntaryworks.org

This service works with volunteer involving organisations across Luton to promote and develop volunteering. Contact a Volunteering Adviser via telephone or email to find out more and book a face to face appointment.

www.voluntaryworks.org/contact-us

Services include:

- Animals
- Art, design and culture, children and families
- Disability
- Education and literacy
- Environment and conservation
- Health and hospitals
- Homelessness and housing
- Marketing and communications
- Mental health
- Older people



Luton Council Volunteer Team

*Lewsey Community Centre, Landrace Road, Luton
LU4 0SN*

Tel: 01582548772

Email: volunteering@luton.gov.uk

Luton council offers lots of volunteering opportunities across many different areas including:

- **‘People, Power, Passion’:** this is a programme that will commemorate the 1919 Luton Peace Day riots and bring cultures together in the vibrant town of Luton.
- **Environmental projects:** enjoy working outdoors? Opportunities include woodland conservation, gardening and litter picking.
- **Food Banks:** sorting food and stacking donations.
- **Families United Network :** e.g coffee shop volunteer
- **Penrose Roots:** run a weekly gardening session assisting with developing and maintaining a community garden, whilst providing support and encouragement to clients.
- **Events:** Help to run Luton’s many events. Stewarding, helping to set up, manning stalls and generally ensuring a fun, safe time is had by all at community festivals, firework displays, carnival and more.

www.luton.gov.uk/community_and_living/scs/volunteering/volunteering-in-luton

Part-time Courses

Luton ACL

Arndale House, The Mall, Luton, LU1 2LJ

Tel: 01582 490 033

Email: info@lutonacl.ac.uk

Luton Adult Learning offer high quality teaching and learning in a friendly and supportive environment.

www.lutonacl.ac.uk

Opportunities include:

- Apprenticeships
- English maths and ICT
- ESOL
- Family Learning
- Passport to Employment
- Skills and Qualifications
- Prince's Trust
- Mental Health First Aid
- Safeguarding and on-line safety
- Information and Advice
- Volunteering
- Learner Section



The Noah Academy

141 Park Street, Luton, LU1 3HG

Tel: 01582484001

Email: academy@noahenterprise.org

The Noah Academy runs a variety of courses (ranging from 4 weeks long to 12 weeks long). Many are free or low cost.

www.newhamadultlearning.co.uk

- **IT for work and life**
- **Digital Learning for Beginners**
- **ESOL (English Speaking of Other Languages) for employment** – aimed at people who want to improve English and confidence around employment.
- **IT and confidence** - learn to use a computer while managing your stress and anxiety, and developing your confidence
- **Sew confident** - an all female course to help practise spoken English in a fun and creative way.
- **Community Gardening** - to help you develop new skills, invest in your community and discover the wellbeing benefits of the great outdoors.
- **Creative Confidence** : help you get creative (relief painting, decoupage and card making, glass painting, candle painting, fabric painting) have fun

Support Services

Bedfordshire and Luton Recovery College

Recovery College, 29 Barford Avenue, Bedford,
MK42 0DS

Tel: 01234263621

Email: Elft.recoverycollege.nhs.net

All courses are free of charge and open to people aged 18 or over.

The college welcome people who are living with mental health problems, their carers, family and friends. Enrolling is easy; simply call or telephone to enrol on a course or workshop.

www.elft.nhs.uk/service/382/bedfordshire-and-luton-recovery-college

Courses include:

- Creative writing
- Anxiety management
- Action on addiction
- Body image
- Choir
- Mindfulness
- Passport to employment
- Practical horticultural training
- Yoga (small charge of £2.50 to cover this)



Mind BLMK

The Rufus Centre, Steppingley Road, Flitwick
Bedfordshire

MK45 1AH

Tel: 0300 330 0648

Email: hq@mind-blmk.org.uk

Mind works across communities to support positive mental health and wellbeing. Sessions are free.

www.mind-blmk.org.uk/training-and-education

Mind offer the following:

- Employment
- Mindfulness
- Craft session
- Walking group
- Yoga
- Relaxation
- Music

Luton All Women's Centre

The Spires, Suite 2, Adelaide Street, Luton, LU1 5BB

Tel: 01582416783

Email: support@lawc.org.uk

The service provides a safe and accessible women only environment, a resource centre allowing easy access to all the services available for women.

www.lutonallwomenscentre.org.uk

- emotional support
- Specialist groups
- Parenting
- Counselling
- Forced marriage

Parks and Nature Reserves

Bradgers Hill

28 Bradgers Hill Road, Luton, LU2 7EL

A nature area set on the edge of Luton, with abundant wildlife.

www.bradgershill.org

Bramingham Park

Luton, LU3 4DH

A big space, perfect for going for a stroll or taking the dog for a walk.

Foxdell

Dallow Road, Luton, LU1 1UP

A sports facility in Luton that provides grass pitches and mini soccer.

Bells Close Recreation Ground

Havelock Road, Luton, LU2 7PR

Blundell Road Recreation Ground

Blundell Road, Luton, LU3 1SG

Kingsway Recreation Ground

Beverley Road, Luton, LU4 8EU



Luton Hoo Estate

Luton, LU1 4LF

Tel: 01582721443

Email: office@lutonhooestate.co.uk

Learn about the gardens and about the history, the plants grown and all the work by the volunteers.

Cost is £10pp

www.lutonhooestate.co.uk

Cowslip Meadow Nature Preserve

New Bedford Road, Luton, LU3 2JA

A lovely, hidden place to go and walk and look at wild flowers.

Stoney Hill Nature Reserve

202 Birdsfoot Lane, Luton, LU3 2JB

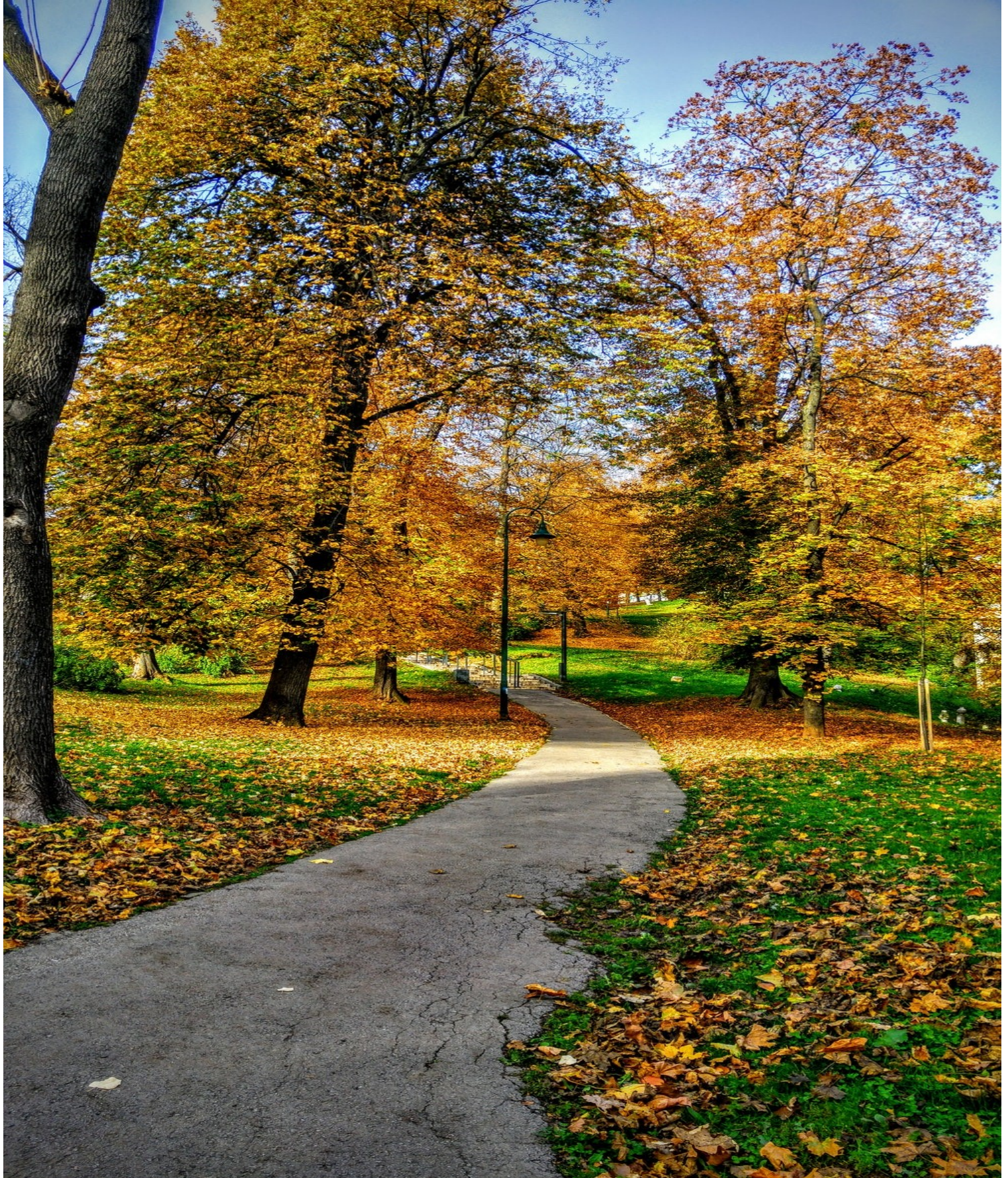
This became Luton's first nature reserve in 1993. It lies within the Chiltern's Area of Outstanding Natural Beauty. Home to rare species of flowers and butterflies.

Galley and Warden Hills

Warden Hill Road, Luton, LU2 7AE

Luton's first ever nature reserve and is the perfect place to enjoy a walk. There are three routes to choose from.

www.chilternsaonb.org/ccbmaps/727/137/galley-warden-hills-nature-reserve



[illegible]

Enhancing social networks, improving quality of life



**SCENE: Enhancing social networks,
improving quality of life.**
Learn more about SCENE project
<https://scene.elft.nhs.uk>

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Luton Activity Booklet

 **East London NHS Foundation Trust**



Useful Links:

www.luton.gov.uk

www.culturetrust.com



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