

THE HOULTON Signal

SPRING 2023

First with the latest messages from Houlton, Rugby

Houlton's mission TO BE HEART SAFE



L-R – Andrew Taylor, Naomi Rees-Issitt, Sonia Nakra-Norman, Jeremy Issitt (Jamie's Step Dad) & Karen (Jamie's Nan)

Houlton's Master Developer Urban&Civic has partnered with charity campaigners OurJay Foundation to install an automated external defibrillator at Houlton in memory of local boy Jamie Rees, who sadly passed away following a cardiac arrest in January 2022.

The potentially life-saving piece of kit is publicly accessible 24/7, situated in a prominent external position outside St Gabriel's primary school.

Made possible by a **£1,250 donation from Urban&Civic**, the Automated External Defibrillator (AED) provides a high-energy electric shock and is used to help save the life of somebody suffering a cardiac arrest.

Kyle Smith, Communications, Communities and Partnerships at Urban&Civic said: "We were honoured to collaborate with OurJay Foundation to make this happen and as well as this defibrillator at St Gabriel's, we are also committing to a second to be installed at Houlton in the future as we continue to develop our community spaces."

The U&C and OurJay partnership is just the latest for the Foundation whose mission is to raise awareness of the importance of having 24/7 publicly accessible automated external defibrillators. They work with government, community groups and businesses to campaign and deliver their mission. If you would like to know more about them and how you can get involved **visit [ourjay.org.uk](https://www.ourjay.org.uk)**.



The results are in...



A Quality of Life Survey, commissioned by Houlton's Master Developer Urban&Civic ranked residents' perception of happiness against a range of factors.

From feeling safe to walk around in the evenings, a figure that ranked considerably higher than the national average in England and Wales, to an undeniable sense of community spirit, Houlton's happiness barometer measured favourably.

Three-quarters of residents reported that they regularly stopped to talk to their neighbours, and **97%** of those stated that people in Houlton were more than willing to step in and help one another.

If you are interested in knowing more about the Quality of Life Foundation and their work **visit <https://www.qolf.org/>**.

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Sewing the ideas for Houlton's COMMUNITY GARDENS

Green-fingered residents of Houlton have joined forces once more, this time putting pen to paper to help bring to life designs for their very own community gardens.

Well attended by residents, the event, hosted by Urban&Civic gave people the opportunity to influence the look and layout of Houlton's community gardens.

The gardens are situated in front of the allotments which opened to residents last year and the formal open space which is set to launch this Spring.

Covering everything from how the gardens could look, to how they will be used by residents and the wider community, residents got their heads together to help cultivate exciting plans for the future of the gardens.

Not only were residents' creative juices flowing, they were also given a tour of the gardens themselves and walked away with a sunflower seeds starter kit and beautiful flower-themed cupcake, courtesy of Houlton allotment owner Laxmipriya, owner of Inclusive Bakes.

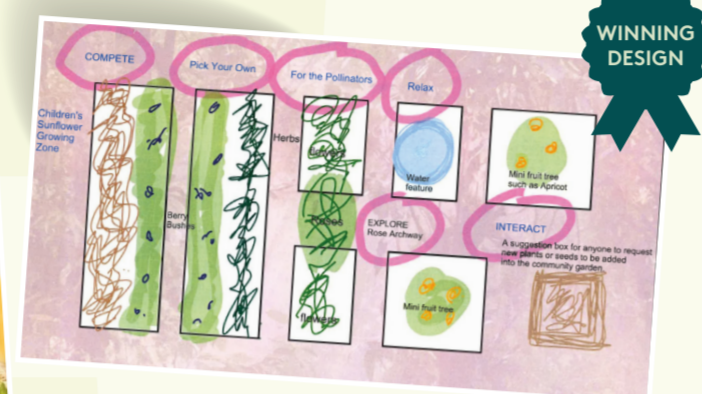
Those who couldn't attend were given the opportunity to submit their ideas digitally and those designs as well as those created at the event were shortlisted by an expert panel. The entire Houlton community was given the opportunity to vote for their preferred design and Vanessa Hunjan's design, inspired by her daughter Mia reigned victorious.

Sonia Nakra-Norman, Houlton's Community Development Lead, said: "It was a joy to lead this wholesome session with our residents and I can't wait to see the gardens brought to life from everyone's fantastic designs. By planting season, you'll find us collectively making those visions come to life. Watch this space!"

Houlton's formal open space consists of Houlton's first set of allotments; the first of three to be delivered here, plus table tennis tables, yoga lawn, football pitches and now residents' very own community gardens.



Vanessa Hunjan



Winning design by Vanessa Hunjan



Cupcakes supplied by Inclusive Bakes



Residents illustrate their design ideas for the first Houlton Community Garden

HOSTING AT The Exchange

Looking for a place to host your next business meeting? We have just the place.

Houlton's new co-working space The Exchange, based within the former Visitors Centre at Dollman Farm, is available to hire to work remotely, host meetings and to collaborate with peers.

Digital meetings, have their place, but nothing beats the opportunity to bring people together on a project face to face, and The Exchange is the perfect backdrop to help elevate your meeting.

Whether you're meeting in a smaller group for focused collaboration or want to host an all-singing, all-dancing meeting, conference, workshop or event, The Exchange is equipped with full conference facilities, including a large screen, camera, microphone, and speaker system.

Meeting rooms are chargeable by the hour and booked online via our app or through the sign-up link at www.theexchangehoulton.com.



Book a meeting
A day pass is £20 and unlocks access to facilities during office hours of 09h00 to 17h30.

THE EXCHANGE
CO-WORKING SPACE



Collaboration in action



A place to exchange ideas



Meeting room space at The Exchange



HOULTON'S Women's Institute

Houlton resident Dayna Fitzsimmons has set up Houlton's very own Women's Institute to help bring women of all ages and backgrounds from across the community together.

From crafts and cake to gardening and decluttering, there is something to interest everyone. Members include young mums, working professionals, active retired women and range from people who moved to Houlton when it first opened to new residents who have been here less than a year.

Response to the new group has been overwhelming, with over 50 Houlton women coming along to the first meeting. "I cried after that first meeting," said Dayna "It was amazing to have such a positive response".

Newly appointed WI President Sarah Foster said: "I joined because many people, like me, have moved to be part of a new community and where they don't have roots already, the WI is a brilliant way to make new connections and it's great fun!".

In April professional florist Chelsea Hull will be leading a workshop to make Easter wreaths with foliage, moss, silk flowers, and ribbon. The WI will be providing many of the materials but anyone coming along is welcome to bring ornaments or accessories.

Houlton WI now meets on the second Wednesday of each month at 7:30pm in the sixth form block at Houlton School. A packed programme is planned for 2023, and residents are invited to come along and join in for tea, cake and wine!



L-R: Sonia (Urban&Civic), Sarah (WI), Kyle (Urban&Civic) & Lesley (WI)

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*Prices and information correct at time of going to print, March 2023.

Houlton School

SUPPORTS MYTON HOSPICES

Houlton School pupils have been busy fundraising as part of their College Community Kindness Projects with all proceeds from their Festive Day donated to The Myton Hospices.

Chloe Buckenham, Deputy Head Teacher, Houlton School said: "The kindness, sensitivity and support that Myton offer those in its care has touched the hearts of all of us. We are delighted to have been able to show our support and appreciation for all that they do."

Myton has three hospices in Rugby, Coventry and Warwick. Rugby Myton Support Hub opened last year and is for anyone aged 18 years and over who is living with or caring for someone with a life limiting illness.

It is a community-based service working with local partners, all support provided is free of charge and no referral is needed. The Hub is open Monday to Friday

9.30am to 4pm and is located on the grounds of St Cross Hospital. You don't need an appointment, you can just pop in - free parking is available.

Community Fundraiser for Myton Laura Newman added: "We would like to say a huge thank you to Houlton School for their amazing fundraising - we need to raise £9.1 million this year to continue providing our services free of charge so every penny raised really does make a difference to our patients and their families."

Whether you are an individual, group or business there are lots of ways you can support Myton, please visit www.mytonhospice.org/support to find out more.



Christmas crafts



Festive fundraising



Future netball superstars - the Houlton Netball team

Team Spirit AT HOULTON!

Whatever passion you have, from football to tennis, rugby to netball, there is something for everyone to get involved in at Houlton.

Houlton's Netball Teams, who are based out of Houlton School have received a boost this season, following the receipt of two grants from Clifton-upon-Dunsmore Parish Council to help them purchase new netballs and netball dresses. Councillors joined the teams training evening at Houlton School to present a cheque for the sum of £500.

If you're a budding goal shooter, attacker, defender or keeper and fancy a spot being called up for Houlton's Netball Team, search Houlton Netball on Facebook.

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