

The Feast Luton

Summer 2026 Newsletter



The aim of this newsletter is to give you a snapshot of what is happening with The Feast in Luton. Please feel free to share this with your friends or family or people you think might be interested.

Pampering, cooking and trampolining

It has been good to be able to continue to put on regular encounters that bring together teenagers from different faiths, cultures and ethnic backgrounds from across Luton.

There was a lot of laughter at the girls-only pamper evening. We enjoyed a sit-down dinner together and the girls had some great conversations about self-care. Cooking at the gurdwara was interesting, not just for learning to cook a good curry, but also to find out more about the Sikh faith. Some of the young people had never visited a gurdwara before. It was good to have young people reconnect with us who had not been to an event for a while.

We joined with Luton Irish Forum for a joint encounter, bringing together their young people and those who regularly engage with us. It was really good to connect with them again, after our event in the autumn.

Did you know: in the last 12 months we have run 20 different youth encounters. We engaged with 67 young people, and 31 of those attended a Feast event for the first time, with most of those returning to subsequent encounters.

The teenagers have come from different faiths - Christian, Muslim, Sikh, Buddhist and of no particular faith. They have different cultural heritages - Asian, African, Arab, white British, GRT (Gypsy, Roma, Traveller) and other European backgrounds, including from Ukraine.

We have also been able to continue our partnership with St Mary's Church in running the weekly drop-in on Thursday afternoons, called Impact. It has been good to have teenagers from the local area coming – not just teenagers from church.

Our young leaders' programme – Catalizers – is growing. In partnership with Hope Church, we are getting them involved in coming alongside people from the refugee community. We want to see them develop their leadership skills in facilitating meaningful conversations between people from different demographics.



College workshops

Since January, we have also run 2 sets of a 3-session workshop for students at Barnfield College.

The workshop helps students learn the skills to be able to handle discussions about tricky issues in a constructive manner.

School Assemblies

It has been good to continue to support the Luton Council of Faiths with their faith leaders' assembly in primary schools, where a panel of faith leaders talk about their respective faiths to the children. For the first time, we have done an assembly in a Central Beds school (as opposed to a Luton school) to a school where there is very little diversity. We were also invited to give some input at a faith leaders' training about how we can talk about our own faith to people from another religion in a way that bridges differences rather than deepens divisions.



 **TALKING FAITH MAKING FRIENDS CHANGING LIVES** 

HEALTHY DIALOGUE

How could healthy dialogue help you in your work?

Explore The Feast's Guidelines for Dialogue over three online sessions as an effective tool for managing discussions on difficult issues

Session 1: introduction to the Guidelines
Session 2: interactive practice with the Guidelines
Session 3: applying them to your context

£35

for 3 sessions

to include free copy of the Guidelines for Dialogue book on course completion

Tuesday lunchtimes
16, 23, 30 June 2026
12:30 - 13:30

Book your place using the QR code:
Any questions?
email Ulrike@thefeast.org.uk



Learning healthy dialogue course

We will be running a course for anyone who wants to have healthier dialogue about tricky issues, whether at work or at home.

If you are interested in taking part, please do get in touch!

Stand with us!

Funding is very difficult to come by at the moment – The Feast is not exempt from that.

Would you consider making a regular donation towards the work of The Feast?



Scan the code to give

The Feast Youth Project is an award-winning charity which enables young people of different faiths and cultures to become confident to enjoy each others company, discuss their faith appropriately and live peacefully with each other by forming real friendships. We work in partnership with local schools, youth groups and different faith communities.

Connect with us @thefeastproject

www.thefeast.org.uk

The Feast is registered as The Feast Youth Project (Charity no. 1146574 and Company no. 07984457).

The Feast Luton

Ulrike Hunt – Luton Development Manager: 07833 146155

ulrike@thefeast.org.uk

www.thefeast.org.uk

 [thefeastproject](https://www.facebook.com/thefeastproject)



[youtube.com/thefeastproject](https://www.youtube.com/thefeastproject)



[thefeastyouthproject](https://www.instagram.com/thefeastyouthproject)