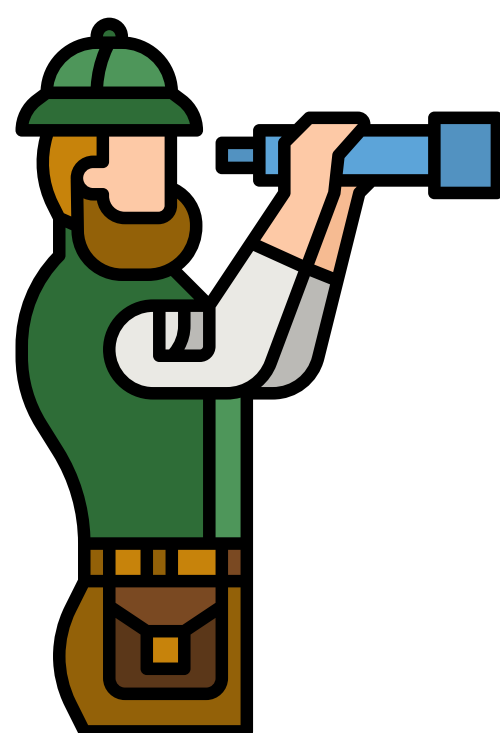




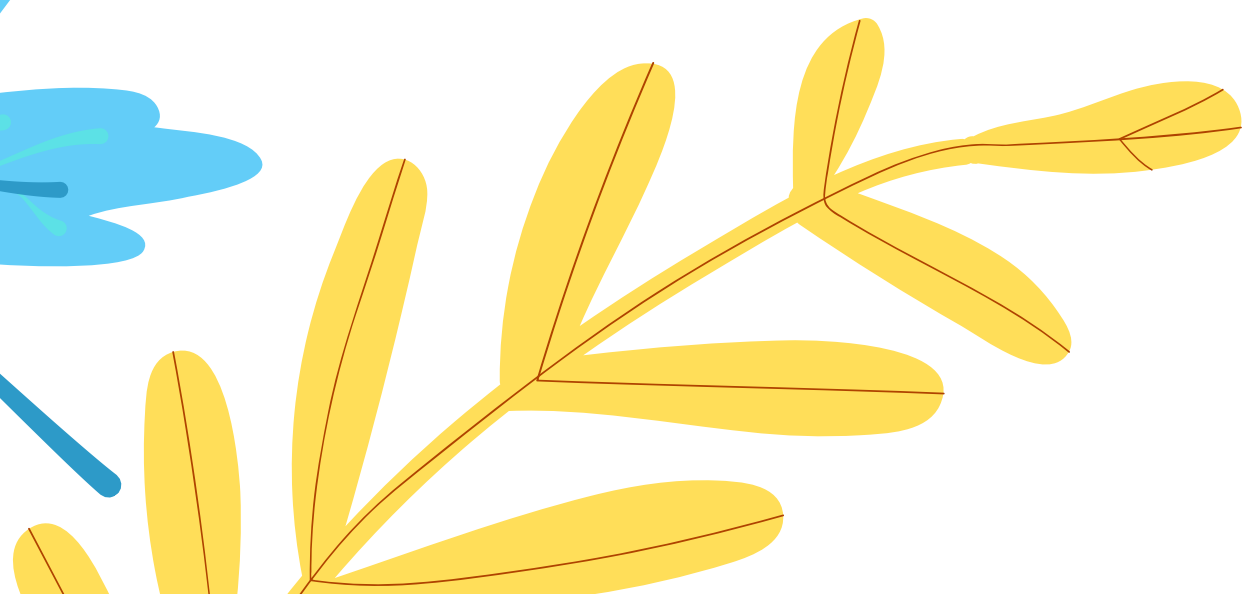
East London
NHS Foundation Trust

Summer Term Prospectus

June - August 2022



"Exploring the Unknown"



CONTENTS

Origins 3 - 4

The Discovery College 5

Co-Production 6

Our Agreement 7

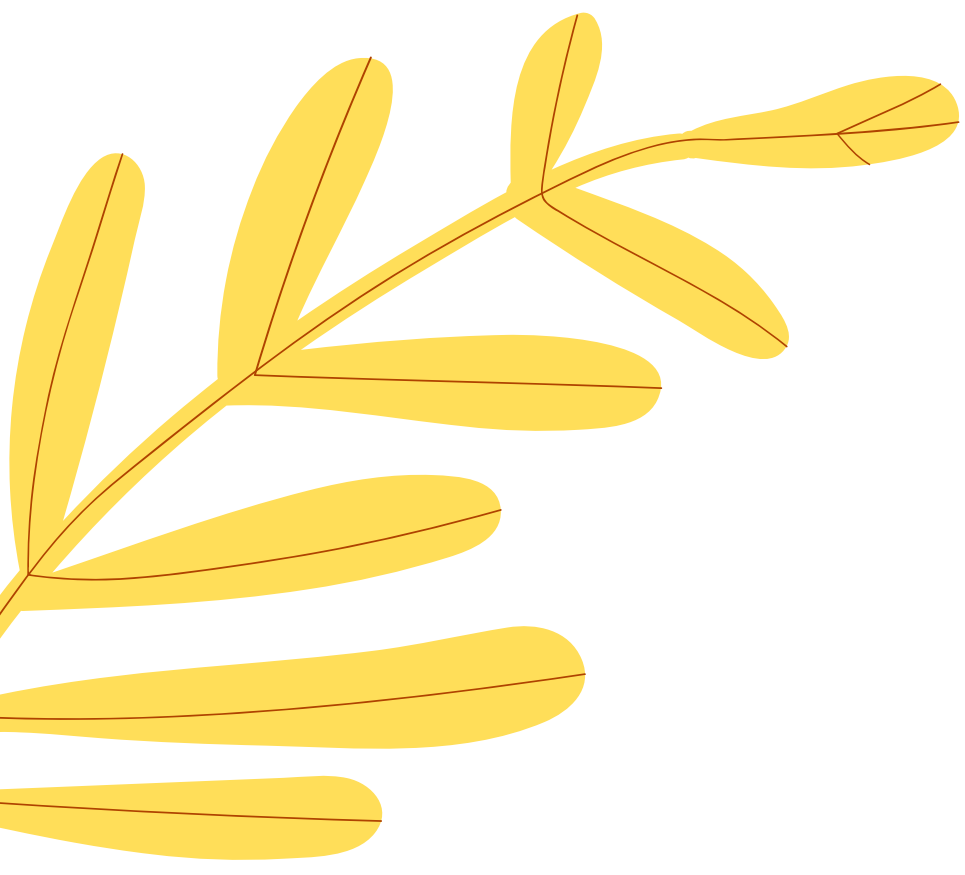
Our Students 8 - 10

How to sign up 11

Courses 12 - 20

Our Partnerships 18

Contact Details 19



ORIGINS

Young people of the community have been campaigning for a Discovery College for a long time:

"I was given the Recovery College Prospectus (adult version of the 'DisCo') when I turned 18. There were some brilliant courses available but they didn't seem relevant to me at the time... I wasn't ready to go to a group with people three times my age. We would all be at very different stages of both life generally but also our mental health experiences would vary.

"That's when the idea of the Discovery College came to my mind"

Jay Aged 20

Jay and others campaigned for the Discovery College and now it is finally here!



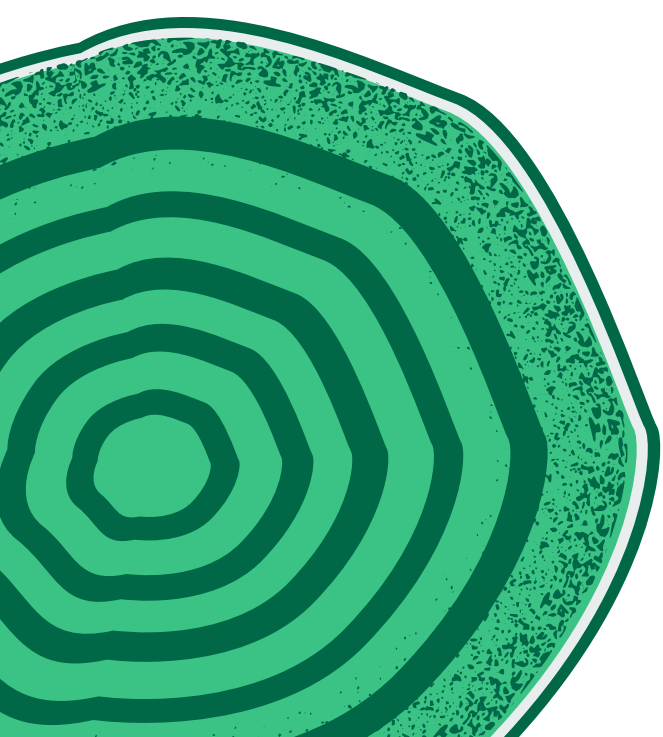
ORIGINS

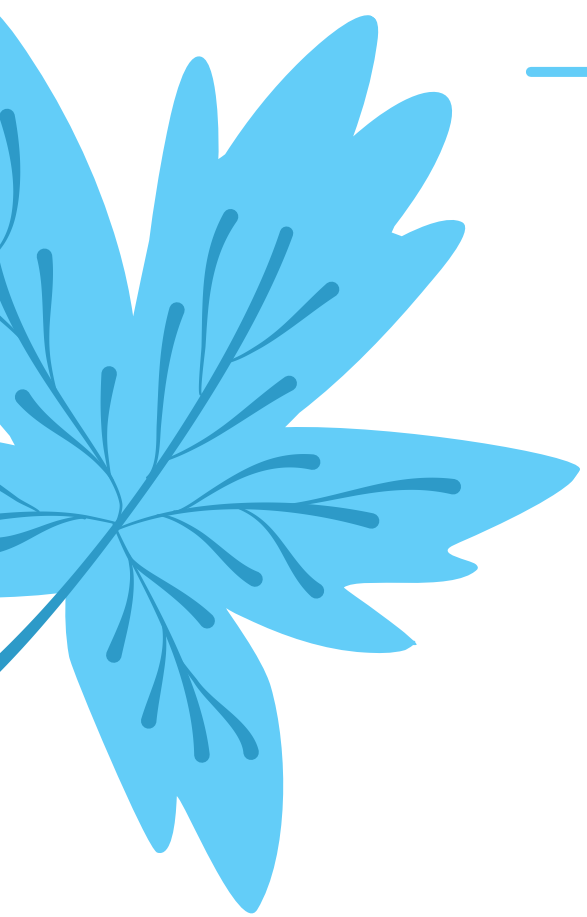
Building the Discovery College has already had an impact on young people:

"Being a part of creating the Discovery College has built my confidence and given me ideas that I can take into life with me as I go into studying mental health nursing at university. I've been able to have my views listened to and also help to adapt ideas that I've come up with"
Suzie aged 17

The discovery college logo was co-produced by a group of young people. Here is their reasoning for choosing this design.

"Butterflies are the product of great growth - we all have the potential to be a butterfly that explores the world and adapts to it"
Shana aged 18





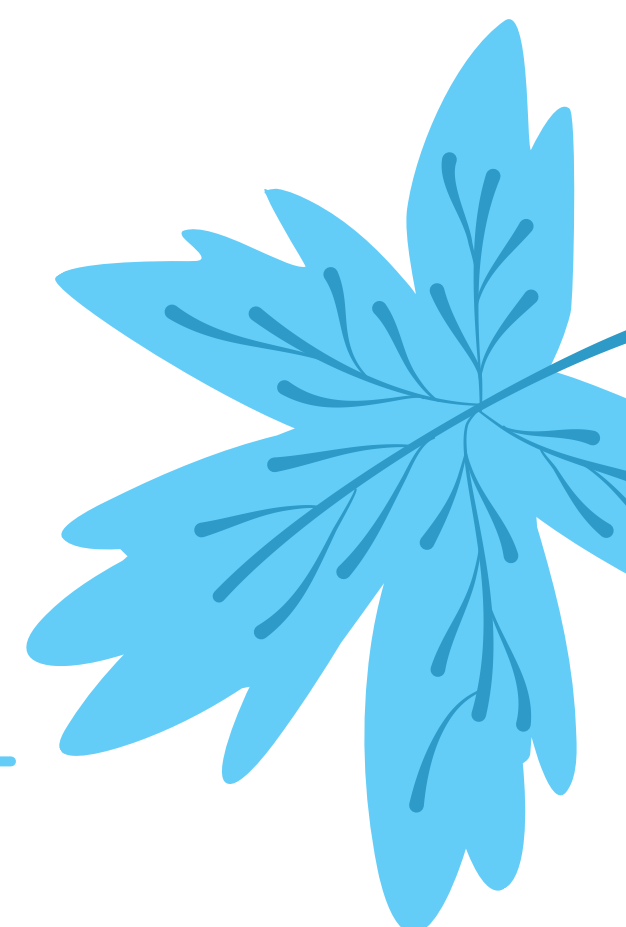
THE DISCOVERY COLLEGE

Our Discovery College offers free workshops to young people between 13-18 years old across Bedfordshire and Luton.

Workshops will focus on numerous topics from arts and crafts to CV writing and career development.

We welcome carers, relatives, professionals, and friends to join this fantastic opportunity and support young people explore their potential, learn new skills and flourish within their community.

All our workshops will be done in groups either face to face or online. The Discovery College will cultivate a non-judgemental environment and allow everyone to share their voice.



CO-PRODUCTION

The Discovery College places young people at the heart of everything we do. All workshops will be designed and facilitated with young people who have endured mental health and/or emotional challenges in their life.

Our Peer Mentors will be volunteers or young people who may have used services in the past or currently using some form of support. One of the many skills they will possess is the ability to share their lived experience, which will empower other young people, instill optimism and help them to take control of their life.

Our Subject Mentors will also be volunteers or professionals who have experience in supporting young people and can share their journey of discovery in a non - stigmatized manner.




OUR AGREEMENT

TO PARTICIPATE YOU MUST UPHOLD OUR AGREEMENT TO:

- Maintain confidentiality at all times
- Respect what others have to say and their views
- Maintain a non-judgemental culture
- Be mindful of each others' feelings

THE DISCOVERY COLLEGE TEAM WILL:

- Allow space when you need some timeout
 - Make sure you're comfortable
 - Create a fair environment
 - Help you to explore other options
- 

OUR STUDENTS

We talked to those who took part in our workshops this spring and this is what they had to say about the Discovery college!

"Being a facilitator for Discovery College has been very fulfilling. After my first session I asked to join in on another meeting to work with Shibs as I knew I had more to offer. This has given me the opportunity to speak about my own experience and what has helped me and hoping that could help someone else even if it is something small".

From our Peer mentor who co-facilitated on the Understanding Low Mood course

"Presenting my workshop has been an extremely rewarding experience. Co-production allows young people to have a voice. It feels empowering to have my voice heard and educate other young people on a topic I'm very passionate about. Being able to present my work makes me feel proud and has improved my self-confidence".

From our Peer mentor who co-facilitated on the self-esteem and confidence course

Our Cooking Skills session which was part of the Life Skills workshops at Tokko – Luton



“My son came home very positive, we had a long talk, he was keen to tell me about his evening and is very much looking forward to next week, I am very happy for him, it's great to see some enthusiasm from him”.

(This was a comment from a parent after their son attending a life skills workshop at the Discovery College)





Pictures from our "Livelyhood" workshop and Player Development Mentorship with Luton Town Football Club



The hoody designing was such a great process, it has given us an idea of something new we'd like to explore in the future. We have learnt a great deal about how to make anything on our own. The creation of the wonderful hoodies has come down to teamwork.

Comments from our student Moin, Age 19



HOW TO SIGN UP

To register for a course all you need to do is complete a Discovery College registration form.

You can access this form by scanning the QR code or using the link below.

If you have any difficulties completing the form, please email us on elft.camhsdiscoverycollege@nhs.net and one of the team members will support you with this.

<https://forms.office.com/r/pH8TdKvzZG>



What next?

Once we have received your form you will be booked onto the course and an email of confirmation will be sent to you with all the details. If the course is fully booked we will inform you that you have been added to a expression of interest list, this means if there is a cancellation you could be offered a place.



FACE TO FACE COURSES

Confidence & Communication (2 week course)

We recognise that we all grow and develop in different ways and this is dependent on our life experiences. Come and join your 'Youth Network' peers to help you identify skills and habits that will build on your personal development by enhancing your confidence and communication.

Venue:

MEA Community Centre 2-32
Beechwood Rd, Maidenhall,
Luton, LU4 8RP

Date:

Monday 20th and
27th June

Time:

5.30-7pm

Facilitators:

Raheed Salam &
Youth Network
Peers

Life Skills (4 week course)

WK1 - Building relationships

WK2 - Cooking skills

WK3 - CV Writing

WK4 - Interviewing skills

Venue:

TOKKO Youth Space 7 Gordon
Street, Luton, LU1 2QP

Date:

Wednesday 22nd, 29th
June
Wednesday 6th,
Tuesday 12th July

Time:

5-7pm

Facilitators:

Shiblu Miah &
Barclays Team

A Better Night's Sleep

This workshop will explore how sleep works, why it is needed and the common causes of some sleep difficulties. We will also explore some helpful strategies to improve your sleep.

Venue:

Shackleton Primary School
Community Hub, Pearcey Rd,
Bedford, MK42 9LZ

Date:

Monday 11th July

Time:

4.30-6pm

Facilitators:

Shiblu Miah

Understanding Low Mood

Depression is very prevalent among young people and can impact the way you think, act and feel. An opportunity to learn about the signs and causes to low mood. We will also look at different tools that can help us manage depression.

Venue:

Shackleton Primary School
Community Hub, Pearcey Rd,
Bedford, MK42 9LZ

Date:

Monday 4th July

Time:

4.30-6pm

Facilitators:

Shiblu Miah



Mental Health & Wellbeing (Grove Corner)

This workshop is designed to engage and inspire students to improve their wellbeing. It will include a combination of learning and participation on subjects such as stress, anxiety and sleep. Students will get the chance to talk about healthier habits of looking after themselves, and collectively share resources from their lived experience.

Venue:

Grove Corner Youth & Community Centre, 76A High Street North, Dunstable, LU6 1JF

Date:

Monday 18th July

Time:

3.30-4.30pm

Facilitators:

Grant Warpole & Jack Rimmer

Understanding Anxiety

Learn how anxiety affects us in different ways.

We will gain a deeper understanding on the possible causes and how best to manage these feelings.

Explore resources that can help you with worries and being fearful of the future.

Venue: Resolutions 2, 12 Victoria Street Chapel Langley LU1 2UA, Luton

Date:

Monday 25th July

Time:

2-4pm

Facilitators:

Mo Hussain & Louise Thirkettle



Leadership & Empowerment (4 week course)

WK 1 - What is Leadership?

WK2 - How to become a role model

WK3 - CV Writing

WK4 - Interviewing skills

Venue:

All Saints Parish Church 98
Iddesleigh Rd, Bedford, MK40 4LQ

Date:

Thursday 28th July
and Thursday 4th,
11th and 18th August

Time:

5-7pm

Facilitators:

Moin Tahir &
Shiblu Miah

Kinetic Colour (2 week course)

"Welcome to the "Kinetic colour" workshops.
The first workshop consist of working with
art materials and colour to support creativity
and find new ways of expressing feelings
through these mediums.

Our second workshop will give us an
opportunity to reflect on our experiences of
using colour through movement, spoken
work and poetry.

Venue:

The Place, Bradgate Road,
Bedford MK40 3DE

Date:

Tuesday 2nd August
(Room 3) & Tuesday
9th August (Room 3)

Time:

3-5pm

Facilitators:

Yu-Hsuan Lin
Kat Fusco & Shana
Ryan



Mental Health & Wellbeing (TACTIC)

This workshop is designed to engage and inspire students to improve their wellbeing. It will include a combination of learning and participation on subjects such as stress, anxiety and sleep.

Students will get the chance to talk about healthier habits of looking after themselves, and collectively share resources from their lived experience.

Venue:

TACTIC, 17 Hockcliffe Street,
Leighton Buzzard, LU7 1EZ

Date:

Wednesday 10th
August

Time:

2-4pm

Facilitators:

Shiblu Miah &
Linda Farmer

A Story of Hope

'This 2-hour drama workshop uses storytelling as a way of understanding your relationship to the theme of "Hope".

The session will involve movement and art-making which will enable a creative way to discover more about yourself in a safe and unique way.

Venue:

The Place, Bradgate Road, Bedford
MK40 3DE

Date:

Wednesday 17th
August

Time:

1-3pm

Facilitators:

Eshmit Kaur

ONLINE COURSES



Kinetic Colour (2 week online course)

"Welcome to the "Kinetic colour" workshops. The first workshops consist of working with art materials and colour to support creativity and find new ways of expressing feelings through these mediums.

Our second workshop will give us an opportunity to reflect on our experiences of using colour through movement, spoken work and poetry.

Venue:

Online - Zoom

Date:

Tuesday 28th June &
Tuesday 5th July

Time:

4.30-6pm

Facilitators:

Yu-Hsuan Lin
Kat Fusco &Shana
Ryan

Gender & Identity (2 week online course)

This 2-week workshop aims to inform students on what it means to be transgender and the issues transgender people face.

It will also raise awareness on how health services could be better equipped to supporting the transgender community.

Venue:

Online - Zoom

Date:

Thursday 7th and
14th July

Time:

5-6.30pm

Facilitators:

Finn Ryan &
Participation Peers



Self-Esteem (4 week online course)

This course is aimed at young people who want to change the way they think and feel about themselves to become more positive, especially people struggling with low self-esteem and low self-confidence.

WK1 - Understanding Emotions

WK2 - Self -Esteem

WK3 - Intro to Social Media & Mental Health

WK4 - Creating a Healthy Social Media Feed

Venue:

Online - Zoom

Date:

Wednesday 13th, 20th
and 27th July &
Wednesday 3rd
August

Time:

5-6.30pm

Facilitators:

Layla Wilkinson &
Shiblu Miah

Understanding Anxiety (online workshop)

Learn how anxiety affects us in different ways.

We will gain a deeper understanding on the possible causes and how best to manage these feelings.

Explore resources that can help you with worries and being fearful of the future.

Venue:

Online - Zoom

Date:

Thursday 28th
July

Time:

1-2.30pm

Facilitators:

Suzie Simkins &
Melissa Mountford





Understanding Low Mood (online workshop)

Depression is very prevalent among young people and can impact the way you think, act and feel.

An opportunity to learn about the signs and causes to low mood.

We will also look at different tools that can help us manage depression.

Venue:

Online - Zoom

Date:

Monday 8th
August

Time:

2-4pm

Facilitators:

Jaina Patel &
Melissa Mountford

Preparing for Higher Education (2 week online course)

This course aims to create a guide on how to navigate this new journey, with a better understanding of what to expect. We will address rejection and unexpected change in plans.

We will also discuss the topics such as, moving away from home, applying for university accommodation, how to integrate at university and have your voice heard.

These sessions will conclude with discussions where you can ask questions and hear the experiences of people who have been through similar situations.

Venue:

Online - Zoom

Date:


Monday 15th and
22nd August

Time:

1-3pm

Facilitators:

Marianne Bahadur &
Shana Ryan



Let's talk voices, visions, and unusual sensory experiences

Do you want to understand more about what's it's like to have unusual sensory experiences? This workshop is suitable for anyone who is interested in developing their understanding about this topic, including young people who may have their own lived experience of voices, visions and unusual sensory experiences or know someone who may be going through this.

Venue:

Online - Zoom

Date:

Tuesday 16th
August

Time:

2-4pm

Facilitators:

Joanne Clark

Building Resilience (2 week online course)

Bouncing back' from a setback is key to our mental health and wellbeing. This workshop will help you to build your own, easy to follow plan with any challenge(s) you may face in the future. You will learn about the 4's of resilience.

Venue:

Online - Zoom

Date:

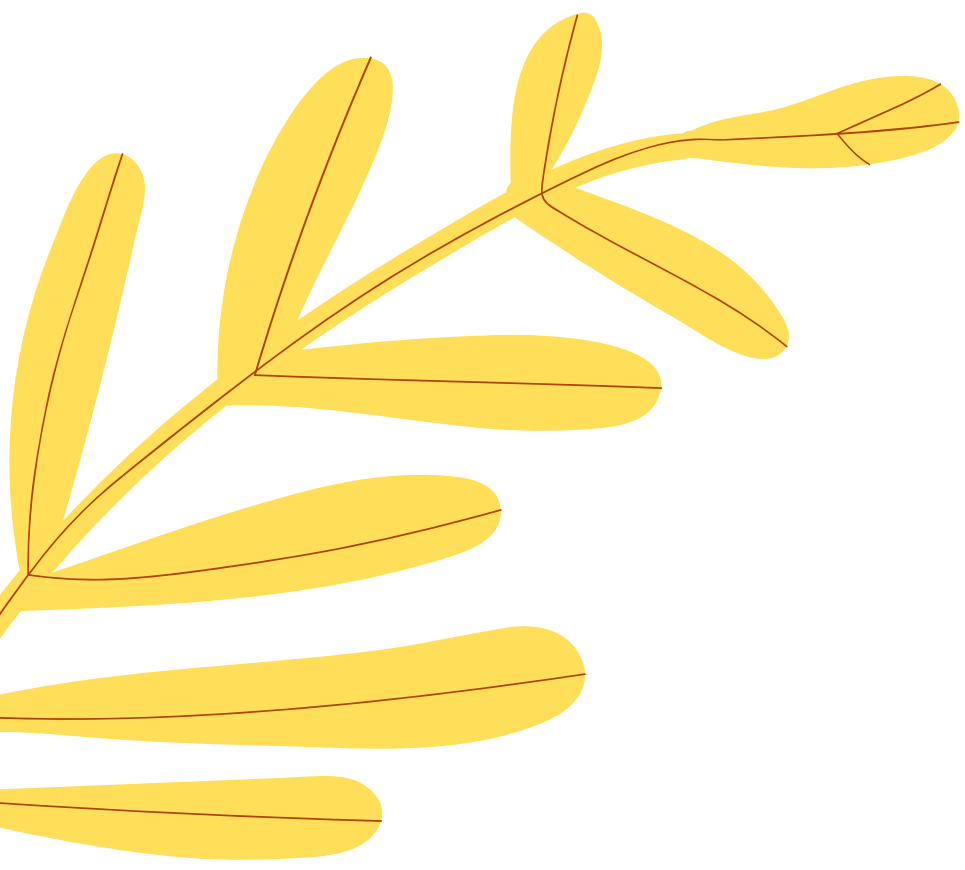
Thursday 18th & 25th
August

Time:

1-2.30pm

Facilitators:

Shana Ryan &
Shiblu Miah



OUR PARTNERSHIPS



COMMUNITYTRUST
Charity No. 1123078



Contact Details

For further queries please email:
elft.camhsdiscoverycollege@nhs.net
shiblu.miah4@nhs.net

