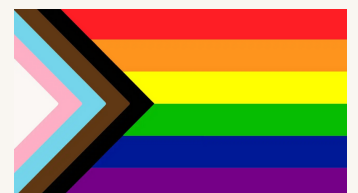




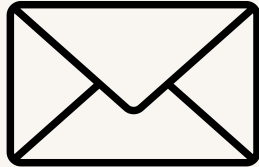
Bedfordshire & Luton Recovery College Prospectus

Autumn Term

September - December 2023



How to contact us



If you have previously enrolled with us, simply email us at: elft.recoverycollege@nhs.net or phone us on the numbers below:

If you would like further information or would like to speak to us in person, do call us or visit our offices:



3 Woburn Road, Bedford. MK40 1EG Tel: 01234 263 621
Monday - Friday 9am - 5pm

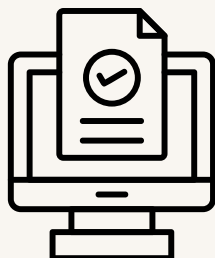
Luton Central Library, 2nd Floor, St. George's Square,
Luton. LU1 2NG Tel: 01582 708 917

Tuesday 9am - 5pm
Thursday 12pm - 5pm
Friday 9am - 5pm



If you wish to download our prospectus please click this link:
<https://tinyurl.com/44d8hjf2>
or scan the QR Code.

SCAN ME



If you are new to the Recovery College and have never enrolled online before, welcome! Please click this link below to enrol:
<https://tinyurl.com/yckmucw5>
or scan the QR Code.

SCAN ME



Welcome

to

THE RECOVERY COLLEGE

The Bedfordshire and Luton Recovery College is open to everyone, aged eighteen and over, living, working or studying in Bedfordshire or Luton.

Our Recovery College is inclusive to all; service users, carers, family, friends, neighbours, staff and the general public. All are welcome to enrol as students.

The educational workshops and courses we offer are all free and focus on recovery and wellbeing. They are designed and delivered in partnership with people with lived experience and professional experience as co-production is at the heart of everything we do.



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Our Location

Betty Dodd Court, 35 Grange Avenue, Leagrave, Luton. LU4 9AS

Castle Newnham School, Polhill Avenue, Bedford. MK41 0DT

Flitwick Library, 15 Coniston Road, Flitwick. MK45 1QL

Jubilation Community Centre, Moulton Avenue, Bedford. MK42 0HL

Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Parkside Community Hall, Woburn Street, Ampthill. MK45 2HX

Recovery College, 3 Woburn Road, Bedford. MK40 1EG

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

Sandy Baptist Church Hall, 1 Kings Road, Sandy. SG19 1EJ

St Mary's Church Hall, 51 Church Road, Stotfold. SG5 4NE

The Hat Factory, 65 - 67 Bute Street, Luton. LU1 2EY

The Grove Corner Youth and Community Centre, 76A High Street North, Dunstable. LU5 1JF

The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

The Weatherley Centre, Eagle Farm Road, Biggleswade. SG18 8JH

University of Bedfordshire, Polhill Avenue, Polhill Avenue, Bedford. MK41 9EA

University of Bedfordshire, University Square, Luton. LU1 3JU

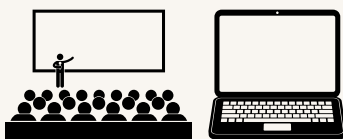


How to use our Prospectus



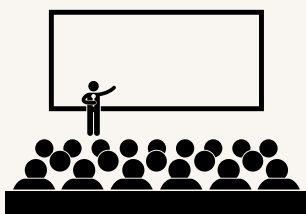
Online Courses & Workshops

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Classroom & Online Courses & Workshops

This symbol indicates courses are delivered in the classroom & online simultaneously.



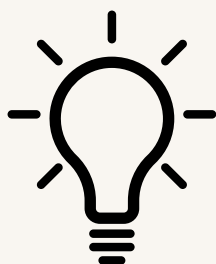
Classroom Courses & Workshops

This symbol indicates the courses are delivered in the classroom.



Our Partners

This symbol indicates courses are delivered by our partners and need to be booked through them directly.



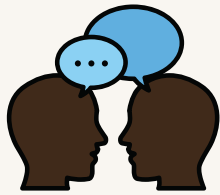
New Courses and Workshops

This symbol indicates our new courses and workshops.

5

Steps to Mental Wellbeing

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



Connect with Other People

Good relationships are important for your mental wellbeing.



Be Physically Active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.



Learn New Skills

Research shows that learning new skills can also improve your mental wellbeing.



Give to Others

Research suggests that acts of giving and kindness can help improve your mental wellbeing.



Take Notice

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.



The Mental Wellbeing Toolbox



Tools and Techniques to help
Individuals and Practitioners deal with everyday life

Individuals

This toolbox gives you some simple ideas or 'tools' to help you when everyday life gets difficult to cope with. You can use it like a real toolbox that is standing by just in case you need it.

Practitioners

These toolboxes are a resource to help you have conversations with people who may be struggling with their mental wellbeing.



Download
The Mental Wellbeing Toolbox
on our website below or
scan the QR Code
<https://tinyurl.com/44d8hjf2>



Online Courses & Workshops



Action on Addiction

Wednesday 27 September 14:00 - 15:30

Location: Online

Tutor(s): Tony Isles

Learn
New Skills



What's on offer at P2R?

- Pathway into and through the service.
- How drugs/alcohol addiction can affect a person physically, emotionally and socially.

Learn
New Skills



Are you Exhausted

Monday 2 October 12:30 - 13:30

Monday 6 November 12:30 - 13:30

Monday 11 December 12:30 - 13:30

Location: Online

Tutor(s): Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)

Many people find themselves exhausted. There are tools that can assist you to improve your energy levels. Learn about effective techniques covering: Grounding and running positive energy while clearing energies that are not yours and empower yourself to manage your wellbeing better.

Autism Bedfordshire

Autism Bedfordshire runs a range of one-off workshops and six-week skills courses for adults diagnosed with Autism Spectrum Condition. Courses cover topics such as communication, wellbeing, cooking, budgeting, and building resilience.

Learn
New Skills



Book your place by contacting our partner directly

Autism Bedfordshire

enquiries@autismbeds.org

01234 350 704 or 01234 214 871

www.autismbedfordshire.net

Learn
New Skills



Care Pathways

Monday 18 September 11:00 - 12:30

Location: Online

Tutor(s): Sara McClurg/Manjeet Gill Saini

Join this friendly workshop to learn more about services beyond Recovery College and your journey through them. Take time to reflect, focus on your strengths, identify your needs and the support you would benefit from on your journey.



01234 263 621 or 01582 708 917

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elft.recoverycollege@nhs.net

Online Courses & Workshops



Carers Information and Support Programmes

Information sessions for carers of people with dementia with opportunities to meet other carers and share experiences with people who understand.

Connect



Book your place by contacting our partner directly.

Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Held at various venues and Online

Learn
New Skills



Compassionate Friends Skills Workshop

Wednesday 20 September

Do you want to start making a difference in your community? This workshop will provide you with practical advice on how to support others affected by loss and bereavement in your community.



Book your place by contacting our partner directly.

Keech Hospice Care
Karen.Hibbert@keech.org.uk;
01582 497 815
www.keech.org.uk/education

Dispelling Myths - Growing Older and Mental Health

Tuesday 7 November 14:30 - 16:00

Location: Online

Tutor(s): Sara McClurg/Debbie Brathwaite

There are many myths around Growing Older and associated mental health issues. This workshop aims to discuss these issues and the stigma attached, while using this safe space to think about personal strengths and achieving a positive sense of identity. The session will also look at support and information available for people effected by mental health issues in older age and their families, friends and carers.

Learn
New Skills



Connect



Learn
New Skills



Connect



Domestic Abuse and Mental Health (Women Only)

Thursday 5 October 12:30 - 14:00

Tuesday 28 November 10:00 - 11:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

This workshop will explain how common domestic abuse is, look at all the different types of abuse and how they impact on our wellbeing and mental health. We'll explore how you can identify an abusive relationship and how Luton All Women's Centre can support you if you are affected by this issue.



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Online Courses & Workshops



Finding the Inner Me

Wednesday 13 September - 11 October 14:30 - 16:00

Location: Online

Tutor(s): Amit Shenmar/Debbie Brathwaite

Connect



A course to explore yourself from the perspective of your core values, belief systems, identity and self-belief, hopes and aspirations and planning a positive future. Together in this course we will work to develop a positive sense of identity and plan activities that feel meaningful to you in an open, caring and solution-focused way.

Learn
New Skills



Connect



Finding Your Neurodiverse Strength

Monday 25 September 12:30 - 13:30

Monday 30 October 12:30 - 13:30

Monday 4 December 12:30 - 13:30

Location: Online

Tutor(s): Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)

Did you know that LinkedIn now have an option to list for your skills 'dyslexic thinking'. Working with Olive Hickmott, a Neurolinguistic Practitioner, we will focus on the strengths that neurodiversity may bring to your life. We will also discuss some simple techniques to overcome some of the challenges and empower you to find your unique abilities and identity.

How to cope when you are feeling overwhelmed (Women Only)

Friday 29 September 12:30 - 14:00

Wednesday 6 December 13:00 - 14:30

Location: Online

Tutor(s): Luton All Women's Centre

Learn
New Skills



Do you sometimes feel like it's all too much and that you don't know what to do to make it feel any better? This session will help you to think about what helps you when you're down or feel a crisis might be coming on. We will look at tools and resources that have been shown to help, and create a plan of support.

Learn
New Skills



Improving Sleep

Monday 9 October 12:30 - 13:30

Monday 13 November 12:30 - 13:30

Location: Online

Tutor(s): Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)

Whether you are suffering from insomnia or going through a period of sleeping difficulties, this workshop covers sleep hygiene, helps you to identify unhelpful cycles around sleep and explores how to make small changes to improve sleep. Learn skills to feel empowered to manage your own wellbeing.



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Online Courses & Workshops



Journaling for Wellbeing

Tuesday 12 September & Wednesday 13 September 14:30 - 16:00

Tuesday 5 December & Wednesday 6 December 14:30 - 16:00

Location: Online

Tutor(s): Clare Essex

Are you feeling Anxious? Sad? Angry? Happy? Excited? Bored? Writing down what's going on in your life can help to change your mood and even improve your health. Please bring a pen and paper to each session.

Learn New Skills



Connect



Take Notice



Learn New Skills



Connect



Learn to Love Yourself

Tuesday 19 September - 10 October 10:00 - 11:00

Location: Online

Tutor(s): Amit Shenmar/Debbie Brathwaite

A four-week course looking at different ways to uplift yourself, empower, encourage, self-love, and care through honest and open discussion. Let's learn how to love ourselves and use our energies in a positive way.

Lesbian or Gay in Need of Support (Women Only)

Friday 6 October 12:30 - 14:00

Wednesday 22 November 18:00 - 19:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Being a lesbian or gay woman can make you feel different and that you can't be open or be the self you would like to be. If you are feeling down or isolated, or just need to talk about things that are going on for you, join us for this online session.

Learn New Skills



Connect



LGBTQ+ and Allies - Being Me!

Monday 25 September 14:30 - 16:00 - Being An Ally and Knowing Your Flags

Monday 30 October 14:30 - 16:00 - Bisexuality Awareness and Planning

Monday 27 November 14:30 - 16:00 - Should The 'T' Be Separate? and Trans Safety

Monday 18 December 14:30 - 16:00 - LGBTQ+ in TV & Movies and Short Film/Clip

Location: Online

Tutor(s): Dianne Thomas/Debbie Brathwaite/Mack McLean/Pat Moyce

A safe space to discuss issues, share and learn from each other on topics related to being an ally or part of the LGBTQ+ community. Exploring your identity and building confidence in who you are.



01234 263 621 or 01582 708 917

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Online Courses & Workshops



Living Well with a Long Term Condition

Wednesday 27 September & Thursday 28 September 14:30 - 15.30

Wednesday 11 October & Thursday 12 October 14:30 - 15.30

Location: Online

Tutor(s): Clare Essex

This workshop is for anyone with a long-term condition who is interested in taking an active approach to improve personal well-being and explore how to live life in a more positive way.

Connect



Take Notice



Active



Connect



Living Well with Dementia

If you have been diagnosed with dementia you may feel like your life's been turned upside down. Our sessions are for people in the early stages of dementia with a diagnosis. They aim to increase your confidence in managing day-to-day and help you plan for the future. You will gain knowledge and skills to live better with dementia. Come along to a friendly place where you can speak to and learn from others in a similar situation to you.



Book your place by contacting our partner directly

Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Medication and Mental Health (Women Only)

Wednesday 4 October 18:00 - 19:30

Friday 8 December 12:00 - 13:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

This session looks at medications that are often given to treat, or to help, people with a range of mental health issues. When medication is likely to be helpful; is medication the right option for you: common side effects; how to interact well with your doctor/psychiatrist; changing or coming off your medications.

Learn New Skills



Learn New Skills



Connect



Give



Meditation with Petar

Friday 15 September - 15 December 13:00 - 14:00

Location: Online

Tutor(s): Claire Cooper/Petar Djukic

Do you sometimes feel a bit stressed and would like to learn to relax. This course will provide a weekly opportunity, within a friendly space, to put aside time to relax with guided meditation. The course will be using breathing and mindfulness techniques, with a view to give you the confidence to incorporate the skills learnt into your daily life.



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Online Courses & Workshops



Men's Health and Wellbeing

Thursday 14 September - 5 October 15:00 - 16:00
Thursday 19 October - 9 November 15:00 - 16:00
Thursday 23 November - 14 December 15:00 16:00
Location: Online
Tutor(s): Anthony Barron/Stuart Gill

This course will run over five weeks and cover a diverse range of topics relevant to men's physical and mental wellbeing. It will be a safe space for men to listen, share experiences and discuss.

Learn
New Skills



Connect



Give



Learn
New Skills



Connect



Give



Men's Talk Monday - With The Diverse Cultures Team

Monday 18 September - 18 December 14:00 15:30
Location: Online
Tutor(s): Manjeet Gill Saini

Men's weekly workshops with a strong ethos of peer support and peer-led sessions. Offering a safe and supportive space to share everyday things in a friendly way. A good place to build confidence and talk through feelings and challenges between us.

These Sessions are facilitated by men and women.



No Session On:
9 October
23 October
20 November
27 November

Musical Memories - PlaylistforLife Awareness Workshop

Keech has become a Help Point for PlaylistforLife, to help people make that connection and memories, and provide helpful leaflets and materials to make their own personal playlists. Join us for a short introduction on how sharing personal playlists can help people live well with dementia and other life limiting - Tuesday 5 September and Tuesday 5 December

Learn
New Skills



Give



Book your place by contacting our partner directly

Keech Hospice Care
Karen.Hibbert@keech.org.uk
01582 497 815
www.keech.org.uk/education

Learn
New Skills



Connect



Neurodiversity – What is That?

Tuesday 7 November - 12 December 10:00 - 11:30
Location: Online
Tutor(s): Dianne Thomas/Pat Moyce

Come and discover what neurodiversity means, everyone's brains work in different ways. Find new ways to deal with daily life when you think and learn differently to others. Through learning about how your uniqueness can be empowered to use your strengths.



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Online Courses & Workshops



Rethinking Your Routine

Wednesday 20 September & Thursday 21 September 14:30 - 16:00

Tuesday 14 November & Wednesday 15 November 14:30 - 16:00

Location: Online

Tutor(s): Clare Essex

Having difficulty maintaining a healthy routine? This course will help you to explore ways to build and maintain a healthy routine and make the most of your time.

Learn New Skills



Connect



Take Notice



Active



Give



Learn New Skills



Shout and Whisper

Wednesday 15 November - 6 December 19:00 - 20:30

Location: Online

Tutor(s): Amit Shenmar/Thomas Irvine

Poetry is a beautiful way to express yourself. Whatever your literary level, be it a budding poet, willful scribbler or a Wordsmith. Don't miss this excellent workshop delivered by the wonderful team at 'Shout and Whisper' !

Spoken English in the Community

Designed for beginners to improve their English reading, writing, speaking and listening, this course will support learners to gain confidence with language that can be used in everyday life. *Bedford and Central Beds learners only*

Learn New Skills



Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

01234 863 123

Learn New Skills



Struggling with the Menopause? (Women Only)

Wednesday 27 September 18:30 - 20:00

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Finding the menopause tough going? Want to talk about how it's affecting you? Join this introductory session and find out more about our six-week support group.



01234 263 621 or 01582 708 917

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Online Courses & Workshops



Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Monday 18 September 12:30 - 13:30

Monday 27 November 12:30 - 13:30

Location: Online

Tutor(s): Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)

Working with Olive Hickmott, we will focus on ways to live well with ADHD. We will highlight some of the strengths that ADHD may bring and discuss some simple techniques to overcome some of the challenges and feel empowered by your unique abilities and identity.

Learn
New Skills



Connect



Learn
New Skills



Connect



Thriving with Dyslexia

Monday 11 September 12:30 - 13:30

Monday 16 October 12:30 - 13:30

Monday 20 November 12:30 - 13:30

Location: Online

Tutor(s): Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)

Working with Olive Hickmott, we will focus on ways to live well with dyslexia. We will highlight some of the strengths that dyslexia may bring and discuss some simple techniques to overcome some of the challenges and feel empowered by your unique abilities and identity.

Understanding Anxiety

Tuesday 19 September 14:30 - 16:00

Tuesday 7 November 14:30 - 16:00

Location: Online

Tutor(s): Clare Essex

Most people feel anxious or scared sometimes, but if it's affecting your life there are things you can try that may help. This workshop will provide a safe space to help individuals to recognise signs and symptoms of anxiety and the impact it has on their wider lives. It will provide an opportunity to explore ways to challenge fears and to begin to develop strategies for moving forward

Learn
New Skills



Connect



Take Notice



Active



Uplift - Mindset Movement Course

An ongoing program that gives you strategies to help shift out of negative chatter using movement. Practical and visual techniques to move towards a better feeling place. Enjoy moving with Uplift. We will also offer a thirty minute chair based exercise online. This course helps you to: Enjoy moving and creating, move because you want to, know how to turn negative thoughts to positive and feel the difference, appreciate yourself, gain confidence and clarity.



Book your place by contacting our partner directly

Emma Foxley

info@letsgetgoingcic.com

07763 944 587



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Online Courses & Workshops



Voice Box

Thursday 7 September - 21 December 14:00 - 15:30

Location: Online

Tutor(s): Kyle McDonald/Rosie Rice

Your voice matters! Have your say in a safe discussion forum that encourages all to take part regardless of age, ethnicity or culture. Talking points include mental health, identity, social/economic issues, gender/LGBTQ+ awareness and relationships. All sessions are co-produced and topics are agreed monthly between professionals and peers. You also have the opportunity to be added to our weekly email to keep up to date with what will be discussed each week.

Learn New Skills



Connect



Give



Take Notice



Learn New Skills



Connect



Give



Women's Group - With The Diverse Cultures Team

Tuesday 12 September - 12 December 13:00 - 14:00

Location: Online

Tutor(s): Manjeet Gill Saini/Jasswinder Gill

A regular weekly session to build friendships and offer mutual support through sharing. Join us for conversation, laughter, joy and good company.

No Session On:
24 October
31 October

Your Digital Memories Matter

What can I gain from attending? Have you thought about what will happen to your digital footprint? What do we mean by digital assets? This workshop will provide you with an understanding of what your digital legacy means, what your digital assets are, where to go for help and how to turn this into conversation with family and friends. Wednesday 1 November.



Book your place by contacting our partner directly

Keech Hospice Care

Karen.Hibbert@keech.org.uk;

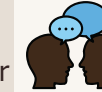
01582 497 815

www.keech.org.uk/education

Learn New Skills



Connect



Give



Take Notice



Music Through Memories

Very good workshop enjoyed the music and hearing people's experiences and how they connect with music helped me feel positive looking forward to next weeks one.



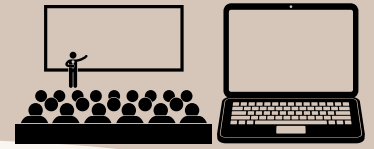
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Classroom & Online Courses & Workshops



Carers Wellbeing Course

Friday 3 November - 8 December 12:00 - 14:00

Location: Luton Central Library, 2nd Floor, St George's Square, Luton. LU1 2NG/Online

Tutor(s): Dianne Thomas/Catherine Aganoglu

A six session course for carers of people with mental health difficulties. You will gain skills to and confidence to manage the caring role and your own wellbeing.

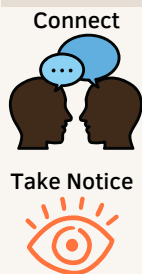
(This is not suitable for carers of people with dementia or learning disabilities).



Learn
New Skills



Connect



Childlessness

Friday 22 September - 13 October 12:00 - 13:30

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Dianne Thomas/Haneefah Muhammad

Childlessness is a topic rarely discussed openly which carries significant stigma and many lack spaces to work through the experience and issues it may raise. This safe space will provide four weeks of discussion on the differing issues related to childlessness from dealing with loss after miscarriage and baby/child loss but also not being able to conceive.

Communication 101

Wednesday 13 September - 8 November 13:00 - 14:30

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Rosie Rice

A course designed to help people develop and strengthen their communication skills; personally, professionally and emotionally.

- To develop communication skills.
- To be more aware of how others communicate.
- To explore better ways of communicating on all levels.

Learn
New Skills



Connect



Take Notice



Hearing Voices

It was very good to hear more information about hearing voices and to have an opportunity to speak to others who have been through similar experience. Very well facilitated giving people time to talk whilst also navigating through a lot of material.



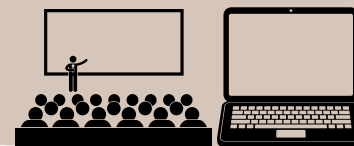
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Classroom & Online Courses & Workshops



Exploring Loss

With Loss and Bereavement being such an important and recurring topic, we are offering four separate workshops:

Exploring Loss

Tuesday 17 October 13:00 - 15:00
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s): Tara Curtis/Joginder Khinder

Learn
New Skills



Learn
New Skills



Exploring Loss from a Spiritual Aspect

Tuesday 21 November 13:00 - 15:00
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s): Tara Curtis/Joginder Khinder

Learn
New Skills



Exploring Loss of a Baby or Child

Tuesday 31 October 13:00 - 15:00
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s): Tara Curtis/Joginder Khinder

Learn
New Skills



Exploring Loss of a Pet

Tuesday 28 November 13:00 - 15:00
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s): Tara Curtis/Joginder Khinder/Rob Lock

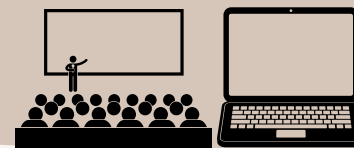


Learn to Love Yourself

I really enjoyed the event both the tutors had a lovely energy and I could tell they were passionate about the subject they were teaching. It felt like a safe space where I could share my thoughts and feelings without being judged. I have been feeling really low and this course was the encouragement I needed to pick myself up.



Classroom & Online Courses & Workshops



Expressive Writing – Royal Literary Fund

Thursday 21 September - 12 October 12:00 - 13:30

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Dianne Thomas/Tara Curtis/Tanveer Siyan/Anna Reynolds (RLF Writer)

Learn
New Skills



Expressive Writing is a form of self-expression that helps a person to think about their experiences and put their thoughts and feelings into words. This course will aim to help you make sense of yourself through meaningful expressive writing activities.

Learn
New Skills



Connect



Take Notice



Healthy Relationships

Tuesday 12 September - 7 November 13:00 - 14:30

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Carl Ramsey



New

A nine-week course which explores the complexities of modern-day relationships. We cover the personal, the professional, the familial and the emotional, in terms of relationships.

Introduction to Dementia



The date, time and venue of this workshop will be promoted in the Autumn.

Keep a look out for an email or check out our social media page.



Facebook; @rcluton



Instagram; @Beds&Luton Recovery College



Twitter; @RC_BedsLuton

Are you someone living with dementia, a carer concerned about a relative or a professional caring for people with dementia? We are presenting a range of free talks on dementia. Each session will be short and focused with time to ask questions. You can attend as many talks as you wish.

Learn
New Skills



The tutors are lovely.. it's great hearing their lived experience and how they manage. You feel less alone.



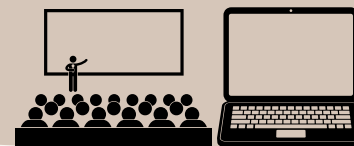
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Classroom & Online Courses & Workshops



Let's Talk Physical Health

In these workshops we will have informal discussions about the following health conditions, what they are, causes, symptoms and treatment.

Asthma

Tuesday 26 September 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas/Joginder Khinder

Learn
New Skills



Learn
New Skills



Chronic Obstructive Pulmonary Disease (COPD)

Tuesday 10 October 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas/Joginder Khinder/Hayley Bradshaw (Community Respiratory Clinical Nurse Specialist)

Diabetes

Tuesday 17 October 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas/Joginder Khinder

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Fibromyalgia

Tuesday 5 December 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU12NG/Online
Tutor(s): Dianne Thomas

Menopause

Tuesday 3 October 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas

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Rheumatoid Arthritis

Tuesday 12 September 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas/Joginder Khinder

Seasonal Affective Disorder (SAD)

Thursday 12 October 10:00 - 12:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Amit Shenmar/Joginder Khinder/Dr Baljit

Learn
New Skills



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Sickle Cell

Tuesday 19 September 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas/Joginder Khinder

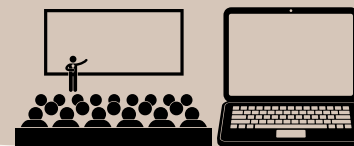
Tinnitus

Tuesday 14 November 14:30 - 16:00
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online
Tutor(s): Dianne Thomas/Joginder Khinder/Kate Lawson

Learn
New Skills



Classroom & Online Courses & Workshops



Let's Talk Wellbeing - Wellness Recovery Action Plan

Monday 18 September 14:30 - 16:00

Location: Online

Tutor(s): Sally Wilkin

These workshops provide the participants a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious, or experiencing the theme, it will provide you with some knowledge and where appropriate techniques to use. These courses will provide the participants with the opportunity to connect with others and provides skills, resources, and understanding of the topics to empower them to manage their well-being better, There may be a follow on course which provides more in-depth knowledge with an overview and pathways to further information.

Learn
New Skills



Connect



Take Notice



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New Skills



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Making Sense of Anger

Tuesday 31 October - 28 November 14:30 - 16:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Tara Curtis/Amit Shenmar

What this workshop covers:

- Recognising why you get angry.
- Controlling Anger Safely.
- Dealing with Triggers.
- Problem Solving.
- How to change your thought process.

Making Sense of Emotions

Friday 15 September - 13 October 10:00 - 11:30

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar

Emotions are powerful from punching the air with delight to sighing with sadness or wholehearted happiness. Let's talk, listen and explore emotions in an open and non-judgmental way.

Learning Outcomes: To better understand emotions, and how to express them constructively. To look at a different emotions; happiness, fear, anger, sadness and love. The workshop is about how you feel from an emotional point of view.

Learn
New Skills



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Making Sense of Financial Health

Thursday 30 November - 7 December 12:00 - 13:00

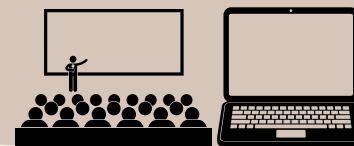
Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU12NG/Online

Tutor(s): Kirstin Dear

This short course will provide some learning, tools and resources to support you to gain better financial health. It will cover, budgeting, debt management and saving for the future.



Classroom & Online Courses & Workshops



Music Through Memories

Wednesday 1 November - 15 November 10:00 - 11:30

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Fiona Thompson

Give



Join our three week workshop where we use music, song writing and the creative writing process to empower each other. Also this is an opportunity to focus on how music can aid wellbeing, mental clarity and happiness.

Connect



Music, Comedy and Wellbeing

Tuesday 31 October - 14 November 10:00 - 11:30

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Adwoa Sarpomaa Date-Bah/Justina Taylor/Tanveer Siyan

Take these three weeks to explore methods to use comedy or music to change your mood or bring you to a more positive thinking space, develop your creativity, and ways to express yourself and connect with others.

Take Notice



Navigating Recovery College and Moving Forward

Tuesday 19 September 11:30 - 13:00

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Sara McClurg/Anthony Barron

Join this relaxed workshop to consider your experience of mental health and how recognising your strengths can help you take control of your life and achieve a meaningful lifestyle. This workshop will help you to get the best out of your Recovery College experience and discuss getting involved with meaningful activities that you enjoy.

Learn New Skills



Connect



Poetry in Emotions

Friday 3 November - 8 December 10:00 - 12:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG

The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD/Online

Tutor(s): Dianne Thomas/Tara Curtis/Haneefah Muhammad

It has been proven that poetry is good for our health and for our soul. Whether reading it, writing it or speaking it, poetry can improve our mental, emotional and physical health. The six-week Poetry in Emotions Workshops invite beginners and others to use poetry writing exercises to express your thoughts and feelings and to gain a deeper understanding of life experiences. The workshops will support you to explore your emotions and work towards restoring your health, using the creative and healing power of poetry.



New



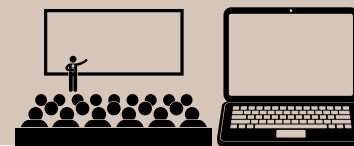
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Classroom & Online Courses & Workshops



Total Wellbeing

Bedfordshire and Luton Recovery College have teamed up with Total Wellbeing to run information sharing workshops to support your emotional health and wellbeing. Our webinars provide basic understanding of various common wellbeing issues and strategies to support you to manage your own emotional health. These workshops are designed to connect you to resources in the community and peer support but also empower you to find new ways to manage your wellbeing.

Assertiveness

Tuesday 3 October 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Learn
New Skills



Connect



Coping with Festive Season

Tuesday 5 December 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Depression and Anxiety

Tuesday 10 October 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Employment Anxiety

Tuesday 17 October 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Grief

Tuesday 21 November 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Loneliness

Tuesday 12 September 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Long Covid

Tuesday 19 September 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services



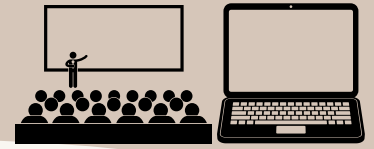
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Classroom & Online Courses & Workshops



Total Wellbeing

Bedfordshire and Luton Recovery College have teamed up with Total Wellbeing to run information sharing workshops to support your emotional health and wellbeing. Our webinars provide basic understanding of various common wellbeing issues and strategies to support you to manage your own emotional health. These workshops are designed to connect you to resources in the community and peer support but also empower you to find new ways to manage your wellbeing.

Low Mood

Tuesday 26 September 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Mindfulness

Tuesday 31 October 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Dianne Thomas/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Needle Phobia

Tuesday 7 November 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Panic Attacks

Tuesday 12 December 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



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Seasonal Affective Disorder (SAD)

Tuesday 28 November 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

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Self-Esteem

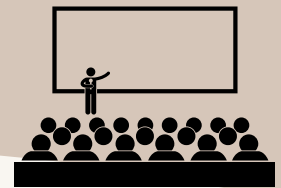
Tuesday 14 November 12:00 - 13:00

Location: Luton Central Library, 2nd Floor, St. George's Square, Luton. LU1 2NG/Online

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services



Classroom Courses & Workshops Bedford



Active Outdoors

Tuesday 12 September - 10 October 12:00 - 14:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Joginder Khinder

 No Session On:
19 September

Learn
New Skills



Connect



Active

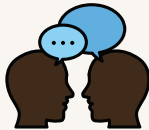


Active Outdoors is a four-week course that teaches adults horticultural and practical skills to learn to enjoy gardening and food growing techniques in order to improve their physical and mental health and wellbeing.

Learn
New Skills



Connect



Activity and Goal Setting

Monday 25 September & Tuesday 26 September 11:30 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg

This short course aims to explore what Activity is, and how what type of activity you do can affect how you think and feel. Learn about SMART Goals and how to use them to achieve a more balanced lifestyle and positive wellbeing.

Art and Craft Co-Operative

Monday 11 September - 11 December 10:00 - 12:30
Location: Jubilation Community Centre, Moulton Avenue, Bedford. MK42 0HL
Tutor(s): Sam Fossey/Claire Cooper

This course offers a space for like-minded people to enjoy many aspects of craft with the aim of producing high quality products to sell. Therefore, a commitment to the co-operative is expected as well as good timekeeping and prompt messages if you cannot make the session. The course will help build self-confidence and self-esteem within a friendly and supportive environment.

Learn
New Skills



Learn
New Skills



Connect



Take Notice



Active



Give



Art and it's Creative Outlet for Good Mental Health

Thursday 14 September - 5 October 11:30 - 13:30
Thursday 19 October - 9 November 11:30 - 13:30
Thursday 23 November - 14 December 11:30 - 13:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Anthony Barron/Geoff Benett

This course offers a space for like-minded people to enjoy many aspects of craft with the aim of producing high quality products to sell. Therefore, a commitment to the co-operative is expected as well as good timekeeping and prompt messages if you cannot make the session. The course will help build self-confidence and self-esteem within a friendly and supportive environment.



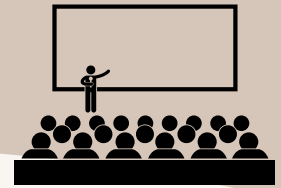
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Classroom Courses & Workshops Bedford



Art Led Peer Support

Monday 18 September - 11 December 09:30 - 11:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Heidi Quinn/Janet Goodman

This Course encourages engagement with a variety of art materials, including acrylics. These sessions take place in a friendly and safe environment facilitated by volunteers, who have permanent staff support to promote confidence, social skills and also enjoy the sessions.

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New Skills



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Give



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New Skills



Connect



Take Notice



Active



Give



Art Movements Throughout History

Tuesday 12 September - 3 October 13:30 - 15:30
Tuesday 17 October - 7 November 13:30 - 15:30
Tuesday 21 November - 12 December 13:30 - 15:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Anthony Barron

This course will demonstrate art movements throughout history, encompassing diversity, marginalisation and innovation. Active participation is required, involving painting and drawing .

Autism Bedfordshire

Autism Bedfordshire runs a range of one-off workshops and six-week skills courses for adults diagnosed with Autism Spectrum Condition. Courses cover topics such as communication, well-being, cooking, budgeting, and building resilience.



Book your place by contacting our partner directly

Autism Bedfordshire
enquiries@autismbeds.org
01234 350 704 or 01234 214 871
www.autismbedfordshire.net

Learn
New Skills



Learn
New Skills



Basic Maths for the Workplace

Build your confidence using basic mathematics in the workplace. Focusing on the hospitality and logistics industries, you will learn how to apply maths to solve simple, practical problems in everyday life.



Book your place by contacting our partner directly

Noah Enterprise
bedfordacademy@noahenterprise.org
[01234 863 123](tel:01234863123)



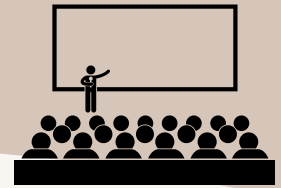
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Classroom Courses & Workshops Bedford



Bedford Food for Thought

Nature hub is a small Community Garden where individuals can get involved in gardening, make new friends and local connections. Come along and join us, have a cup of tea and a chat whilst doing a little gardening to improve your general wellbeing.



Book your place by contacting our partner directly

Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

Learn
New Skills



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Compassionate Friends Skills Workshop

Wednesday 22 November
Location: Bedford Day Centre

Do you want to start making a difference in your community? This workshop will provide you with practical advice on how to support others affected by loss and bereavement in your community.



Book your place by contacting our partner directly

Keech Hospice Care
Karen.Hibbert@keech.org.uk
01582 497 815
www.keech.org.uk/education

Computer Skills for Beginners

Designed to increase confidence accessing online services and communication platforms, this first-steps course will allow learners to familiarise themselves with the digital world, in a safe and supportive beginners environment.



Book your place by contacting our partner directly

Noah Enterprise
bedfordacademy@noahenterprise.org
01234 863 123

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New Skills



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Take Notice



Active



Give



Dementia Friends

Wednesday 4 October 11:30 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg

Join this friendly session to learn more about all aspects of Dementia which relate to those who need care or care for a family member or loved one who is living with Dementia.



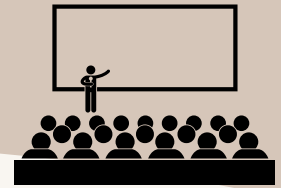
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Classroom Courses & Workshops Bedford



Developing CV's and Covering Letters

Explore the latest tips and strategies for creating and maintaining an effective CV and covering letter. Learn how to search for potential job leads and develop strategies for ongoing job-search success.

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Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

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Learn
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Connect



Dispelling Myths - Growing Older and Mental Health

Wednesday 8 November 12:00 - 14:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg

There are many myths around Growing Older and associated mental health issues. This workshop aims to discuss these issues and the stigma attached, while using this safe space to think about personal strengths and achieving a positive sense of identity. The session will also look at support and information available for people effected by mental health issues in older age and their families, friends and carers.

Dispelling Myths - Understanding Hearing Voices

Wednesday 11 October 13:00 - 16:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg

Through learning, sharing and supporting others, this workshop provides a safe and friendly environment to consider Voice Hearing: what it is, where it may come from, associated stigma and the impact it can have in life. Discussing these issues and sharing ways to manage can help to consider personal strengths and achieve meaningful life and social goals. This workshop may benefit people who have experience of Voice Hearing, families, friends, care givers and professionals.

Learn
New Skills



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Connect



English in the Community

Designed for beginners to improve their English reading, writing, speaking and listening, this course will support learners to gain confidence with language that can be used in everyday life.



Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

[01234 863 123](tel:01234863123)



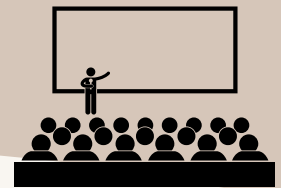
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Classroom Courses & Workshops Bedford



For the Love of Light - Photographic Portraits

Monday 30 October - 4 December 12:00 - 13:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg/Mark De Gietelink

Learn
New Skills



Throwing light on a subject can make it more beautiful. Accepting the light in yourself and in others can be empowering and help us to connect to others and enhance our relationships. This course offers a safe space to find realness over fakeness through taking portraits in photo form. If you have the willingness to do something different and can bring your own smart phone, please join us for this experience.

Learn
New Skills



Get Outdoors, Get Active

Tuesday 7 November - 21 November 10:00 - 14:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Kealey Henderson (Groundwork East)

Get Outdoors, Get Active is a three-week course that teaches adults horticultural and practical skills. Groundwork's programmes encourage adults to learn and enjoy gardening and food growing techniques to improve their physical and mental health and wellbeing.

*Please ensure you are available to attend all the sessions.

Interview Skills

Delve into the mind of an employer as you build and develop your interview knowledge and technique. You'll discover tips and strategies for effective preparation, answering different styles of question and improving confidence in body language.

Learn
New Skills



Connect



Active



Book your place by contacting our partner directly

Noah Enterprise
bedfordacademy@noahenterprise.org
[01234 863 123](tel:01234863123)

Learn
New Skills



Connect



Take Notice



Active



Give



Learn to Play Brass

Monday 11 September - 11 December 18:15 - 19:15
Location: Castle Newnham School, Polhill Avenue, Bedford. MK41 9DT
Tutor(s): Martin Orr (Mid Bedfordshire Community Mental Health)

No Session On:
23 October

Bedford Town Band are offering Beginner Brass Lessons. All instruments, music and tuition is provided. No prior musical knowledge or experience is needed. Simply bring your enthusiasm and willingness to have a go. Come and experience the power of music.



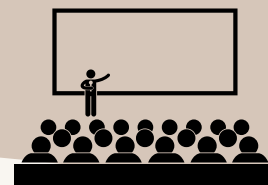
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Classroom Courses & Workshops Bedford



Men's Forum for Mental Health

Monday 11 September - 2 October 14:00 - 15:30
Monday 16 October - 6 November 14:00 - 15:30
Monday 20 November - 11 December 14:00 - 15:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Anthony Barron/Geoff Bennet

A safe place where men can discuss ongoing mental health issues with a topic based led debate to understand, improve self esteem, confidence, social skills and pathways to sustain good mental health.

Learn
New Skills



Connect



Give



Learn
New Skills



Connect



Give



Men's Group - With The Diverse Culture Team

Monday 11 September - 18 December 11:00 - 12:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Manjeet Gill Saini/Abul Subhan

Facilitator led, weekly session to build friendships, offer mutual support and encouragement to all who attend. Join us for conversation, laughter, and good company with a cup of tea. A range of games and activities available. You may choose to bring in a project from home to work on e.g. poetry, writing, sketching, drawing, games to play. A positive introduction into a Men's group to support wellbeing.



No Session On:
23 October

Model Making

Wednesday 20 September - 25 October 10:00 - 12:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Rob Lock/Geoff Bennett

A Men's workshop with modelling in mind. Building models and miniatures from the past, present and the far future. From Planes, Tanks, Cars and Space Marines.

Learn how to build, paint, display and play different types of kits and different ways of displaying your models.



New

Learn
New Skills



Connect



Take Notice



Active



Give



Learn
New Skills



Connect



Active



Movement for Wellbeing - With The Diverse Culture Team

Wednesday 13 September - 13 December 13:30 - 15:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Manjeet Gill Saini/Jasswinder Gill

An interactive set of workshops focusing on movement for wellbeing. Facilitator will encourage following a varied activity in each session. Examples of activity; indoor gentle yoga, pilates style exercises, floor work, chair actions for those less mobile, stretching, relaxation, outdoor walk etc. Time included for a drink & chat after activity is completed.



No Session On:
25 October



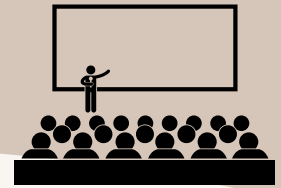
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Classroom Courses & Workshops Bedford



Self Discovery Through Writing

Monday 2 October & Tuesday 3 October 11:30 - 13:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg/Debbie Brathwaite

Creative Writing can be a useful way of expressing yourself and telling your story through creative techniques. Join this friendly short course to connect with others to produce creative pieces which can promote a positive sense of identity.

Learn
New Skills



Connect



Learn
New Skills



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Take Notice



Self-Belief

Tuesday 3 October 10:30 - 12:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Clare Essex

This workshop aims to explore ways to work on the inner negative voice, turning weakness into strength; how to be your own motivational coach; and how to get your mind on your side.

The Benefits of Knitting and Crochet for Mental Health and Wellbeing

Monday 18 September - 11 December 11:30 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Heidi Quinn/Janet Goodman

This Course aims to improve skills, dexterity, reduce stress, anxiety and depression. Improve cognitive function, boost self-confidence and combat social isolation. Also we want all to be creative and enjoy the sessions.

Learn
New Skills



Connect



Give



Connect



Wellness Recovery Action Planning (WRAP) Create your own Plan

Wednesday 20 September - 1 November 11:00 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg/Fiona Thompson

Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. This four-week course explores WRAP planning and how it can support you to discover simple, safe, and effective tools to create a daily plan to maintain wellness.

No Session On:
4 October



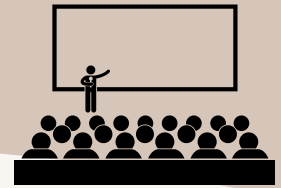
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elft.recoverycollege@nhs.net

Classroom Courses & Workshops Bedford



Women's Group - With The Diverse Culture Team

Wednesday 13 September - 13 December 11:00 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Manjeet Gill Saini/Jass Gill

 No Session On:
25 October

Learn
New Skills



Connect



Give



Weekly session to build friendships, offer mutual support and encouragement to all who attend. Join us for conversation, laughter, joy and good company with a cup of tea. Sessions include different activities around life skills. Participants are welcome to bring in projects from home, eg knitting, crochet, drawing, writing etc.

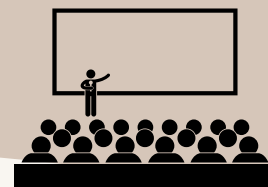


Expressive Writing – Royal Literary Fund

This Course has honestly been so brilliant and I have thoroughly enjoyed every moment. I really was not sure what to expect when I signed up, I thought it would be a good way to help better articulate myself, but it has given me so much more than that. Each and every week I've been looking forward to these sessions and I am gutted that it has now come to an end. It has really shown me something so simple can take you imaginatively away from the world for an hour and a half each week. It's been so delightful to hear everyone's take on such a simple 'Seasons' concept. I can not thank each and everyone enough that was a part of producing and delivering this course to us. I definitely will be signing up for any future ones that should occur.



Classroom Courses & Workshops Central Bedfordshire



Basic Maths for the Workplace

Build your confidence using basic mathematics in the workplace. Focusing on the hospitality and logistics industries, you will learn how to apply maths to solve simple, practical problems in everyday life.

Learn
New Skills



For more information contact our partner directly

Noah Enterprise
bedfordacademy@noahenterprise.org
[01234 863 123](tel:01234863123)

Learn
New Skills



Connect



Chums and Crumbs

Chums and Crumbs meets every Thursday between 11:00 and 1300. It is a friendship group for people who may be lonely or socially isolated or just fancy a cup of tea and a friendly chat. It's a collaboration between Dunstable Town FC, Titan Primary Care Network & Stevenage Leisure Limited.

Join us weekly at The Dunstable Centre, Court Drive, Dunstable. LU5 4JD.
No appointment or referral required just drop in!



For more information contact our partner directly

Chums and Crumbs
Vicky 07305 178 465 (Social Prescribers)



New

Computer Skills for Beginners

Designed to increase confidence accessing online services and communication platforms. This first-steps course will allow learners to familiarise themselves with the digital world, in a safe and supportive beginners environment.

Learn
New Skills



Book your place by contacting our partner directly

Noah Enterprise
bedfordacademy@noahenterprise.org
[01234 863 123](tel:01234863123)

Learn
New Skills



Developing CV's and Covering Letters

Explore the latest tips and strategies for creating and maintaining an effective CV and covering letter. Learn how to search for potential job leads and develop strategies for ongoing job-search success.



Book your place by contacting our partner directly

Noah Enterprise
bedfordacademy@noahenterprise.org
[01234 863 123](tel:01234863123)



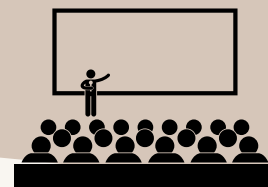
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Classroom Courses & Workshops Central Bedfordshire



English in the Community

Designed for beginners to improve their English reading, writing, speaking and listening. This course will support learners to gain confidence with language that can be used in everyday life.

Learn
New Skills



Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

[01234 863 123](tel:01234863123)

Learn
New Skills



English Skills for Life

Designed for beginners to improve their English reading, writing, speaking and listening. This course will support learners to gain confidence with language that can be used in everyday life.



Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

[01234 863 123](tel:01234863123)

Get Outdoors, Get Active

Wednesday 11 October - 1 November 10:00 - 14:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Kealey Henderson (Groundwork East)

Get Outdoors, Get Active is four-week course that teaches adults horticultural and practical skills. Groundwork's programmes encourage adults to learn and enjoy gardening and food growing techniques to improve their physical and mental health and wellbeing.

*Please ensure you are available to attend all the sessions.

Learn
New Skills



Connect



Active



Learn
New Skills



Connect



Interview Skills

Delve into the mind of an employer as you build and develop your interview knowledge and technique. You'll discover tips and strategies for effective preparation, answering different styles of question and improving confidence in body language.



Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

[01234 863 123](tel:01234863123)



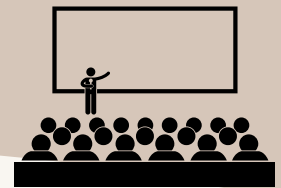
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Classroom Courses & Workshops Central Bedfordshire



Minds2gether

Venue: Grove Corner, 76A High Street North, Dunstable. Lu6 1JF

Minds2gether is a peer support group for people with lived experience of mental ill-health and in recovery. It provides a variety of activities between 10:00 and 13:00. It has only recently come under Dunstable Town Football Club's programme, improving the lives of others.



Book your place by contacting our partner directly

chair.dunstabletownfc@gmail.com



New

Learn
New Skills



Connect



Active



Learn
New Skills



Pain Management

Date and Time TBC

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD
Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)

This is a five-week workshop which focuses on learning Cognitive Behavioural Therapy skills as an aid in pain management. Within the sessions you will learn the relationship between your physical health and emotions, the impact of our thoughts on pain, how to reduce our pain levels through pacing, relaxation techniques and how to reduce our distress levels.

S.O.U.L - Support, Optimism, Understanding, Laughter

Venue: Dunstable Town Football Club, CBS Hub, Creasey Park, Dunstable. LU6 1BB

A peer support group for people with lived experience of mental ill-health and in recovery. It will not be a drop in service. Members will have the opportunity to socialise, make friends, enjoy arts and crafts activities, gardening and any other activities the members decide they want to do.



Book your place by contacting our partner directly

Shelley Willingale 07367 580 390

sawillingale@gmail.com



New

Learn
New Skills



Connect



Active



Learn
New Skills



Connect



Sphere at the Glider

Sphere is a peer support friendship group who meet every Monday between 12:30 and 15:30. Spaces are limited and it is not a drop-in service. Suitability of new referrals, either from professionals or self-referrals, are decided by the group.



Book your place by contacting our partner directly

Angie Mills

www.dunstabletownfc.co.uk

07712 640 011



New



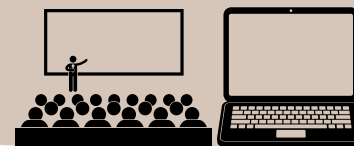
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Classroom Courses & Workshops Central Bedfordshire



Talking Therapies

Bedfordshire and Luton Recovery College have teamed up with NHS Talking Therapies (formally known as IAPT) to run information sharing workshops to support your emotional health and wellbeing. Our webinars provide basic understanding of various common wellbeing issues and strategies to support you to manage your own emotional health. These workshops are designed to connect you to resources in the community and peer support but also empower you to find new ways to manage your wellbeing.

Anxiety

Wednesday 20 September 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Learn
New Skills



Connect



Coping with the Festive Season

Wednesday 13 December 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Loneliness

Wednesday 18 October 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Learn
New Skills



Connect



Long Covid

Wednesday 8 November 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Low Mood

Wednesday 6 September 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Learn
New Skills



Connect



Mindfulness

Wednesday 6 December 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Panic Attacks

Wednesday 4 October 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New

Learn
New Skills



Connect



Learn
New Skills



Connect



Post Traumatic Stress Disorder (PTSD)

Wednesday 15 November 10:00 - 11:00

Location: The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



New



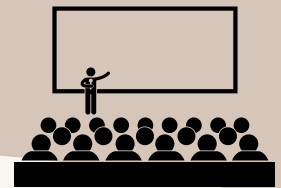
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Classroom Courses & Workshops Central Bedfordshire



Walking Football Wednesday's

On alternate Wednesdays we run two Walking Football sessions. The first session between 11:00 and 12:00 is our Community session and is open to anyone over 18 years of age. The second session between 12:00 and 12:30 hrs is for Adults with Complex Needs.

Venue: 7 Creasey Park Drive, Dunstable. LU6 1BB



Book your place by contacting our partner directly

walkingfootball.dunstabletownfc@gmail.com



New

Learn
New Skills



Connect



Learn
New Skills



Connect



Walking Football Friday's

Every Friday evening, we run a Walking Football group between 20:00 and 21:00 hrs. This is a more competitive group than the Wednesday group, and from this group, friendly matches are arranged against other clubs.

Venue: 7 Creasey Park Drive, Dunstable. LU6 1BB



Book your place by contacting our partner directly

walkingfootball.dunstabletownfc@gmail.com



New

Wellbeing Course - Biggleswade

Tuesday 12 September - 12 December 10:30 - 12:30

Location: St Andrews Church, 45 Shortmead Street, Biggleswade. SG18 0AT

Tutor(s): Sam Fossey/Claire Cooper

Are you feeling isolated? This course will give you the opportunity to interact with others and look at managing your mental health, creating strategies to help build self-confidence and self-esteem, whilst looking for ways to link in with your local community.

Connect



Connect



Wellbeing Course - Sandy

Tuesday 12 September - 12 December 13:00 - 14:30

Location: Sandy Baptist Church Hall, 1 Kings Road, Sandy. SG19 1EJ

Tutor(s): Sam Fossey/Claire Cooper

Are you feeling isolated? This course will give you the opportunity to interact with others and look at managing your mental health, creating strategies to help build self-confidence and self-esteem, whilst looking for ways to link in with your local community.



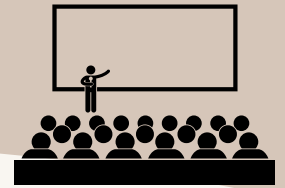
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Classroom Courses & Workshops Central Bedfordshire



Wellbeing Course - Stotfold

Wednesday 13 September - 13 December 13:00 - 14:30
Location: St Mary's Church Hall, 51 Church Road, Stotfold. SG5 4NE
Tutor(s): Sam Fossey/Claire Cooper

Connect



Are you feeling isolated? This course will give you the opportunity to interact with others and look at managing your mental health, creating strategies to help build self-confidence and self-esteem, whilst looking for ways to link in with your local community.

Learn
New Skills



Connect



Active



Yoga for Chronic Pain

It is common for people experiencing chronic pain to avoid movement, this can actually worsen the pain, weakening muscles and affect sufferers psychologically. Yoga offers a soft edge approach to movement. The yoga practice invites you to be curious and experiment with how to respond to what you notice, establishing a greater body-mind awareness. In doing so, it becomes a compassionate practice.

Wednesday's 14:15 - 15:15



Book your place by contacting our partner directly

Alex Flatman

info@reconnectyoga.co.uk

www.reconnectyoga.co.uk/



New



Dispelling Myths: Growing Older & Mental Health

I am very thankful as well as learnt so many things which I don't know, all the staff members are very kind, nice. My overall experience with them excellent.



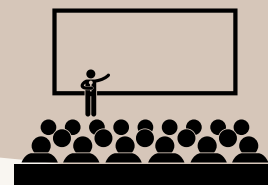
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Classroom Courses & Workshops Luton



Art Therapy Butterfly Project

Thursday 14 September - 14 December 10:00 - 11:30

Location: To be confirmed on registration

Tutor(s): Moriam Grillo (Art Psychotherapist)

Butterfly Project - Art Therapy is a safe space for women to explore personal narratives and to reconnect with self. Come and be creative in your own special way, these sessions are devised to calm the mind and create space for new ways of being, thinking and feeling.

*Participants are expected to attend all sessions.



No Session On:
28 September
26 October

Learn
New Skills



Connect



Take Notice



Active



Give



Learn
New Skills



Autism Bedfordshire

Autism Bedfordshire runs a range of one-off workshops and six-week skills courses for adults diagnosed with Autism Spectrum Condition. Courses cover topics such as communication, well-being, cooking, budgeting, and building resilience.



Book your place by contacting our partner directly

Autism Bedfordshire

enquiries@autismbeds.org

01234 350 704 or 01234 214 871

www.autismbedfordshire.net

Better place to start - open up your possibilities

Luton residents who are over 19 years old and unemployed.

A Better place to start is a short course that empowers learners to identify their own steps for a positive future, with personalised guidance and support.



Book your place by contacting our partner directly

Luton Adult Learning

passport@lutonacl.ac.uk

01582 490 033

www.lutonacl.ac.uk



New

Learn
New Skills



Connect



Take Notice



Learn
New Skills



Carers Information and Support Programmes

Information sessions for carers of people with dementia with opportunities to meet other carers and share experiences with people who understand.



Book your place by contacting our partner directly

Alzheimer's Society

luton@alzheimers.org.uk

01582 320 224

Held at various venues and Online



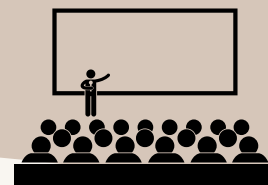
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Classroom Courses & Workshops Luton



Connects

Community garden and indoor activities that are aimed at individuals who are making that first step out of social isolation or who need a smaller group to build their confidence. Sessions can include gardening, quizzes, arts, and crafts.

Location: Strathmore Avenue Methodist Church, Strathmore Avenue, Luton. LU1 3NY

Learn
New Skills



Book your place by contacting our partner directly

Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

Learn
New Skills



Conversational ESOL

Luton residents who are over 19 years old and unemployed. Join our small groups to help you build your conversational language, to help you with everyday tasks such as going to the GP, speaking to your child's school, and having every day conversations with others.



New



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
01582 490 033
www.lutonacl.ac.uk

Cooking on a Budget

Give your weekly menu a creative boost with this welcoming cooking class. Encouraging you to explore new techniques, you will learn how to safely prepare food that makes the most of the ingredients you have at home.

Learn
New Skills



Book your place by contacting our partner directly

Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152

Learn
New Skills



Connect



Take Notice



Active



Crafts and Maths

Luton residents who are over 19 years old and unemployed. Would you like to try new crafts and improve your maths at the same time? Then Crafts with Maths is for you! Have fun on this relaxed and friendly course, and make cards and gifts to take home.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
01582 490 033
www.lutonacl.ac.uk



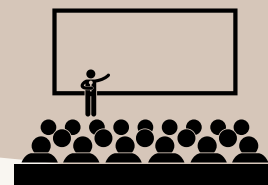
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Classroom Courses & Workshops Luton



Drama Course - Three Minute Monologues

Thursday 28 September - 7 December 14:30 - 16:30

Location: Luton Central Library, 2nd Floor, St.George's Square, Luton. LU1 2NG

Tutor(s): Dianne Thomas



No Session On:
26 October
2 November

Learn
New Skills



Connect



Using creative techniques to create your own monologue (a speech/performance by one person) and build your confidence and self-esteem. The course aims are to develop yourself through peer work, creative writing and learning performance techniques to build self-confidence, self-esteem, self-image and learn new skills.

Learn
New Skills



English for Beginners

This creative and interactive course will boost the confidence of new English speakers, and support learners to apply practical reading, writing and conversational skills in everyday life.



Book your place by contacting our partner directly

Noah Enterprise

lutonacademy@noahenterprise.org

01582 726 152

Five ways to wellbeing

Luton residents who are over 19 years old and unemployed. An informative interactive session that explores the different ways you can include the five ways to wellbeing into you daily life.



New

Learn
New Skills



Connect



Book your place by contacting our partner directly

Luton Adult Learning

passport@lutonac.l.ac.uk

01582 490 033

www.lutonac.l.ac.uk

Learn
New Skills



Connect



Active



Free Employability Workshops

Do you live in Luton? Are you over 19? Are you unemployed, looking to upskill? Why not join one of our many Employability Workshops and take a positive step towards your future. Subjects include: Identifying skills, CV writing, and many more subjects to help you move closer to the jobs market.



Book your place by contacting our partner directly

Luton Adult Learning

passport@lutonac.l.ac.uk

01582 490 033

www.lutonac.l.ac.uk



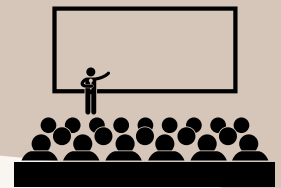
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Classroom Courses & Workshops Luton



Get Into Volunteering

Have you ever thought about volunteering? If yes, why not join one of our workshops to find out more. Volunteering can make a real difference to your own life and the lives of those around you. Giving some of your time to help others can be empowering. Join one of our 'Get Into' workshops to find out more, explore how to find a volunteering opportunity that is right for you, you may even choose to join our team of volunteers and become an Adult Learning Volunteer.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonac.l.ac.uk
[01582 490 033](tel:01582490033)
www.lutonac.l.ac.uk

Learn
New Skills



Connect



Active



Give



Learn
New Skills



Connect



Active



Get Outdoors, Get Active

Monday 11 September - 2 October 10:00 - 14:00

Location: Betty Dodd Court, 35 Grange Avenue, Leagrave, Luton. LU4 9AS

Tutor(s): Amit Shenmar/Kealey Henderson (Groundwork East)

Get Outdoors, Get Active is a four-week course that teaches adults horticultural and practical skills. Groundwork's programmes encourage adults to learn and enjoy gardening and food growing techniques to improve their physical and mental health and wellbeing.

*Please ensure you are available to attend all the sessions.



New

ICT Computer Classes The Basics

Meeting weekly over a period of five or six weeks, our exciting course will help you with the basics and beyond, creating word documents, emails, internet searches, staying safe online and so much more.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonac.l.ac.uk
[01582 490 033](tel:01582490033)
www.lutonac.l.ac.uk

Learn
New Skills



Connect



Active



Learn
New Skills



Connect



Active



ICT Computer Classes - Practical and Immediate

This course will provide learners with the knowledge and skills to use digital and mobile devices to stay connected and embrace technology trends to enhance the quality of personal and work life. Learners will be equipped with hands-on practical skills to manage data and information, understand cyber risks and security, and be ready for the increasingly digital workplace and life.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonac.l.ac.uk
[01582 490 033](tel:01582490033)
www.lutonac.l.ac.uk



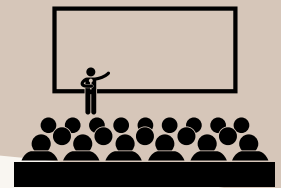
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Classroom Courses & Workshops Luton



Let's Talk Wellbeing

Let's Talk Wellbeing, are one-off workshops which are short interactive session. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious or experiencing the theme, this workshop will provide you with some knowledge and where appropriate techniques to use. These courses will provide the participants with the opportunity to connect with others and provides skills, resources, and understanding of the topics to empower them to manage their well-being better, There may be a follow-on course which provides more in-depth knowledge with an overview and pathways to further information.

Anger

Monday 30 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Budgeting

Monday 11 September 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Emotions

Monday 18 September 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Food and Wellbeing

Monday 25 September 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Goal Setting

Monday 2 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Journalling

Monday 9 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Long Term Health Conditions

Monday 16 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

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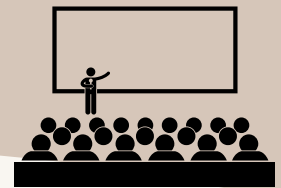
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Classroom Courses & Workshops Luton



Let's Talk Wellbeing

Let's Talk Wellbeing, are one-off workshops which are short interactive session. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious or experiencing the theme, this workshop will provide you with some knowledge and where appropriate techniques to use. These courses will provide the participants with the opportunity to connect with others and provides skills, resources, and understanding of the topics to empower them to manage their well-being better, There may be a follow-on course which provides more in-depth knowledge with an overview and pathways to further information.

Motivation

Monday 6 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Relationships

Monday 13 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Scrap Booking

Monday 11 December 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Sleep

Monday 20 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Stress

Monday 27 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Thinking Creatively

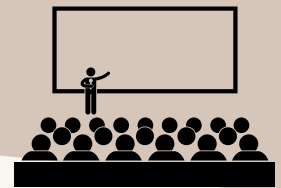
Monday 4 December 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

Tutor(s): Amit Shenmar



Classroom Courses & Workshops Luton



Living Well with Dementia

If you have been diagnosed with dementia you may feel like your life's been turned upside down. Our sessions are for people in the early stages of dementia with a diagnosis. They aim to increase your confidence in managing day-to-day and help you plan for the future. You will gain knowledge and skills to live better with dementia. Come along to a friendly place where you can speak to and learn from others in a similar situation to you.

Connect



Book your place by contacting our partner directly

Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Connect



Luton Language Café

A safe and welcoming place to practice your English language skills in the community, alongside others on the same journey. There will be activities and books to encourage conversation, as well as a free tea or coffee! Children welcome if supervised.



Book your place by contacting our partner directly

Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152

Managing Your Mental Health for the Workplace

Develop practical coping strategies to manage your mental health when entering employment. The course aims to grow your confidence and equip you with a toolkit of techniques in a safe and welcoming environment.



Learn
New Skills



Book your place by contacting our partner directly

Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152

Learn
New Skills



Managing Your Mental Health in Difficult Times

This course is held in small groups to support learners with identifying unhealthy emotions and behaviours, and build coping strategies to safeguard personal wellbeing. It is designed to develop constructive approaches leading to achievable and relevant wellness plans.



New



Book your place by contacting our partner directly

Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152



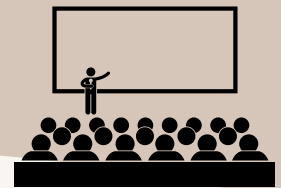
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Classroom Courses & Workshops Luton



Money Matters

Do you live in Luton? Are you over 19 years old?

In these ever changing and challenging times we are all finding it difficult to manage our budgets and meet the rising cost of living. Join this workshop to get some practical tips on why money matters, how to budget better, spend smarter and wise ways to save.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
[01582 490 033](tel:01582490033)
www.lutonacl.ac.uk

Learn
New Skills



Connect



Learn
New Skills



Connect



Active



Passport to Childcare

Do you live in Luton? Are you over 19 years old?

Do you want to work in the childcare sector or in a childcare setting? Passport to childcare is a six-hour course.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
[01582 490 033](tel:01582490033)
www.lutonacl.ac.uk

Learn
New Skills



Connect



Active



Passport to Supporting in Schools

Do you live in Luton? Are you over 19 years old?

Do you want to work in a support role in school? A teaching assistant? A midday supervisor? Then this course is for you. This is a six-hour course.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
[01582 490 033](tel:01582490033)
www.lutonacl.ac.uk

Learn
New Skills



Recycle-a-Bike

Upcycling and basic bike maintenance, working with donated bikes.



Book your place by contacting our partner directly

Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk



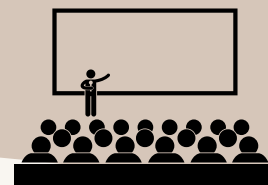
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Classroom Courses & Workshops Luton



Roots to Recovery

Nature hub is a large community garden where individuals can get involved in the gardening or just come along to make new friends and local connections.

Learn
New Skills



Book your place by contacting our partner directly

Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

Learn
New Skills



Roots to Success

We teach basic horticulture alongside growing flowers and vegetable plugs, learning how to grow your own and build new friendships.



Book your place by contacting our partner directly

Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

Sew Mindful

Discover and develop your sewing and crafting skills to enhance your wellbeing through creativity. The course provides a relaxed and safe environment to explore new techniques and create beautiful pieces of art with like-minded people.

Connect



Book your place by contacting our partner directly

Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152

Learn
New Skills



Connect



Take Notice



Active



Sewing and Maths

Luton residents who are over 19 years old and unemployed.

Learn new sewing skills and improve your maths at the same time! Use maths to make and sew, use a sewing machine, make and take home.



Book your place by contacting our partner directly

Luton Adult Learning
passport@ltonacl.ac.uk
01582 490 033
www.ltonacl.ac.uk



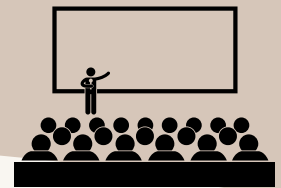
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Classroom Courses & Workshops Luton



Skills and CV

Luton residents who are over 19 years old and unemployed. Join our interactive workshop to help you identify the transferable and adaptable skills you possess, use them to create a personal statement. We also look at the key features that need to be included on a CV, we focus on how you can make the most of your CV.

Learn
New Skills



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
[01582 490 033](tel:01582490033)
www.lutonacl.ac.uk

Learn
New Skills



Staying safe online

Luton residents who are over 19 years old and unemployed. Would you like to find out how to keep yourself and your family safe online, be aware of scams, fraud and harassment online. You can never be too careful.



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
[01582 490 033](tel:01582490033)
www.lutonacl.ac.uk



Learn
New Skills



Struggling with the menopause? (Women Only)

Tuesday 28 November 12:30 - 14:00
Location: Suite 2, The Spires, 1 Adelaide Street, Luton. LU1 5BB
Tutor(s): Luton All Women's Centre

Finding the menopause tough going? Want to talk about how it's affecting you? Join this introductory session and find out more about our six-week support group.

Learn
New Skills



Connect



Active



Give



Your Digital Memories Matter

What can I gain from attending?
Have you thought about what will happen to your digital footprint? What do we mean by digital assets? This workshop will provide you with an understanding of what your digital legacy means, what your digital assets are, where to go for help and how to turn this into conversation with family and friends. Friday 15 September at Luton Central Library.



Book your place by contacting our partner directly

Keech Hospice Care
Karen.Hibbert@keech.org.uk;
[01582 497 815](tel:01582497815)
www.keech.org.uk/education



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OUR PARTNERS



Bedfordshire and Luton Recovery College would like to thank our partners for helping to produce meaningful, interesting workshops, bringing their knowledge, skills and expertise is important to our community.

Access Bedford

Tel: 07376 262 873

Website: www.accessbedford.or.uk

Email: info@accessbedford.org.uk



Alzheimer's Society

Tel: 01582 320 224

Website: www.alzheimers.org.uk

Email: luton@alzheimers.org.uk

Autism Bedfordshire

Tel: 0300 111 1919

Website: www.autismbedfordshire.net

Email: enquiries@autismbeds.org



Be Positive

Tel: 07710 672 867

Website: www.bepositivenow.co.uk

Email: info@bepositivenow.co.uk

Carers in Bedfordshire

Tel: 0300 111 1919

Website: www.carersinbeds.org.uk/contact-us/

Email: contact@carersinbeds.org.uk



Community Trust

Tel: 01582 561 622

Website: www.lutontowncommunity.co.uk

Email: community@lutontown.co.uk

Disability Resource Centre

Tel: 01582 470 900

Website: www.drcbeds.org.uk/contact-us/

Email: info@drcbeds.org.uk



OUR PARTNERS



Bedfordshire and Luton Recovery College would like to thank our partners for helping to produce meaningful, interesting workshops, bringing their knowledge, skills and expertise is important to our community.

Dunstable Football Club/Stevenage Leisure Ltd

Tel: 01438 353 241

Website: www.sll.co.uk

Email: enquiries@sll.co.uk



Empowering Learning

Tel: 01582 470 900

Website: www.olivehickmott.co.uk

Email: olive@empoweringlearning.co.uk

Groundwork

Tel: 0121 236 8565

Website: www.groundwork.org.uk

Email: info@groundwork.org.uk



Keech Hospice Care

Tel: 01582 492 339

Website: www.keech.org.uk

Email: letmehelp@keech.org.uk

Lets Get Going

Tel: 07763 944 587

Website: www.letsgetgoingcic.com/

Email: info@letsgetgoingcic.com



Luton Adult Learning

Tel: 01582 490 033

Website: www.lutonacl.ac.uk

Email: info@lutonacl.ac.uk

Luton All Women's Centre

Tel: 01582 416 783

Website: www.lutonallwomenscentre.org.uk

Email: support@lawc.org.uk



OUR PARTNERS



Bedfordshire and Luton Recovery College would like to thank our partners for helping to produce meaningful, interesting workshops, bringing their knowledge, skills and expertise is important to our community.

The Higgins Bedford

Tel: 01234 718 618

Website: www.thehigginsbedford.org.uk

Email: thehiggins@bedford.gov.uk



The Lighthouse

Website: www.elft.nhs.uk/service

Email: elft.thelighthouse@nhs.net

The Noah Academy

Tel: 01582 726152 Website: www.noahenterprise.org

Email: academy@noahenterprise.org



Tibbs Dementia Foundation

Tel: 01234 210 993

Website: <https://tibbsdementia.co.uk>

Email: contact@tibbsdementia.co.uk

Total Wellbeing Luton

Tel: 0300 555 4152

Website: www.totalwellbeingluton.org

Email: info@totalwellbeingluton.org



University of Bedfordshire

University of Bedfordshire

Tel: 01234 400 400

Website www.beds.ac.uk

Email: study@beds.ac.uk

Wildlife Trust for Beds, Cambs and Northants

Tel: 07874 895 633

Website: www.wildlifebcb.org

Email: bedfordshire@wildlifebcbn.org



Wildlife Trust for Beds, Cambs & Northants



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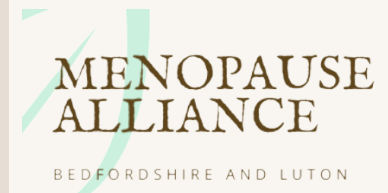
OUR PARTNERS



Bedfordshire and Luton Recovery College would like to thank our partners for helping to produce meaningful, interesting workshops, bringing their knowledge, skills and expertise is important to our community.

Menopause Alliance Beds and Luton

Website: www.facebook.com



Mind BLMK

Tel: 0300 330 0648

Website: www.mind-blmk.or.uk

Email: hg@mind-blmk.org.uk

Museum Makers

Website: www.museummakers.co.uk

Email: jacqui.harding@culturetrust.com



improving the use of energy in building.

National Energy Foundation

Tel: 01908 665 555

Website: www.nef.org.uk/contact/

Email: info@nef.org.uk

Outreach Music Group

Tel: 07946180 132

Website: www.outreachmusicgroup.co.uk

Email: omgcg@yahoo.com



Penrose Roots

Tel: 01582 343 230

Website: www.facebook.com/PenroseRoots

Email: elizabeth.aldous@penrose.org.uk

Reconnect

Website: www.reconnectyoga.co.uk/

Email: info@reconnectyoga.co.uk



Central Bedfordshire
Supported by the
Central Bedfordshire Council
Active Communities
Grant Scheme

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THURSDAYS

5.30pm to 9pm



The Bedford Beacon is our out of hours drop in space where all are welcome!

- **Games & activities**
- **Arts & crafts**
- **Creative writing**
- **Drama sessions**
- **Quiz nights**
- **Chilled out space**
- **One-to-one support**
- **Friendly atmosphere**
- **Hot drinks & snacks**

@ THE RECOVERY COLLEGE
3 WOBURN ROAD, BEDFORD MK40 1EG



East London
NHS Foundation Trust



DO YOU KNOW ANYONE WITH A LEARNING DISABILITY?

Services for People with a Learning Disability (SPLD) are based at Twinwoods and we support people on a referral basis, who might not be able to access mainstream services across Bedfordshire and Luton.

As a service, we are made up of various teams including occupational therapy, physiotherapy, psychology, psychiatry, arts therapy; Sight and hearing, health facilitation, acute liaison and the intensive support team who provide 24/7 support to people with a learning disability experiencing a mental health crisis.

- We know that very often people with a learning disability can struggle to access health care services and face more barriers than others.
- One way to keep people healthy is to encourage them to attend their GP for an Annual Health Check. This is a free health check that someone with a learning disability over the age of 14 can have.

First check that the person is on the Learning Disability Register at their GP Practice, and then request the annual health check.

This link helps to explain more about an annual health check

<https://www.mencap.org.uk/advice-and-support/health/annual-health-checks>

- It is also really important for someone with a learning disability to engage in the national screening programmes which exist.
- We know that very often people with a learning disability are more prone to living with obesity and diabetes, so it is really important to accept any chance to be checked out for these conditions as well as cancer related issues, including bowel, breast and cervical.

**We know that it is often hard to talk about these issues sometimes so if you would like any support then please feel free to contact:
Health Facilitation Team on 01234 310 589**

More Information

We are also happy to offer you a one-to-one session (ILP) to:

- Understand your needs and challenges.
- Make a plan to help you access our workshops.
- Support you to make plans for you and your future.

To book your appointment for your ILP contact us at elft.recoverycollege@nhs.net or tick the box when you complete the Registration Form and we will contact you to arrange an appointment.

TEAR OFF SLIP



If you have any changes please complete the slip below and post or drop into our office(s).

Name: _____

Email Address _____

Home number: _____

Mobile number: _____

Address: _____

3 Woburn Road, Bedford. MK40 1EG

Luton Central Library, 2nd Floor, St Georges Square, Luton. LU1 2NG



Our Agreement

To participate you must uphold our agreement to:

1. Maintain confidentiality at all times.
2. What is said in the session, stays in the session.
3. Respect what others have to say and their views.
4. Maintain a non-judgmental culture.
5. Be mindful of each others feelings.



Facebook; @rcluton



Instagram; @Beds&Luton Recovery College



Twitter; @RC_BedsLuton



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