



East London
NHS Foundation Trust

Bedfordshire and Luton

RECOVERY

College

Rethink
Relearn
Recharge

Prospectus September–December 2024

**Mental health,
recovery &
wellbeing
workshops
and courses**

Scan to
download this
prospectus



Your journey starts today

Welcome to Bedfordshire and Luton Recovery College

**This prospectus is the
start of your journey
and will cover:**

- About us
- How the process works
- How to enrol
- What courses are available

We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

Our courses and workshops focus on mental health well-being and recovery.

They are delivered by people with lived experience and professional experience.

We promote a positive student experience based on the principles of recovery and the values of the University of Bedfordshire and ELFT.

**All of our courses and workshops are
free of charge.**



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Our approach

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

Rethink

Relearn

Recharge

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, co-produced and delivered in partnership with people with lived experience and professional experience as co-production is at the heart of everything we do.

Recovery has many definitions and one which resonates with many people is that it is about a deeply personal journey to live as well as possible and have a meaningful and satisfying life.

The tools we share in workshops and courses aim to support people to become an expert in their own recovery and understanding by exploring hope, choice and opportunity. By learning together we can make progress in challenging the stigma surrounding mental illness, and over time we hope to contribute to changing society to be more tolerant, inclusive, accepting and compassionate.

Contact us

elft.recoverycollege@nhs.net

01234 263 621 or 01582 315 987

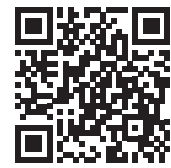


4 Steps to start your journey

- 1 Find a course you wish to attend**
- 2 Check if you need to contact us directly or through our partners**
- 3 Enrol on our website, using the form on p60 or contact the relevant partner**
- 4 Begin your journey towards recovery**



Scan to
enrol online



How to enrol

Our workshops and courses are free of charge and inclusive for all.

How to register

If you are new to the Recovery College you will need to register. You can do this by scanning the QR code at the top of this page or visiting <http://tinyurl.com/yckmucw5>

Already registered?

Simply send us an email with your chosen course or workshop and specify whether you wish to attend online or classroom and which venue elft.recoverycollege@nhs.net

Further information

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

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

Recovery College Luton
Luton Central Library, 2nd Floor,
St. George's Square, Luton. LU1 2NG
Tel: 01582 315 987
Tuesday 9am – 5pm Thursday 12pm – 5pm
Friday 9am – 5pm

Our values

We promote a positive student experience based on the principles of recovery.

We believe by bringing together the Recovery College principles of recovery, East London Foundation Trust values and the University of Bedfordshire values we encapsulate a meaningful and solid value base that underpins everything we do in the development of the our Recovery College:

Recovery College principles of recovery



East London Foundation Trust values



University of Bedfordshire values

Opportunity: To do things you want to do
Choice: Control of your future
Hope: Believing a meaningful life is possible

We Care
We Respect
We Are Inclusive

Strive to offer transformational educational change for people's lives.

Involvement

Co-production

Co-production is at the heart of what we do at our Recovery College. People with personal and professional experience of mental health problems work together, equally, to design, facilitate and evaluate the courses and workshops. Our workshops and courses are co facilitated by a broad range of professional staff and people with lived experience including: University Lecturers, Doctors, Mental Health Staff, and Student Nurses alongside the expertise from staff from partner organisations.

Become a volunteer for us

Volunteering is a great way to develop your skills and experience to support your career aspirations and to do something meaningful and interesting in your free time to help others. If you are interested please email us at elft.recoverycollege@nhs.net or telephone us on **01234 263 621** or **01582 708917**.

Student charter

You can expect us to:

- Provide information and guidance about our workshops and courses
- Offer high quality workshops and courses that focus on recovery and wellbeing
- Respect you as an individual at all times
- Welcome your ideas about how we might improve and what we offer in the future
- Manage your enquiries and help you with the enrolment process if you need support
- Deliver workshops and courses in welcoming, accessible and positive environments which are free from discrimination and stigma
- Support your recovery journey with compassion and respect

We will expect you to:

- Be prepared to give something new a try
- Be respectful of fellow students and staff views, opinions and beliefs
- Commit to attending courses and workshops you have enrolled on
- Inform us if you can't attend workshops or courses you have enrolled on
- Provide relevant details such as emergency contact information
- Give us feedback on how we are doing
- Share any ideas / suggestions you have about the Recovery College
- Ask the Recovery College staff or facilitator if you are unsure about anything

Confidentiality

As part of enrolment, students are asked to provide personal information and to agree to purposes it can be used.

Personal information that will be passed to the workshop / course facilitator includes:

- Student's name
- Student's phone number
- Details of person to contact in case of an emergency
- Specific support and / or learning needs

We will not share any information that you give us without discussing this with your first and asking for your consent. The only exception to this is if we consider that your life or wellbeing of someone else could be at risk.





Contact us with
any questions

elft.recoverycollege@nhs.uk

FAQs

Who facilitates the workshops?

Workshops and courses are co-produced with people with lived experience of mental health problems and people with professional experience. The professionals include staff and students from the University of Bedfordshire, NHS staff and staff from partner organisations.

Who can enrol?

- People who use ELFT services
- People who are living with mental health problems
- Carers, family, friends, neighbours and general public (a few workshops related to employment may have some specific criteria)
- Volunteers
- Staff from ELFT, University of Bedfordshire and local partner organisations
- People age 18 and over

Do I need to be referred to attend a workshop / course?

No one needs a referral to become a student – please contact us if you would like to enrol to attend a workshop or course.

Do you provide refreshments?

Most if not all the venues we use offer tea, coffee (depending on the venues facilities) We are not able to provide lunch but you are welcome to bring something with you.

Do you pay travel costs for students?

We cannot reimburse you for any travel costs.

Will I get a place on the workshop / course I want?

The student places on our workshops / courses are allocated on a first come first served basis.

If there is particularly high demand for a workshop we will endeavour to facilitate an additional workshop.

Do you provide child care?

You would need to make your own child care arrangements.

Our partners

Thank you to all our volunteers, service users, carers, students, staff, partners and everyone who has given time and shared ideas to develop the Bedfordshire and Luton Recovery College. We are delighted to have been able to work in partnership with local organisations to deliver high quality workshops and courses. Our partner list is growing as we further develop the range of courses and workshops for the next Recovery College prospectus.



Central Bedfordshire Council
and Bedford Borough Council
working together



Contact Our partners

Alzheimer's Society
Telephone: 01582 320224
Email: luton@alzheimers.org.uk
Website: www.alzheimers.org.uk

Luton All Women's Centre
Telephone: 01582 416 783
Email: support@lawc.org.uk
Website: www.lutonallwomenscentre.org.uk

Autism Bedfordshire
Telephone: 01234 350 704
Email: enquiries@autismbedfordshire.org
Website: www.autismbedfordshire.net

Mind BLMK
Telephone: 0300 330 0648
Email: hq@mind-blmk.or.uk
Website: www.mind-blmk.org.uk

Carers in Bedfordshire
Telephone: 0300 111 1919
Email: contact@carersinbeds.org.uk
Website: www.carersinbeds.org.uk/contact/us

Penrose Roots
Telephone: 01582 343 230
Email: samantha.smith@socialinterestgroup.org.uk
Website: www.facebook.com/PenroseRoots

Disability Resouce Centre
Telephone: 01582 470 900
Email: info@drcbeds.org.uk
Website: www.drcbeds.org.uk/contact-us

Tibbs Dementia Foundation
Telephone: 01234 210 993
Email: contact@tibbsdementia.co.uk
Website: <https://tibbsdementia.co.uk>

Groundwork
Telephone: 0121 236 8565
Email: info@groundwork.org.uk
Website: www.groundwork.org.uk

The Noah Academy
Telephone: 01582 726 152
Email: academy@noahenterprise.org
Website: www.noahenterprise.org

Keech Hospice Care
Telephone: 01582 492 339
Email: letmehelp@keech.org.uk
Website: www.keech.org.uk

Total Wellbeing Luton
Telephone: 0300 555 4152
Email: info@totalwellbeingluton.org
Website: www.totalwellbeingluton.org

Luton Adult Learning
Telephone: 01582 490 033
Email: info@lutonac.ac.uk
Website: www.lutonac.ac.uk

University of Bedfordshire
Telephone: 01234 400 400
Email: study@beds.ac.uk
Website: www.beds.ac.uk

Learning to suit you

We have four categories to ensure you can easily find the perfect course for you.

Recovery & Wellbeing

These courses develop your understanding and explore mood, thinking and behaviours which over time can improve your recovery and wellbeing.

Getting Involved

These are courses, workshops, and activities that you can physically take part in. They might take place in a classroom or outside in a park or garden.

Building on Knowledge & Skills

These courses and workshops are designed to increase knowledge and skills on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

Creativity & Self Expression

These courses and workshops have positive effects on mental, emotional and physical health, as they can relieve stress, anxiety, depression, anger and improve wellbeing.

Ways of learning



Online

Online learning gives you the flexibility to study from anywhere and the freedom to shape your learning experience on your terms.

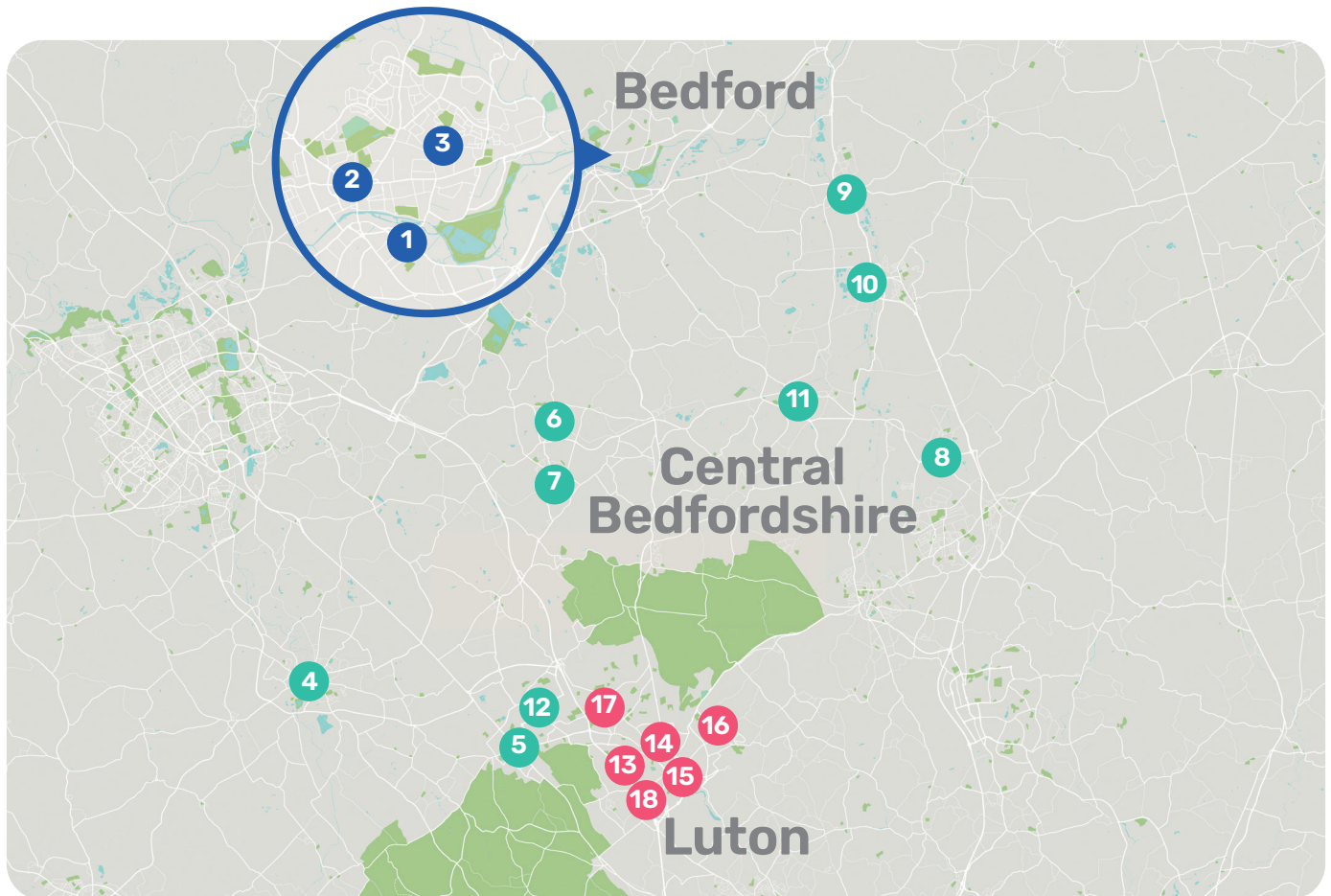


Classroom

Classroom learning offers real-time discussions, and face-to-face interactions, which is suited to those who prefer a hands-on experience.

Individual learning plans

An Individual Learning Plan (IPL) is an informal meeting where we can get to know you and let you know more about the Recovery College. We support you to identify your short term goals and longer term aspirations and, where possible, how the college can support these.



Our venues

Bedford

- 1 Jubilation Centre**
Moulton Avenue, Bedford, MK42 0HL
- 2 Recovery College Bedford**
3 Woburn Road, Bedford, MK40 1EG
- 3 University of Bedfordshire**
Polhill Avenue, Bedford, MK41 9EA

Central Bedfordshire

- 4 The Lighthouse**
Whichellos Wharf, The Elms,
Stoke Road, Leighton Buzzard, LU7 2TD
- 5 Grove View Hub**
Court Drive, Dunstable, LU5 4JD
- 6 Parkside Community Hall**
Woburn Street, Ampthill, MK45 2HX

- 7 Flitwick Library**
Coniston Road, Flitwick, Bedford,
BK45 1QJ
- 8 St Mary's Church Hall**
51 Church Road, Stofold, SG5 4NE
- 9 Sandy Baptist Church Hall**
1 Kings Road, Sandy, SG19 1EJ
- 10 St Andrews Church**
45 Shortmead Street, Biggleswade,
SG18 0AT
- 11 BPHA**
Bellcote Meadow – Purcell Way Bottom,
Shefford, Bedfordshire, SG17 5RY
- 12 Houghton Hall Park**
Park Road North, Houghton Regis,
LU5 5FU

Luton

- 13 Recovery College Luton**
Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG
- 14 The Hat Factory Arts Centre**
65-67 Bute Street, Luton, LU1 2EY
- 15 University of Bedfordshire**
University Square, Luton, LU1 3JU
- 16 Milner Court**
Wenlock Street High Town, Luton,
LU2 0NL
- 17 Betty Dodd Court**
35 Grange Avenue, Leagrave, Luton,
LU4 9AS
- 18 Luton All Women's Centre**
The Spires, Adelaide Street, Luton,
LU1 5BB

Our students

What our students have to say about their experiences at the college.



This course came at the right time for me as I was still struggling with the loss of my dog 3 years ago.



The course creates a friendly and supportive environment where like-minded people can indulge a mutual love of craft, learn new skills and share in the joy of making things, together.



Your writing at the beginning of the year really helped my mental health and after 3 to 5 years of low income and universal credit, I secured a job. Thank you!

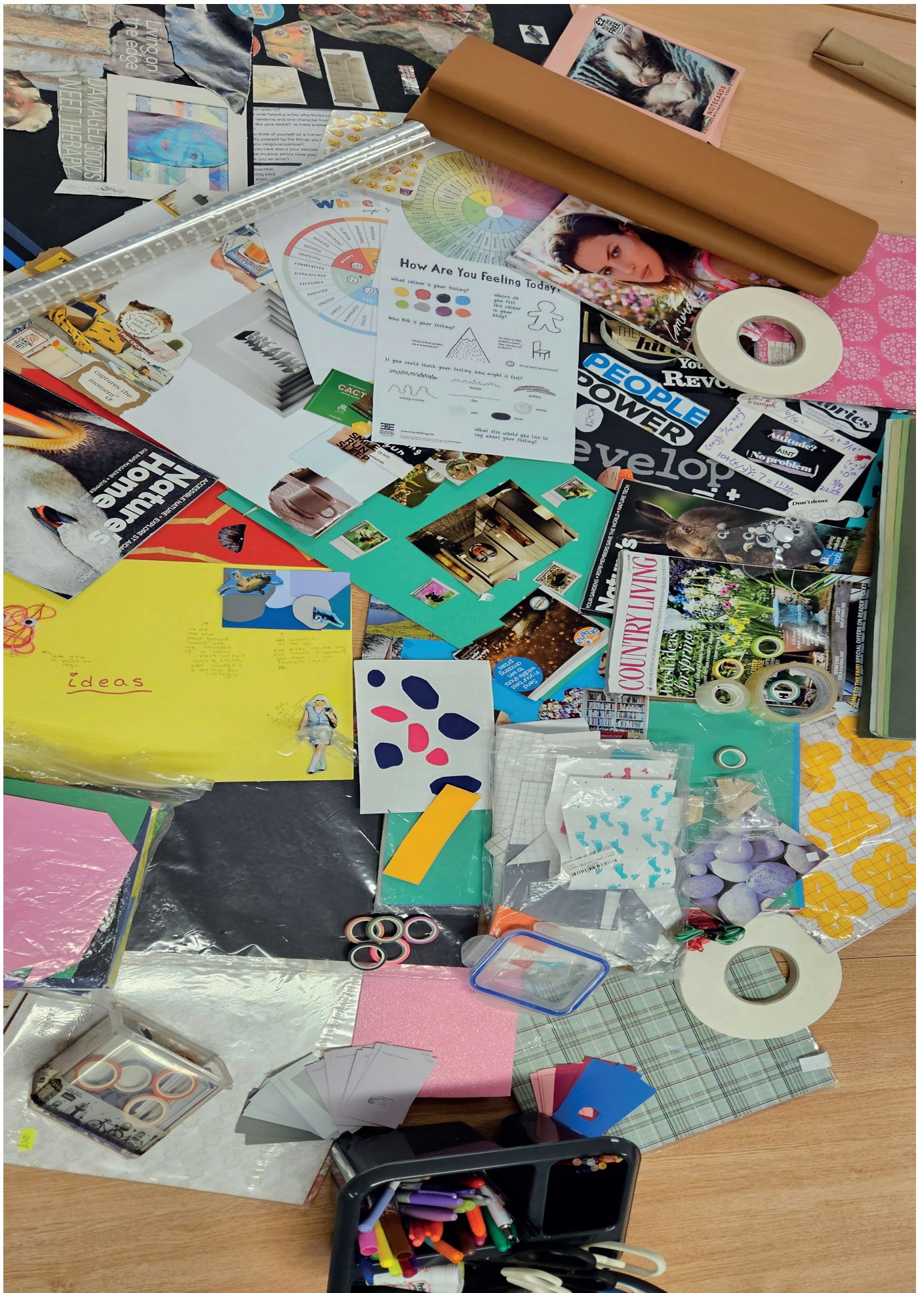
My mental health has been a lifelong struggle and now as a Careers Advisor for National Careers Service I am sharing your prospectus with people I speak to in Bedfordshire, so thank you.



I came with an open mind and was pleasantly surprised with what I'd learnt about the topic and also myself and others. Great session, would definitely recommend.



Fantastic workshop. Thank you, this has helped to clarify things for me. I am feeling much lighter and any doubt I had over blame has gone.





Find a course or workshop

P19

Recovery & Wellbeing

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Building on Knowledge & Skills

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Getting Involved

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Creativity & Self Expression

Recovery & Wellbeing

- These courses, develop your understanding and explore mood, thinking and behaviour's which over time can improve your recovery and wellbeing.

Anxiety & Fear

Classroom

⌚ 1.5 hour session

📍 **Milner Court, Wenlock Street,
High Town, Luton, LU2 0NL**

Timings 12:00 – 13:30
Date Monday, 23 September
Tutor Amit Shenmar

Anxiety and Fear can have a crippling effect on everyday life! We will be looking at valuable tips of how to calm the nervous system down and sharing valuable coping strategies.

Boundaries

Classroom

⌚ 1.5 hour session

📍 **Milner Court, Wenlock Street,
High Town, Luton, LU2 0NL**

Timings 12:00 – 13:30
Date Monday, 7 October
Tutor Amit Shenmar

Boundaries are a key marker of any relationship and help to shape the way in which people behave in a positive way.

Childlessness

Classroom

& Online

⌚ 1.5 hours per session | 4 weeks

📍 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 10:00 – 11:30
Start Date Friday, 20 September
End Date Friday, 11 October
Tutor Dianne Thomas, Haneefah Muhammad

Childlessness is a topic rarely discussed openly, which carries significant stigma. Many lack spaces to work through the experience and issues it may raise. We will discuss the different issues from dealing with loss after miscarriage and baby/child loss but also not being able to conceive.

Complex Post Traumatic Stress Disorder (CPTSD)

Classroom

& Online

⌚ 1 hour session

📍 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 14:30 – 15:30
Date Tuesday, 26 November
Tutor Joginder Khinder, Anna Braga

This workshop highlights the difference between CPTSD and PTSD. We will explain the common symptoms and causes of CPTSD, and why many people are struggling with it unaware. A chance to share your views on help available and discuss treatment options.

Coping with Grief

Classroom

& Online

⌚ 1 hour session

📍 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 12:00 – 13:00
Start Date Tuesday, 17 September
Tutor Amit Shenmar, Total Wellbeing

We all deal with loss in different ways and there is no right way to grieve. This workshop is designed to help you have a better understanding of what grief is and the grieving process.

Depression and Alcohol

Classroom

⌚ 1.5 hours per session | 2 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 14:30 – 16:00
Start Date Monday, 2 December
End Date Monday, 9 December
Tutor Joginder Khinder, Dr Rajamani

In these workshops, we will be discussing the issues of alcohol consumption on mental health, medication, and the support available to help/support you to manage in a safe and sensitive manner.

Diabetes Type 1

Online

🕒 1.5 hour session

📍 Zoom

Timings 14:30 – 16:00
Date Tuesday, 3 December
Tutor Joginder Khinder, Gari Belasco

We will discuss the causes, signs and symptoms, and the importance of seeking early treatment for this life-threatening disease and the support and treatment options available.

Diabetes Type 2

Online

🕒 1.5 hour session

📍 Zoom

Timings 14:30 – 16:00
Date Tuesday, 8 October
Tutor Joginder Khinder, Jen Menton

We will discuss the causes, signs and symptoms, and the importance of seeking early treatment for this disease and the support and treatment options available.

Dispelling Myths: Growing Older and Mental Health

Classroom

& **Online**

🕒 2.5 hour session

📍 Zoom/3 Woburn Road, Bedford, MK40 1EG

Timings 10:00 – 12:30
Start Date Monday, 7 October
Tutor Debbie Brathwaite, Kat Brkljac

We aim to discuss the issues and stigma attached to growing older and think about personal strengths to achieve a positive sense of identity. We will look at support and information available.

Emotions

Classroom

🕒 1.5 hour session

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

Timings 12:00 – 13:30
Date Monday, 21 October
Tutor Amit Shenmar

Whether that's blood boiling anger or heartfelt sentiments, emotions are powerful, physical and mental states. They can make, break or shape your behaviour.

Finding the Inner Me

Online

🕒 1.5 hours per session | 5 weeks

📍 Zoom

Timings 11:00 – 12:30
Start Date Wednesday, 18 September
End Date Wednesday, 16 October
Tutor Amit Shenmar, Debbie Brathwaite

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. We will explore your core values, belief systems, self-belief, hopes and aspirations to plan for a positive future.

Journalling

Classroom

🕒 1.5 hour session

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

Timings 12:00 – 13:30
Date Monday, 4 November
Tutor Amit Shenmar

We will develop skills with a variety of art mediums and encourage participants to expand their creative interests at home. We aim to improve self-confidence, motivation and social interaction.

Journey to Self-Respect

Classroom & **Online**

🕒 1.5 hours per session | 4 weeks

📍 **Zoom/Luton Central Library, 2nd Floor, St George's Square, Luton, LU1 2NG**

Timings 14:00 – 15:30
Start Date Thursday, 3 October
End Date Thursday, 24 October
Tutor Amit Shenmar, Karen Mcleggan

The road to self-respect can be tough. We will look at how our self-perception i.e. the way we talk, carry ourselves and the language we use can shape our sense of 'self'.

Learn to Love Yourself

Online 🕒 1.5 hours per session | 4 weeks

📍 **Zoom**

Timings 14:00 – 15:30
Start Date Wednesday, 2 October
End Date Wednesday, 23 October
Tutor Amit Shenmar, Debbie Brathwaite

We will look at different ways to uplift yourself, empower, encourage self-love and care through honest and open discussion.

Let's Talk about Living with Obsessive Compulsive Disorder

Classroom 🕒 2 hour session

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 10:00 – 12:00
Date Wednesday, 23 October

Online 🕒 2 hour session

📍 **Zoom**

Timings 10:00 – 12:00
Date Wednesday, 20 November
Tutor Claire Cooper, Sam Fossey, Pete Djukic

Join our friendly discussion, taking place in a safe and confidential space, where we will be sharing lived experiences and coping strategies, with a view to learning from each other.

Let's Talk Sessions

Join us to improve your mental health by having conversations and sharing your experiences with us.

Let's Talk Anxiety

Classroom 🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 30 September
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Confidence Building

Classroom 🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 2 December
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Depression

Classroom 🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 7 October
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Goal Setting

Classroom 🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 21 October
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Goal Setting

Classroom 🕒 1.5 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 19 September
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Grief after Berevement or Loss

Classroom

🕒 1.5 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 26 September
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Panic Attacks and Fear

Classroom

🕒 1.5 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 7 November
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Healthy Eating

Classroom

🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 23 September
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Physical and Mental Self-Harm

Classroom

🕒 1.5 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 14 November
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Health and Wellbeing

Classroom

🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 16 September
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Relationships

Classroom

🕒 1.5 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 21 November
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Loneliness and Isolation

Classroom

🕒 2 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 5 December
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Self-Neglect

Classroom

🕒 1.5 hour session

📍 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
Start Date Thursday, 28 November
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Motivation

Classroom

🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 9 December
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Sleep

Classroom

🕒 2 hour session

📍 **Grove View Hub, Court Drive, Dunstable, LU5 4JD**

Timings 10:30 – 12:30
Start Date Monday, 14 October
Tutor Trishna Reid, Karen Mcleggan

Living with a Long Term Condition

Classroom & **Online** ⌚ 1 hour session

📍 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 12:00 – 13:00
Start Date Tuesday, 1 October
Tutor Amit Shenmar, Total Wellbeing

Having a long-term health condition can be frustrating or worrying at times. It is also very common for health conditions to affect how you feel and then for your mood to affect your health condition. This can lead to feeling stressed, low, anxious or worried.

Low Mood and Depression

Classroom ⌚ 1.5 hour session

📍 **Milner Court, Wenlock Street,
High Town, Luton, LU2 0NL**

Timings 12:00 – 13:30
Date Monday, 18 November
Tutor Amit Shenmar

We will explore how people can gain a better understanding of low mood and depression. We will also discuss what maintains depression and what prevents individuals having a healthy lifestyle psychologically.

Making Sense Of Anger

Online ⌚ 1.5 hours per session | 4 weeks

📍 **Zoom**

Timings 14:30 – 16:00
Start Date Tuesday, 19 November
End Date Tuesday, 10 December
Tutor Tara Curtis

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

Meditation with Petar

Online ⌚ 1 hour per session | 12 weeks

📍 **Zoom**

Timings 13:00 – 14:00
Start Date Friday, 20 September
Break Friday, 1 November
End Date Friday, 13 December
Tutor Claire Cooper, Petar Djukic

This course provides space, for you to put aside time to relax with a guided meditation, using breathing and mindfulness techniques, which you can incorporate into your daily routine.

Men's Group with the Diverse Cultures Team

Classroom ⌚ 2 hours per session | 12 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 10:30 – 12:30
Date Tuesday, 17 September
Breaks Tuesday, 29 October
End Date Tuesday, 10 December
Tutor Steve Howe, Jaswinder Gill

These sessions build friendships, offer mutual support and encouragement to all who attend. A range of games and activities will be available.

Men's Health and Wellbeing

Online ⌚ 1 hour per session | 6 weeks

📍 **Zoom**

Timings 15:00 – 16:00
Start Date Thursday, 19 September
End Date Thursday, 24 October

Timings 15:00 – 16:00
Start Date Thursday, 7 November
End Date Thursday, 12 December
Tutor Anthony Barron, Stuart Gill

We will 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 experience and discuss.

My Emotional Self

Classroom ⌚ 1.5 hours per session | 4 weeks

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

Timings 14:00 - 15:30
Start Date Tuesday, 1 October
End Date Tuesday, 22 October
Tutor Amit Shenmar, Diarmuid O'Leary, Adrian Shearer.

We will explore emotions in a progressive way without fear of judgement. Let us share our insights, valuable tools and strategies to cope with our emotions.

Narcissism from Childhood to Adulthood

Classroom & **Online**

⌚ 1.5 hours per session | 4 weeks

 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 13:00 - 14:30
Start Date Friday, 4 October
End Date Friday, 25 October
Tutor Amit Shenmar, Adrian Shearer

We will look at the impact of 'Narcissism', explaining what it is? How it affects the family infrastructure the individual, their relationships and the impact of their emotional/social wellbeing. Trigger warning: The course may be touching on subjects that people may find sensitive.

Neurodiverse Thinking Skills

Online ⌚ 1 hour session

 **Zoom**

Timings 12:30 - 13:30
Date Monday, 14 October

Timings 12:30 - 13:30
Date Monday, 2 December
Tutor Dianne Thomas, Olive Hickmott

We will focus on the strengths that neurodiversity may bring to your life. We will discuss some simple techniques to overcome some of the challenges.

Relationships

Classroom ⌚ 1.5 hour session

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

Timings 12:00 - 13:30
Date Monday, 2 December
Tutor Amit Shenmar

Relationships are a key feature of our life, whether that is romantic or plutonic. They play a key feature in how we live our lives and can be key to a fulfilling life. Let's share our insights with one another.

Resilience

Classroom & **Online** ⌚ 1 hour session

 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
Start Date Tuesday, 5 November
Tutor Amit Shenmar, Total Wellbeing

Resilience is all about, techniques to be able to recover quickly from difficulties and be able to use these techniques in everyday life.

Rheumatoid Arthritis

Online ⌚ 1.5 hour session

 **Zoom**

Timings 14:30 - 16:00
Date Tuesday, 12 November
Tutor Joginder Khinder

We will be looking at Rheumatoid Arthritis in a sensitive and understanding way.

Seasonal Affective Disorder

Classroom & **Online** ⌚ 1 hour session

📍 **Zoom/Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG**

Timings 12:00 – 13:00
Start Date Tuesday, 3 December
Tutor Amit Shenmar, Total Wellbeing

We will be looking at tips and techniques to help ease the effects of seasonal affective disorder.

Sleep – Breathe – Ground

Online ⌚ 1 hour session

📍 **Zoom**

Timings 12:30 – 13:30
Date Monday, 21 October

Timings 12:30 – 13:30
Date Monday, 9 December
Tutor Dianne Thomas, Olive Hickmott

We will explore how to improve sleep, improve our breathing techniques and calming ourselves through grounding. Learn skills to feel empowered to manage your own wellbeing.

The Carents Room

Online ⌚ 1 hour session

📍 **Zoom**

Timings 14:00 – 15:00
Date Tuesday, 19 November
Tutor Joginder Khinder, Dr Jackie Gray

We aim to help (carents) people supporting and caring for older parents to understand and anticipate some of the challenges they might encounter and signpost to the variety of support that exists for help and support.

Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online ⌚ 1 hour session

📍 **Zoom**

Timings 12:30 – 13:30
Date Monday, 16 September

Timings 12:30 – 13:30
Date Monday, 4 November
Tutor Dianne Thomas, Olive Hickmott

We will focus on ways to live well with ADHD. Highlighting 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.

Thriving with Dyslexia

Online ⌚ 1 hour session

📍 **Zoom**

Timings 12:30 – 13:30
Date Monday, 30 September

Timings 12:30 – 13:30
Date Monday, 18 November
Tutor Dianne Thomas, Olive Hickmott

We will focus on ways to live well with dyslexia. Highlighting 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.

Voice Box

Online ⌚ 1.5 hours per session | 12 weeks

📍 **Zoom**

Timings 14:00 – 15:30
Start Date Thursday, 19 September
End Date Thursday, 12 December
Tutor Kyle McDonald, Steering Panel

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.

Women's Group with The Diverse Cultures Team

Classroom ⌚ 2 hours per session | 12 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 11:00 – 13:00
 Start Date Wednesday, 18 September
 Breaks Wednesday, 30 October
 End Date Wednesday, 11 December
 Tutor Malgorzata Lukasik, Jaswinder Gill

These sessions offer support and encouragement to all who attend. Sessions include different activities around life skills. Participants are welcome to bring in projects from home eg: knitting, crochet, drawing, writing etc.

Your are not Alone

Classroom ⌚ 1.5 hours per session | 2 weeks

📍 **The Lighthouse, Whichellos Wharf, The Elms, Stoke, Leighton Buzzard, LU7 2TD**

Timings 19:00 – 20:30
 Start Date Monday, 23 September, Session 1
 End Date Monday, 7 October, Session 2

Timings 19:00 – 20:30
 Start Date Monday, 18 November, Session 1
 End Date Monday, 2 December, Session 2
 Tutor Trishna Reid, Valerie Forsey

A course of hope for families and friends affected by a loved one in addiction (18+) Addiction is a FAMILY disease. We cannot 'fix' the problem but by the end of this course we aim to bring some awareness and knowledge that you didn't have before you attended, in the hope that if you are affected by someone in addiction, you will know where to go to seek support in your local area.

Your are not Alone

Online ⌚ 1.5 hours per day | 2 weeks

📍 **Zoom**

Timings 18:30 – 20:00
 Start Date Thursday, 12 September, Session 1
 End Date Thursday, 19 September, Session 2

Timings 18:30 – 20:00
 Start Date Thursday, 10 October, Session 1
 End Date Thursday, 17 October, Session 2
 Tutor Trishna Reid, Valerie Forsey

A course of hope for families and friends affected by a loved one in addiction (18+) Addiction is a FAMILY disease. We cannot 'fix' the problem but by the end of this course we aim to bring some awareness and knowledge that you didn't have before you attended, in the hope that if you are affected by someone in addiction, you will know where to go to seek support in your local area.

Your Digital Memories Matter

Online

📍 **Zoom**

📍 **Contact: Keech Hospice Care,
 Karen.Hibbert@keech.org.uk 01582 497 815
 www.keech.org.uk 01582 492 339**



Building on Knowledge & Skills

These courses and workshops are designed to increase knowledge and skills on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

ADHD & Me

Online

⌚ 1.5 hours per session | 6 weeks

 **Zoom**


Timings 10:00 – 11:30
 Start Date Wednesday, 6 November
 End Date Wednesday, 11 December
 Tutor Dianne Thomas, Michelle Wingrove

An exploration into the common misconception and new understandings around adult ADHD. To book a place call Dianne Thomas on 07767 826776.

ADHD & Me

Classroom

⌚ 2 hours per session | 6 weeks

 **3 Woburn Road, Bedford, MK40 1EG**

Timings 11:00 – 13:00
 Start Date Friday, 6 September
 End Date Friday, 11 October

Timings 11:00 – 13:00
 Start Date Friday, 1 November
 End Date Friday, 6 December
 Tutor Carl Ramsey

An exploration into the common misconception and new understandings around adult ADHD. To book a place call Carl Ramsey on 07554 499378

Angelic Aurora

Classroom

⌚ 2 hour session

 **3 Woburn Road, Bedford, MK40 1EG**

Timings 14:00 – 16:00
 Date Tuesday, 5 November
 Tutor Joginder Khinder

We aim to empower people by talking about death and dying. We will initiate those difficult and taboo conversations to educate and help others become more familiar with the end of life.

Are you Exhausted

Online

⌚ 1 hour session

 **Zoom**

Timings 12:30 – 13:30
 Date Monday, 23 September


Timings 12:30 – 13:30
 Date Monday, 11 November
 Tutor Dianne Thomas, Olive Hickmott

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.

Bereavement

Classroom

⌚ 2 hours per session | 3 weeks

 **3 Woburn Road, Bedford, MK40 1EG**

Timings 13:00 – 15:00
 Start Date Wednesday, 13 November
 End Date Wednesday, 27 November
 Tutor Joginder Khinder, Mary Ellen Coyte

How long bereavement lasts can depend on numerous factors. We will discuss the impact of bereavement: physical, mental, social and from a spiritual aspect. These sessions aim to discuss bereavement in an accessible, respectful and confidential space.

Better place to start – Open up your possibilities

Classroom **Arndale House, 2nd Floor, The Mall Luton, LU1 2LJ**

 *Contact: Luton Adult Learning, 01582 490 033, info@lutonacl.ac.uk*


Carers Information and Support Programmes

Classroom & Online

 Contact: luton@alzheimers.org.uk, 01582 320 224

Communication 101

Classroom & Online

 1.5 hours per session | 9 weeks

 **Zoom/3 Woburn Road, Bedford, MK40 1EG**


Timings 13:00 – 14:30
Start Date Wednesday, 18 September
Break Wednesday, 30 October
End Date Wednesday, 20 November
Tutor Kyle McDonald, Kat Brkljac

We aim to help people develop and strengthen their communication skills; personally, professionally and emotionally. To explore better ways of communicating and understand how others communicate.


Computer Skills for Beginners

Classroom

 **Bedford & Central Bedfordshire**

 Contact: Noah Enterprise 01234 863 123
bedfordacademy@noahenterprise.org

Cost of Living Support

Classroom  2 hour session

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


Timings 11:00 – 13:00
Date Wednesday, 16 October
Tutor Trishna Reid, Holly Keeling

We will support you with knowledge around the current cost of living rates, support available and developing confidence calculating money. We will look at what support is available.

Craft with Maths


Classroom

 **Arndale House, 2nd Floor, The Mall Luton, LU1 2LJ**

 Contact: Luton Adult Learning, 01582 490 033,
info@lutonac.ac.uk

Cutting Costs in the Kitchen

Classroom  2 hours per session | 4 weeks


 **Dunstable Town Football Club, Creasy Park Drive, Dunstable, LU6 1BB**

Timings 13:00 – 15:00
Start Date Thursday, 3 October
End Date Thursday, 24 October
Tutor Trishna Reid, Holly Keeling

We will help you to make the food you've bought go further using maths skills to save you money. You must attend all 4 sessions.

Day to Day: Your Activity and Sleep

Classroom  2 hour session

 **3 Woburn Road, Bedford, MK40 1EG**

Timings 13:30 – 15:30
Date Wednesday, 11 December
Tutor Joginder Khinder

Learning about the importance of good sleep, we can understand how activity and sleep impact on each other. We aim to explore how to achieve a more positive lifestyle and gain control of your life by making meaningful changes.

Death Cafe

Classroom

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

 Contact: Karen.Hibbert@keech.org.uk 01582 497 815

Domestic Abuse and Mental Health (Women only)

Online

 1.5 hour session

 **Zoom**

Timings 12:30 – 14:00
Date Thursday, 3 October

Timings 10:00 – 11:30
Date Tuesday, 3 December


Tutor Sarah Loftus

We will explain what common domestic abuse is, look at the different types of abuse and how they impact on our wellbeing and mental health. We will explore how you can identify an abusive relationship and how we can support you if you are affected by this issue.

Five ways to wellbeing

Classroom


 **Arndale House, 2nd Floor, The Mall Luton, LU1 2LJ**

 Contact: Luton Adult Learning, 01582 490 033, info@lutonacl.ac.uk

Free Employability Workshops


Classroom

 **Arndale House, 2nd Floor, The Mall Luton, LU1 2LJ**

 Contact: Luton Adult Learning, 01582 490 033, info@lutonacl.ac.uk

Healthy Relationships

Classroom & Online

 1.5 hours per session | 8 weeks

 **Zoom/3 Woburn Road, Bedford, MK40 1EG**

Timings 13:00 – 14:30
Start Date Tuesday, 17 September
Break Tuesday, 29 October
End Date Tuesday, 12 November
Tutor Carl Ramsey, Essma Bechkoum

We will explore the complexities of modern-day relationships. We cover the personal, the professional, the familial and the emotional, in terms of relationships.

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

Online

 1.5 hour session

 **Zoom**

Timings 10:00 – 11:30
Date Friday, 20 September


Timings 13:00 – 14:30
Date Friday, 22 November
Tutor Sharmin Choudhury

We will help you to think about what helps you when you are 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.

ICT Computer Classes

Classroom

 **Arndale House, 2nd Floor, The Mall Luton, LU1 2LJ**

 Contact: Luton Adult Learning, 01582 490 033, info@lutonacl.ac.uk

Improving sleep

Online

🕒 1 hour session

📍 **Zoom**

Timings 12:30 – 13:30
Date Monday, 7 October

Timings 12:30 – 13:30
Date Monday, 25 November
Tutor Dianne Thomas, Olive Hickmott

We will cover sleep hygiene, help you to identify unhelpful cycles around sleep and explore how to make small changes to improve sleep. Learn skills to feel empowered to manage your own wellbeing.

LGBTQ+ & Allies – Being Me!

Online

🕒 1.5 hour session

📍 **Zoom**

Timings 14:30 – 16:00
Date Monday, 30 September
Date Monday, 21 October
Date Monday, 25 November
Tutor Dianne Thomas, Debbie Brathwaite, Pat Moyce

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

Lifting the Lid off the Dutch Pot – Unravelling Stigma (Women Only)

Classroom & Online

🕒 1.5 hours per session | 4 weeks

📍 **Zoom/Library, 2nd Floor, St George's Square, Luton, LU1 2NG**

Timings 12:30 – 14:00
Start Date Friday, 1 November
End Date Friday, 22 November
Tutor Karen Mcleggan, Debbie Brathwaite,

Lifting the Lid off the Dutch Pot" is a metaphorical workshop designed to encourage women to be open and honest about their mental health, the stigmas they face, and the everyday challenges they encounter.

Living Well with Dementia

Classroom & Online

📍 Contact: luton@alzheimers.org.uk, 01582 320 224

Money Matters

Classroom

📍 **Arndale House, 2nd Floor, The Mall, Luton, LU1 2LJ**

📍 Contact: Luton Adult Learning, 01582 490 033, info@lutonac.ac.uk

Neurodiversity – What is that?

Online

🕒 1.5 hour sessions | 6 weeks

📍 **Zoom**

Timings 10:00 – 11:30
Start Date Tuesday, 17 September
End Date Tuesday, 22 October
Tutor Dianne Thomas

Come and discover what neurodiversity means. Find new ways to deal with daily life when you think and learn differently to others. Learn how your uniqueness can be empowered to use your strengths.

Skills and CV

Classroom


 **Arndale House, 2nd Floor, The Mall
Luton, LU1 2LJ**

 Contact: Luton Adult Learning, 01582 490 033,
info@lutonacl.ac.uk

Staying safe online

Classroom

 **Arndale House, 2nd Floor, The Mall
Luton, LU1 2LJ**

 Contact: Luton Adult Learning, 01582 490 033,
info@lutonacl.ac.uk

The Consequences of Brain Injury

Classroom

 1.5 hour session

 **3 Woburn Road, Bedford, MK40 1EG**

Timings 14:30 – 16:00
Date Tuesday, 15 October
Tutor Joginder Khinder, Kayleigh Charlton


We will cover the following: The basic anatomy of the human brain. The cause of brain injury. The impact of a brain injury. Rehabilitation techniques and the Headway Bedford Service.

Wellbeing Courses - Ampthill, Biggleswade, Houghton Regis, Sandy, Stotfold

Classroom

We 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.


Ampthill


 2 hours per session | 4 weeks

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

Timings 10:00 – 12:00
Start Date Friday, 4 October
End Date Friday, 25 October
Tutor Sam Fossey, Caram Jakhu


Biggleswade,

 2 hours per session | 12 weeks

 **St Andrews Church, 45 Shortmead Street,
Biggleswade, SG18 0AT**

Timings 10:30 – 12:30
Start Date Tuesday, 17 September
Breaks Tuesday, 29 October
End Date Tuesday, 10 December
Tutor Sam Fossey, Claire Cooper


Houghton Regis

 1.5 hours per session | 12 weeks

 **Houghton Hall Park, Park Road North,
Houghton Regis, LU5 5FU**

Timings 13:30 – 15:00
Start Date Monday, 16 September
Breaks Monday, 28 October
End Date Monday, 9 December
Tutor Sam Fossey, Helen Hart


Sandy

 1.5 hours per session | 12 weeks

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

Timings 13:00 – 14:30
Start Date Tuesday, 17 September
Breaks Tuesday, 29 October
End Date Tuesday, 10 December
Tutor Sam Fossey, Claire Cooper

Stotfold

 1.5 hours per session | 12 weeks

 **The Roccroft Centre, Church Road, Stotfold,
Hitchin, SG5 4NE**

Timings 13:00 – 14:30
Start Date Wednesday, 18 September
Break Wednesday, 30 October
End Date Wednesday, 11 December
Tutor Sam Fossey, Claire Cooper

Come along to the Bedford Beacon drop in space

Thursdays, 17:30 – 20:30

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



East London
NHS Foundation Trust

Games & activities
Arts and crafts
Creative writing

Drama sessions
Quiz nights
Chilled out space

One-to-one support
Friendly atmosphere
Hot drinks & snacks

Come and join our FREE workshops

The NHS Discovery College Bedfordshire & Luton

Charter House, Luton, LU1 2PJ



We welcome young people between 13 and 18 years old across Beds and Luton. There is no waiting list and no referral needed to join our workshops, just fill in the registration form by scanning the QR code below.



Workshops themes:
Personal Growth
Mental Health and Wellbeing

Healthy Relationships
Life Skills
Creativity



Getting Involved



These are the courses, workshops, and activities that you can physically take part in. They might take place in a classroom setting, or outdoors in a park or garden.

Bedford Food for Thought

Garden

 **Milburn Road, MK41 0NZ**

 Contact: samantha.smith@penrose.org.uk,
07805 739 238

Bingo and Board Games

Classroom  2 hour session

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


Timings 11:00 – 13:00
Date Friday, 13 December
Tutor Trishna Reid, Holly Keeling

Join the fun and challenge yourself to find the right answer to brain teasers! We will focus on a variety of maths concepts and sharpen your cognitive abilities.

Compassionate Friends Skills workshop

Classroom


 **Bedford Daycare, Gladys Ibbett House, 3 Linden
Road, Bedford, MK40 2DD**

 Contact: Karen.Hibbert@keech.org.uk, 01582 497
815

Connects

Classroom/
Garden

 **Strathmore Avenue Methodist Church,
Strathmore Avenue, Luton, LU1 3NY**

 Contact: samantha.smith@penrose.org.uk,
07805 739 238

Festive Seasonal Shapes

Classroom  2 hour session

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

Timings 11:00 – 13:00
Date Friday, 13 December

 **Dunstable Town Football Club, Creasy Park
Drive, Dunstable, LU6 1BB**


Timings 13:00 – 15:00
Date Thursday, 12 December
Tutor Trishna Reid, Holly Keeling

We will focus on key maths skills embedded into festive themed arts and crafts. Come along to get crafty in the Christmas spirit! You can create paper decorations using numbers for precision.

Get into Volunteering

Classroom

 **Arndale House, 2nd Floor, The Mall, Luton, LU1
2LJ**

 Contact: Luton Adult Learning, 01582 490 033,
info@lutonac.ac.uk

Movement for Wellbeing with The Diverse Cultures Team

Classroom  1.5 hours per session | 12 weeks

 **3 Woburn Road, Bedford, MK40 1EG**

Timings 13:30 – 15:00
Start Date Wednesday, 18 September
Breaks Wednesday, 30 October
End Date Wednesday, 11 December
Tutor Jaswinder Gill

Interactive set of workshops focusing on movement for wellbeing. Yoga, Pilates style exercises, floor work, chair exercises for those less mobile, stretching, relaxation, outdoor walk.

Penrose – Roots to Recovery

Outdoors

A6, New Bedford Road, site entrance opposite Fountains Road Luton.

Contact: samantha.smith@penrose.org.uk,
07805 739 238

Power of Music

Online

1.5 hours per session | 6 weeks

Zoom

Timings 10:00 – 11:30
Start Date Monday, 16 September
End Date Monday, 21 October
Tutor Amit Shenmar, Michelle Wingrove

Shower singers, crooners, 'laugh a minute' merchants and people who just want to connect with like-minded people and have a laugh. Keep the Monday blues away!

Recycle-a-Bike

Outdoors

Unit 4 Stockwood Discovery Centre, Stockwood Park, Luton. LU1 4LX

Contact: samantha.smith@penrose.org.uk,
07805 739 238

Roots to Success

Outdoors

Glasshouse 2, Stockwood Discovery Centre, Stockwood Park, Luton, LU1 4LX

Contact: samantha.smith@penrose.org.uk,
07805 739 238

Tai Chi

Classroom

1 hour per session | 6 weeks

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

Timings 10:30 – 11:30
Start Date Wednesday, 18 September
End Date Wednesday, 23 October
Tutor Dianne Thomas, Omega Mullings

Stretching, breathing and moving using 18 gentle exercises. Benefits include: Mind and body harmony, flexibility and balance, muscle strength and endurance, reduced stress and anxiety, reduced back pain and helps to regulate breathing.

The Benefits of Knitting & Crochet for Mental Health & Wellbeing

Classroom

2 hours per session | 6 weeks

3 Woburn Road, Bedford, MK40 1EG

Timings 11:30 – 13:30
Start Date Monday, 16 September
End Date Monday, 21 October

Timings 11:30 – 13:30
Start Date Monday, 4 November
End Date Monday, 9 December
Tutor Heidi Quinn, Janet Goodman

We aim to improve skills, dexterity, reduce stress, anxiety and depression. Improve cognitive function, boost self-confidence and combat social isolation.

Upskilling

Classroom

2 hours per session | 4 weeks

3 Woburn Road, Bedford, MK40 1EG

Timings 13:30 – 15:30
Start Date Wednesday, 18 September
Breaks Wednesday, 2 October & 9 October
End Date Wednesday, 23 October
Tutor Joginder Khinder, Caram Jakku

Upskilling aims to improve skills, dexterity, reduce stress, anxiety and depression. Improve cognitive function, boost self-confidence and combat social isolation.



Creativity & Self Expression

- These courses and workshops have positive effects on mental, emotional, and physical health, as they can relieve stress, anxiety, depression, anger and improve wellbeing.

Art and Craft Co-operative

Classroom

🕒 2.5 hours per session | 12 weeks

📍 **Jubilation Centre, Moulton Avenue, Bedford, MK42 0HL**

Timings 10:00 – 12:30
 Start Date Monday, 16 September
 Breaks Monday, 28 October
 End Date Monday, 9 December
 Tutor Sam Fossey, Claire Cooper

We will help build self-confidence and self-esteem within a friendly and supportive environment. We aim to offer many aspects of craft with the aim of producing high quality products to sell. Therefore, commitment, good timekeeping and prompt messages if you cannot make the session are required.

Art and it's Creative Outlet for Good Mental Health

Classroom

🕒 2 hours per session | 6 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 11:30 – 13:30
 Start Date Thursday, 19 September
 End Date Thursday, 24 October

Timings 11:30 – 13:30
 Start Date Thursday, 7 November
 End Date Thursday, 12 December
 Tutor Anthony Barron, Geoff Bennett

This course aims to encourage engagement in art related activity, improve self-confidence, wellbeing, and practice good mental health. We aim to develop skills in a variety of art mediums in a friendly and supportive environment.

Art Led Peer Support

Classroom

🕒 2 hours per session | 6 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 09:30 – 11:30
 Start Date Monday, 16 September
 End Date Monday, 21 October

Timings 09:30 – 11:30
 Start Date Monday, 4 November
 End Date Monday, 9 December
 Tutor Anthony Barron, Heidi Quinn, Janet Goodman

This course encourages engagement with a variety of art materials, including acrylics. These sessions are facilitated by volunteers, who have permanent staff support to promote confidence and social skills.

Art Movements Throughout History

Classroom

🕒 2 hours per session | 6 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 13:30 – 15:30
 Start Date Tuesday, 17 September
 End Date Tuesday, 22 October

Timings 13:30 – 15:30
 Start Date Tuesday, 5 November
 End Date Tuesday, 10 December
 Tutor Anthony Barron

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

Art Therapy Butterfly Project

Online

🕒 1.5 hours per session | 12 weeks

📍 Zoom

Timings 10:00 – 11:30
 Start Date Friday, 20 September
 Breaks Friday, 1 November
 End Date Friday, 13 December
 Tutor Moriam Grillo

This course is for women to explore personal narratives and to reconnect with self. 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.

Create and Paint with Numbers

Classroom

🕒 2 hours per session | 4 weeks

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

Timings 11:00 – 13:00
 Start Date Wednesday, 2 October
 End Date Wednesday, 23 October

📍 Grove View Hub, Court Drive, Dunstable, LU5 4JD

Timings 10:30 – 12:30
 Start Date Monday, 4 November
 End Date Monday, 25 November
 Tutor Trishna Reid, Holly Keeling

We will explore how famous artists have used shape and space in their artwork, resulting in symmetry and meaning. Learn about shape dimensions and sequencing in dot paintings and have a go at painting on a small canvas. All sessions in this course need to be attended.

Drama: Explore Film & Theatre Performance

Classroom

🕒 2 hours per session | 4 weeks

📍 Luton Library Theatre, 3rd Floor, St George's Square, Luton, LU1 2NG

Timings 13:30 – 15:30
 Start Date Wednesday, 23 October
 End Date Wednesday, 13 November
 Tutor Dianne Thomas, Terry Hayden, Victoria Hayford

Explore styles of performance for the stage and screen, led by a local award-winning filmmaker. You will have the opportunity to write your own piece that you will perform for stage or screen. The process will be documented on film. Your family and friends will be invited to watch a final performance at the Library Theatre.

Drama: Feelings Through Improvisation

Classroom

🕒 1.5 hours per session | 6 weeks

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

Timings 13:30 – 15:00
 Start Date Thursday, 7 November
 End Date Thursday, 12 December
 Tutor Dianne Thomas, Karen Mcleggan

Create your own Improvisations, which is a performance or an act that is not planned or practised. Develop yourself through creative exploration and learning performance techniques to build self-confidence, self-esteem, self-image and learn new skills.

Marvellous Minatures

Classroom ⌚ 2 hours per session | 6 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 14:30 – 16:30
Start Date Thursday, 19 September
End Date Thursday, 24 October

Timings 14:30 – 16:30
Start Date Thursday, 7 November
End Date Thursday, 12 December
Tutor Anthony Barron, Geoff Bennett

We will help to develop skill with the use of polymer clay and other materials to encourage participants to expand their creative interests at home.

Model Making

Classroom ⌚ 3 hours per session | 6 weeks

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 10:00 – 13:00
Start Date Wednesday, 18 September
End Date Wednesday, 23 October

Timings 10:00 – 13:00
Start Date Wednesday, 6 November
End Date Wednesday, 11 December
Tutor Anthony Barron, Geoff Bennett

Come and build models and miniatures from the past, present and future. These sessions provide guidance and tips to create models that are imaginative and educational, to display when ready.

Poetry in Emotions

Classroom & **Online**

⌚ 2 hours per session | 6 weeks

📍 **Zoom/Luton Central Library, 2nd Floor, St George's Square, Luton, LU1 2NG**

Timings 10:30 – 12:30
Start Date Friday, 8 November
End Date Friday, 13 December
Tutor Dianne Thomas, Haneefah Muhammad

We invite beginners and others to use poetry writing exercises to express your thoughts and feelings and to gain a deeper understanding of life experiences.

Seasonal Art and Craft

Classroom ⌚ 2 hours per session | 4 weeks

📍 **BPHA Building, Belcote Meadow, Purcell Way Bottom, Shefford, SG17 5RY**

Timings 10:00 – 12:00
Start Date Wednesday, 25 September
End Date Wednesday, 16 October
Tutor Sam Fossey, Claire Cooper

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 10:00 – 12:00
Start Date Wednesday, 6 November
Breaks Wednesday, 20 November
End Date Wednesday, 4 December
Tutor Sam Fossey, Claire Cooper

📍 **Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX**

Timings 10:00 – 12:00
Start Date Friday, 15 November
End Date Friday, 16 December
Tutor Sam Fossey, Caram Jakhu

Our seasonal art and craft course offer the opportunity to make some exciting items for the festive season. We will be making handmade wreaths, baubles and box frame art.

Self Discovery Through Writing

Classroom ⌚ 2.5 hours per session | 2 days

📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 10:00 – 12:30
 Start Date Monday, 30 September
 End Date Tuesday, 1 October
 Tutor Debbie Brathwaite, Kat Brkljac

We will use a range of Creative Writing techniques: Mindful, reflective, freestyle and expressive writing, to support people to reflect and gain a sense of who they are. We encourage people to share their story, and wish to explore and reflect on their experiences using the written medium.

Shout or Whisper

Online ⌚ 1 hour per session | 4 weeks

📍 **Zoom**

Timings 19:00 – 20:00
 Start Date Wednesday, 2 October
 End Date Wednesday, 23 October
 Tutor Amit Shenmar, Will Coles, Thomas Irvin

Poetry is a beautiful way to express yourself. Whatever your literary level, be it a budding poet, wilful scribbler or a Wordsmith.

Something to take off the Edge

Classroom

⌚ 3 hour session

📍 **Luton Central Library, 3rd Floor, St George's Square, Luton, LU1 2NG**

Timings 12:00 – 15:00
 Start Date Thursday, 24 October
 Tutor Errol Mclashan, Dianne Thomas, Trishna Reid

⌚ 2.5 hour session

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

Timings 12:30 – 15:00
 Start Date Friday, 25 October
 Tutor Errol Mclashan, Dianne Thomas, Trishna Reid

Errol McGlashan, also known as Brixton-based Spoken Word Artist 'Uncle Errol', presents his one-man show, "Something to Take off the Edge". During the hour-long performance followed by a workshop, McGlashan beguiles the audience with a humorous yet poignant story about two convicts flirting with heroin, chocolate hobnobs, and Shakespear, while serving long-term prison sentences in 1980's Britain. The show encourages the philosophy of freedom as a state of mind and highlights the importance of mental health, compassion, and empathy.

Writing for Self Expression

Classroom & **Online**

⌚ 1.5 hours per session | 4 weeks

📍 **Zoom/Luton Central Library, 2nd Floor, St George's Square, Luton, LU1 2NG**

Timings 10:30 – 12:00
 Start Date Tuesday, 5 November
 End Date Tuesday, 26 November
 Tutor Dianne Thomas, Tanveer Siyan, Shelley Silas

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. We aim to help you make sense of yourself through meaningful expressive writing activities.

Bedfordshire & Luton Recovery College enrolment form

Please use BLOCK CAPITALS. To enrol for a course, or courses, please complete all sections.

If you need help to complete this form please contact us, using the contact details on the next page.

1. Your contact details

Title:	First name:	Last name:
Date of birth:		
Do you live in supported living accommodation? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Address:		
Town:	County:	Postcode:
Mobile phone:	Home phone:	
May we leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>	May we leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Email address:		
Would you like to be emailed when a new prospectus is out? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Would you like to be added to our email list to receive regular updates and news about our courses? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Preferred contact method (please tick one):		
Email <input type="checkbox"/> Call to Mobile <input type="checkbox"/> Call to home phone <input type="checkbox"/> Text/SMS <input type="checkbox"/>		
We will contact you using your preferred method of contact however if we need to contact you by another method, for example in an emergency, we will use the other contact details you have provided.		
How would you like to be sent the links for online courses you choose and to receive reminders?		
Choose one option: Email <input type="checkbox"/> Text/SMS <input type="checkbox"/>		
What is your connection with Bedfordshire & Luton Recovery College?		
Work in Bedfordshire <input type="checkbox"/> Live in Bedfordshire <input type="checkbox"/> Student in Bedfordshire <input type="checkbox"/> ELFT Volunteer or Employee <input type="checkbox"/>		
Name of person completing this form:	Telephone:	
Job title (if applicable):	Email:	

2. Emergency contact information

Title:	First name:	Last name:
Phone number:	Relationship to you:	

3. Courses

Courses	Course date(s)

Your preferred location for attending courses:

Amphill Bedford Biggleswade Dunstable Flitwick Houghton Regis Leighton Buzzard Meppershall
Luton Sandy Shefford Stotfold Zoom

Please tick other suitable locations:

4. Your support needs and special requirements

Support needs: Please help us to identify your support needs by giving us a brief description of the challenges you have faced or may be addressing through current contact with mental health services.

Special requirements: Please tell us if you have any special requirements (e.g. interpreter) or access needs (e.g. mobility) that we may pass onto course trainers before you attend.

Have you or your partner been a member of the UK armed forces? Yes No

Services you access: Please tick the boxes for any statements that apply to you:

Community Mental Health Team (CMHT) Triage Assessment and Brief Interventions (TABI) Inpatient/Acute Wards
 Older Persons' Service Learning Disability Primary Liaison Service Crisis Team
 Other East London NHS Foundation Trust service MIND Lighthouse Pathway to Recovery (P2R) Resolutions
 Other mental health services Please provide details.....
 I am a carer I work for ELFT or a partner organisation Other Please provide details

Individual Learning Plan (ILP): Would you like an individual learning plan? Yes No

This will involve a session to go through short-term objectives and help you create learning opportunities to achieve your goals.

Primarily, in what role will you be using the Recovery College?

Student Tutor Support worker Carer Interpreter Professional staff

Do you belong to another group as well?

Student Tutor Support worker Carer Interpreter Professional staff

How did you hear about The Recovery College? Please tick:

Advert I walked into your premises Referral from ELFT Referral from GP Referral from other organisation ELFT website Social Media Supported Living Accommodation Word of mouth
 Other Please tell us which organisation

5. Equal opportunities monitoring

Gender identity

Female Male Non-binary Prefer not to say Identify in another way Please provide details if so.

Do you identify as trans?

Yes No Prefer not to say

Age group

17-25 26-35 35-45 46-59 60+

Marital status

Married Single Divorced Widow Civil Partnership Living with Partner Other Prefer not to say

Which of the following options best describes how you think of yourself?

Heterosexual or Straight Gay or Lesbian Bisexual Other sexual orientation not listed Prefer not to answer

Ethnicity

White British White and Asian Bangladeshi Black Caribbean White Irish White & black Caribbean Chinese
 Black African Gypsy, Roma White & black African Indian Other black Background Other white background
 Other mixed or multiple background Pakistani Other Other Asian background Prefer not to say

6. Confidentiality and our promise to you

Attendees of all our courses are expected to:

- maintain the privacy and confidentiality of other attendees;
- not use mobile phones, computers or recording devices during sessions (unless agreed prior to the day);
- inform us as soon as possible if they are unable to attend.

In return the Recovery College will:

- ensure the data you have provided us above is kept within GDPR regulations. Your personal data will not be shared outside of the Recovery College without your consent; with the exception of if we have concerns about your wellbeing. In all cases our primary aim will be to obtain your permission first;
- offer courses FREE (or at very low cost);
- involve our service users in the development of our college wherever possible.

By submitting this form, you are confirming that you have read and understand how your information will be stored / shared by the Recovery College.

Signature

Date

Thank you for completing this form. Please email your completed form to: elft.recoverycollege@nhs.net or post it to:

Recovery College, 3 Woburn Road, Bedford MK40 1EG. Telephone: 01234 263621

Recovery College, Luton Central Library, 2nd Floor, St Georges Square, Luton LU1 2NG. Telephone: 01582 315987

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This was the first college event I attended and I found it really helpful to understand myself better.



Amazing, professional yet approachable facilitators and very useful, interactive and informative content. Highly recommended for neurodiverse population, their families and carers but also for people working with ND clients.



East London
NHS Foundation Trust