



East London
NHS Foundation Trust

Bedfordshire and Luton



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

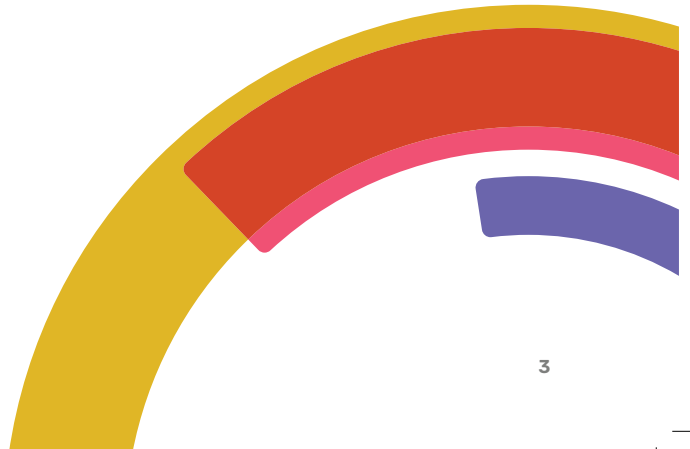
We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

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.**





Bedfordshire and Luton Recovery College





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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

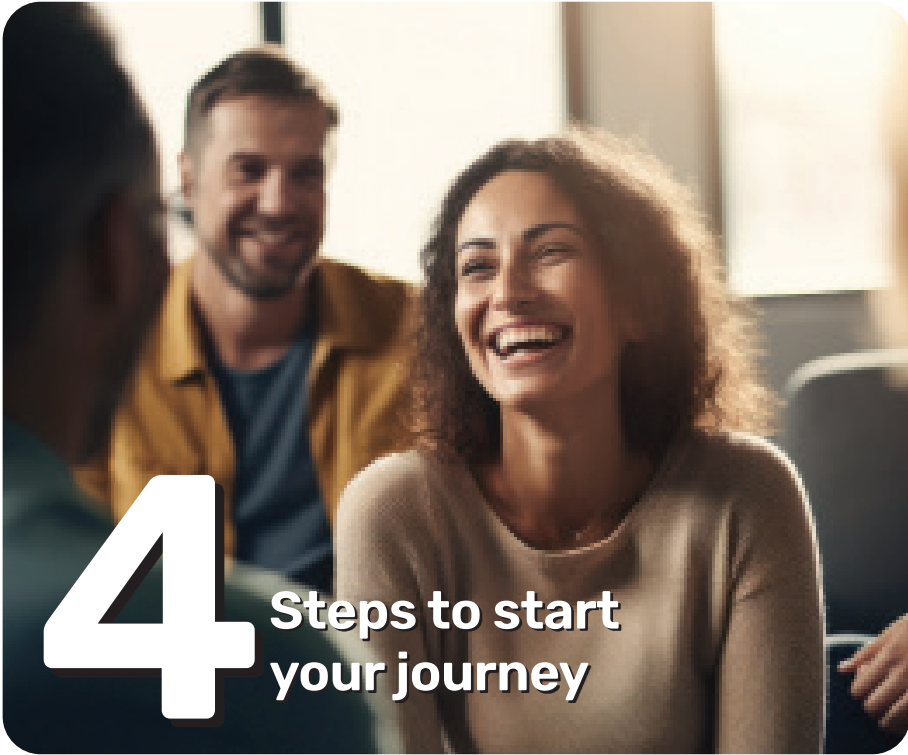
Our Recovery College is inclusive to all; service users, carers, family, friends, neighbours, staff and the general public. All are welcome to enrol as students. The educational workshops and courses we offer are all free and focus on recovery and wellbeing. They are designed, co-produced and delivered 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, or contact the relevant partner**
- 4 Begin your journey towards recovery**





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



Opportunity: to do things you want to do
Choice: control of your future
Hope: believing a meaningful life is possible

East London Foundation Trust values



We Care
We Respect
We Are Inclusive

University of Bedfordshire values

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 708 917**





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
- 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.





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

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

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

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

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

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

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

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



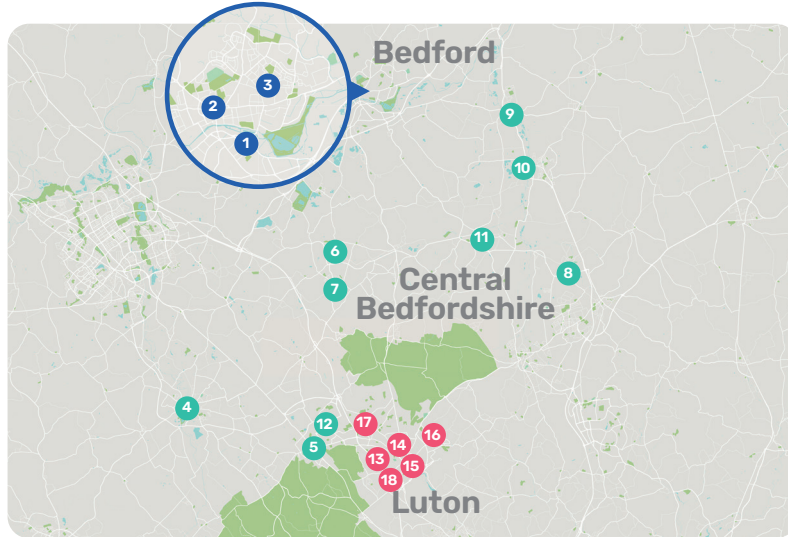
Individual learning plans

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.

Classroom

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





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.



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





This 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 definately 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.





Bedfordshire and Luton Recovery College





Find a course or workshop

P19 Recovery & Wellbeing

P29 Building on Knowledge & Skills

P39 Getting Involved

P45 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**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**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
Date Friday, 20 September
End Friday, 11 October
Tutor Dianne Thomas, Haneefah
Muhammad**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**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
Date Tuesday, 13 September
Tutor Amit Shenmar, Total Wellbeing**Depression and Alcohol****Classroom**

⌚ 1.5 hours per session | 2 weeks

📍 **2 Woburn Road, Bedford, MK40 1EG**Timings 14:30 – 16:00
Date Monday, 2 December
End Monday, 9 December
Tutor Joginder Khinder, Dr Rajamani**Diabetes Type 1****Online**

⌚ 1.5 hour session

📍 **Zoom**Timings 14:30 – 16:00
Date Tuesday, 3 December
Tutor Joginder Khinder, Gari Belasco**Diabetes Type 2****Online**

⌚ 1.5 hour session

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



Dispelling Myths: Growing Older and Mental Health

Classroom & **Online**

🕒 2.5 hour session

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

Timings 10:00 – 12:30

Date Monday, 7 October

Tutor Debbie Brathwaite, Kat Brkljac

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

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

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

Finding the Inner Me

Online

🕒 1.5 hours per session | 5 weeks

📍 **Zoom**

Timings 11:00 – 12:30

Date Wednesday, 18 September

End Wednesday, 16 October

Tutor Amit Shenmar, Debbie Brathwaite

Let's Talk about Living with Obsessive Compulsive Disorder

Classroom 🕒 2 hour session

📍 **Zoom**

Timings 10:00 – 12:00

Start Date Wednesday, 23 October

Online

🕒 2 hour session

📍 **Zoom**

Timings 10:00 – 12:00

Start Date Wednesday, 20 November

Tutor Claire Cooper, Sam Fossey, Pete Djukic

Journaling

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



Let's Talk Anxiety**Classroom** ⌚ 2 hour session📍 **Grove View Hub, Court Drive,
Dunstable, LU5 4JD**

Timings 10:30 – 12:30
 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
 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
 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
 Date Monday, 21 October

⌚ 1.5 hour session

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

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

**Let's Talk Grief after
Bereavement or Loss****Classroom** ⌚ 1.5 hour session📍 **Dunstable Town Football Club,
Creasy Park, Dunstable, LU6 1BB**

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

Let's Talk Health Eating**Classroom** ⌚ 2 hour session📍 **Grove View Hub, Court Drive,
Dunstable, LU5 4JD**

Timings 10:30 – 12:30
 Date Monday, 23 September
 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
 Date Monday, 16 September
 Tutor Trishna Reid, Karen Mcleggan

Let's Talk Loneliness and Isolation**Classroom** ⌚ 1.5 hour session📍 **Dunstable Town Football Club,
Creasy Park, Dunstable, LU6 1BB**

Timings 13:00 – 14:30
 Date Thursday, 5 December
 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
Date Monday, 9 December
Tutor Trishna Reid, Karen Mcleggan

Let's Talk Self-Neglect

Classroom ⌚ 1.5 hour session

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

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

Let's Talk Panic Attacks and Fear

Classroom ⌚ 1.5 hour session

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

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

Let's Talk Physical and Mental Self-Harm

Classroom ⌚ 1.5 hour session

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

Timings 13:00 – 14:30
Date Thursday, 14 November
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
Date Tuesday, 1 October
Tutor Amit Shenmar, Total Wellbeing

Let's Talk Relationships

Classroom ⌚ 1.5 hour session

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

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

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



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

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

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

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

My Emotional Self**Classroom** 🕒 1.5 hours session | 4 weeks📍 **Luton Central Library, 2nd Floor, St Georg's Square, Luton, LU1 2NG**

Timings 14:00 – 15:30

Date Tuesday, 1 October

End Date Tuesday, 22 October

Tutor Amit Shenmar, Diarmuid O'Leary, Adrian Shearer

Narcissism from Childhood to Adulthood**Classroom** 🕒 1.5 hours session | 4 weeks📍 **Luton Central Library, 2nd Floor, St Georg's Square, Luton, LU1 2NG**

Timings 13:00 – 14:30

Date Friday, 4 October

End Date Friday, 25 October

Tutor Amit Shenmar, Adrian Shearer



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

Seasonal Affective Disorder

Classroom & **Online**

⌚ 1.5 hour session

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

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

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

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

Resilience

Classroom & **Online**

⌚ 1.5 hour session

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

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

The Carer's Room

Online

⌚ 1 hour session

📍 **Zoom**

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

Rheumatoid Arthritis

Online

⌚ 1.5 hour session

📍 **Zoom**

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



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

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

Voice Box

Online

⌚ 1.5 hours per session | 12 weeks

Zoom

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

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

You are not Alone

Classroom

⌚ 1.5 hours per session | 2 weeks

The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, 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

You are not Alone

Online

⌚ 1.5 hours per session | 2 weeks

Zoom

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


Timings 19:00 – 20:30
Start Date Thursday, 10 October, Session 1
End Date Thursday, 17 October, Session 2
Tutor Trishna Reid, Valerie Forsey



Your Digital Memories Matter

Online

 **Zoom**

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



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



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

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

Angelic Aurora**Classroom** ⌚ 2 hour session📍 **3 Woburn Road, Bedford, MK40 1EG**

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

Are you Exhausted**Online** ⌚ 1 hour session📍 **Zoom**

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

Timings 12:30 – 13:30
 Date Monday, 23 September
 Tutor Dianne Thomas, Olive Hickmott

Bereavement**Classroom** ⌚ 2 hours per session | 3 weeks📍 **3 Woburn Road, Bedford, MK40 1EG**

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

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 Support Programmes**Classroom** & **Online**

📄 Contact: Alzheimer' Society, 01582 320 224,
 luton@alzheimers.org.uk

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

Computer Skills for Beginners

Classroom

📍 **Bedford & Central Bedfordshire**

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

Crafts 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

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,

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

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

Five ways to wellbeing

Classroom

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

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

Free Employability Workshops**Classroom**

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

i Contact: Luton Adult Learning, 01582 490 033, info@lutonac.l.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

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

ICT Computer Classes**Classroom**

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

i Contact: Luton Adult Learning, 01582 490 033, info@lutonac.l.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

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

Lifting the Lid off the Dutch Pot – Unravelling Stigma (Women Only)**Classroom** & **Online**

⌚ 1.5 hours per session | 4 weeks

**Zoom/Luton Central 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,

Living Well with Dementia**Classroom** & **Online**

i Contact: Alzheimer's Society, 01582 320 224, luton@alzheimers.org.uk



Money Matters

Classroom

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

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

Neurodiversity – What is that?

Online

1.5 hours per session | 6 weeks

Zoom

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

Skills and CV

Classroom

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

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

Staying safe online

Classroom

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

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



Wellbeing Courses

Amphill, Biggleswade, Houghton Regis, Sandy, Stotfold

Amphill

Classroom

🕒 2 hours per session | 4 weeks

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

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

Biggleswade

Classroom

🕒 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

Classroom

🕒 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

Classroom

🕒 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

Classroom

🕒 1.5 hours per session | 12 weeks

📍 **The Roecroft 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



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****i** 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

Start Date Friday, 13 December

Tutor Trishna Reid, Holly Keeling

Compassionate Friends Skills workshop**Classroom****Luton Central Library, St George's Square, Luton, LU1 2NG****i** Contact: Karen.Hibbert@keech.org.uk
01582 497 815 www.keech.org.uk 01582 492 339**Connects****Classroom/Garden****Strathmore Avenue Methodist Church, Strathmore Avenue, Luton, LU1 3NY****i** Samantha Smith,
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

Start Date Friday, 11 December

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

Timings 13:00 – 15:00

Start Date Thursday, 12 December

Tutor Trishna Reid, Holly Keeling

Get into Volunteering**Classroom****Arndale House, 2nd Floor, The Mall Luton, LU1 2LJ****i** Luton Adult Learning, 01582 490 033,
info@lutonacl.ac.uk**Movement for Wellbeing with The Diverse Cultures Team****Classroom**

⌚ 1.5 hours per day | 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



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

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

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

Start Date Monday, 4 November

End Date Monday, 9 December

Tutor Anthony Barron, Heidi Quinn, Janet Goodman

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 & 9 October

End Date Wednesday, 23 October

Tutor Joginder Khinder, Caram Jakku



Come along to the Bedford Beacon drop in space

Thursdays,
17:30 – 20:30



The Recovery College,
3 Woburn Road, Bedford,



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

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

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

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

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

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

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 Monday, 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



Drama: Explore Film & Theatre Performance

Classroom

🕒 2 hours per session | 4 weeks

📍 **Luton Central 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

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

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

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

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



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

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

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

Something to take off the Edge**Classroom**

🕒 3 hour session

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

Timings 12:00 – 15:00
 Start Date Thursday, 24 October

🕒 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

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



01234 263 621 | 01582 315 987

elft.recoverycollege@nhs.net









This workshop enabled me to explore my mental health journey through a new form of journalling. The facilitators allowed me to be me in a safe environment. They were very helpful and aided me to be the best I could.



I am in a good place, but I hadn't thought about preparing for when I wasn't. It was a darn good course that has helped me to look at myself in a different way and I now know what to do when things are going south.



East London
NHS Foundation Trust