



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.**



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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.

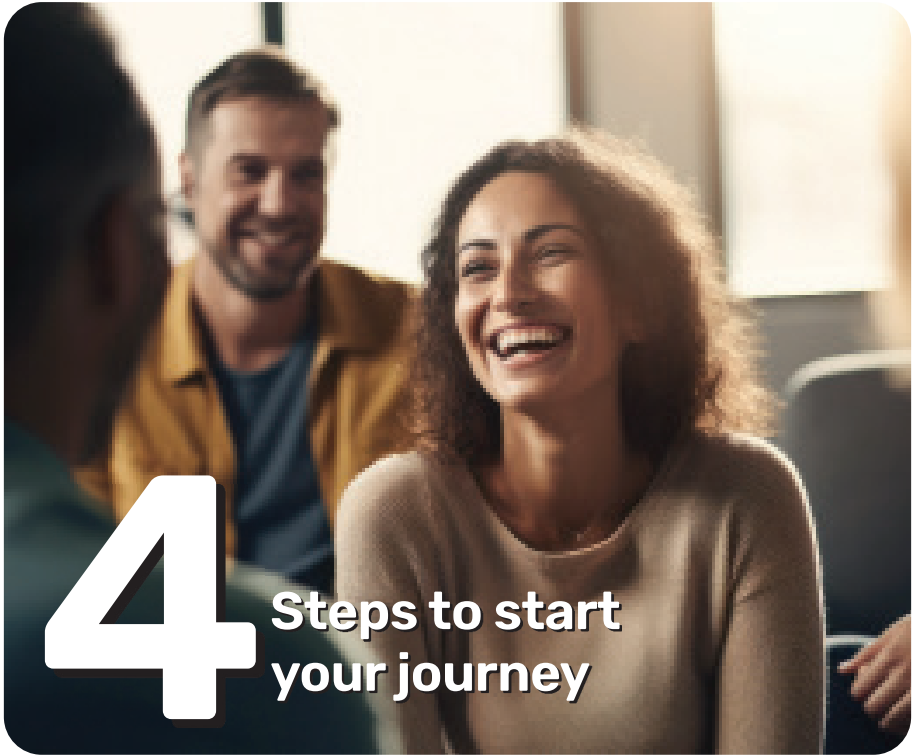
The tools we share in workshops and courses aim to support people to become an expert in their own recovery and understanding by exploring hope, choice and opportunity. By learning together we can make progress in challenging the stigma surrounding mental illness, and over time we hope to contribute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

**Contact us**

**[elft.recoverycollege@nhs.net](mailto: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](mailto: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](mailto: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](mailto: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](mailto:luton@alzheimers.org.uk)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### Luton All Women's Centre

Telephone: 01582 416 783

Email: [support@lawc.org.uk](mailto:support@lawc.org.uk)

Website: [www.lutonallwomenscentre.org.uk](http://www.lutonallwomenscentre.org.uk)

### Autism Bedfordshire

Telephone: 01234 350 704

Email: [enquiries@autismbedfordshire.org](mailto:enquiries@autismbedfordshire.org)

Website: [www.autismbedfordshire.net](http://www.autismbedfordshire.net)

### Mind BLMK

Telephone: 0300 330 0648

Email: [hq@mind-blmk.or.uk](mailto:hq@mind-blmk.or.uk)

Website: [www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

### Carers in Bedfordshire

Telephone: 0300 111 1919

Email: [contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk)

Website: [www.carersinbeds.org.uk/contact/us](http://www.carersinbeds.org.uk/contact/us)

### Penrose Roots

Telephone: 01582 343 230

Email: [samantha.smith@socialinterestgroup.org.uk](mailto:samantha.smith@socialinterestgroup.org.uk)

### Disability Resouce Centre

Telephone: 01582 470 900

Email: [info@drcbeds.org.uk](mailto:info@drcbeds.org.uk)

Website: [www.drcbeds.org.uk/contact-us](http://www.drcbeds.org.uk/contact-us)

### The Noah Academy

Telephone: 01582 726 152

Email: [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

Website: [www.noahenterprise.org](http://www.noahenterprise.org)

### Groundwork

Telephone: 0121 236 8565

Email: [info@groundwork.org.uk](mailto:info@groundwork.org.uk)

Website: [www.groundwork.org.uk](http://www.groundwork.org.uk)

### Total Wellbeing Luton

Telephone: 0300 555 4152

Email: [info@totalwellbeingluton.org](mailto:info@totalwellbeingluton.org)

Website: [www.totalwellbeingluton.org](http://www.totalwellbeingluton.org)

### Keech Hospice Care

Telephone: 01582 492 339

Email: [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk)

Website: [www.keech.org.uk](http://www.keech.org.uk)

### University of Bedfordshire

Telephone: 01234 400 400

Email: [study@beds.ac.uk](mailto:study@beds.ac.uk)

Website: [www.beds.ac.uk](http://www.beds.ac.uk)

### Luton Adult Learning

Telephone: 01582 490 033

Email: [info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk)

Website: [www.lutonacl.ac.uk](http://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.

## 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.

## 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.

## 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.



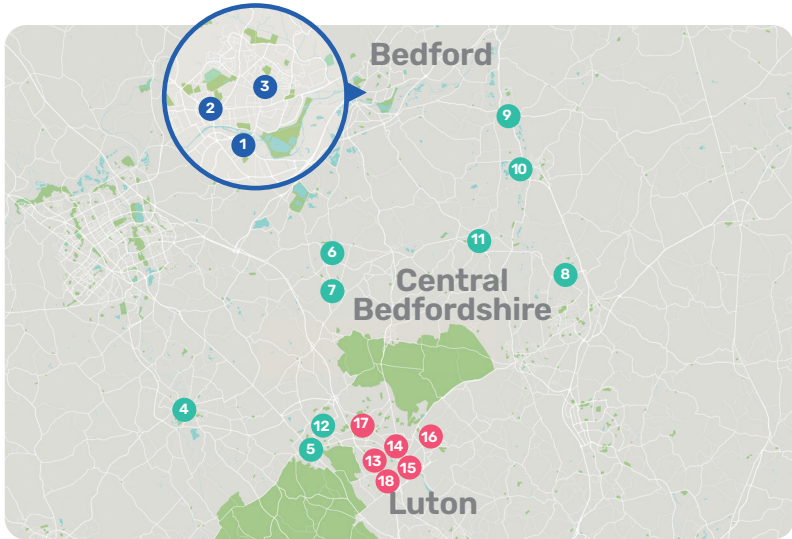
### Classroom

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

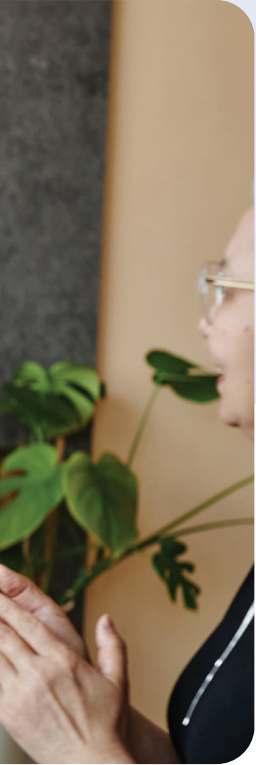
# Our students

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



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 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**

**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

## 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

## 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

## 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

## 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

## 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

## 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

**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

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# 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@lutonac.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.l.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.l.ac.uk

## Free Employability Workshops


**Classroom**


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

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

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

 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](mailto: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](mailto: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](mailto: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 Jakhu

#### 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 Rocroft 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

 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**

 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**

 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, 13 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**

 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 Miniatures

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









**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