



NHS

East London  
NHS Foundation Trust



**DISCOVERY COLLEGE  
BEDS & LUTON**

# **AUTUMN TERM PROSPECTUS**

**October-December 2024**



**The comeback is always greater  
than the setback.**

**Courage is not the absence of  
fear, but the triumph over it.**

**Curiosity is a superpower.**

**Energy flows where attention  
goes.**

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# **THE DISCOVERY COLLEGE**

**The Discovery College offers FREE workshops to young people between 13 to 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.**

**All workshops are designed and facilitated with the help of young people. Our Peer Mentors are role-models, who empower others to take control of their life through sharing lived experience. Our Subject Mentors will have the knowledge and skills to help young people reach their potential.**

**This term the face-to-face workshops have been structured in two categories, Life Skills and Creativity, held in various locations across the Borough. The D.I.S.C.O. Programme is our online 6-week course on personal development, supporting young people to design their own wellbeing toolbox. Altogether, there will be twelve workshops during this autumn term 2024, twelve opportunities to connect with others, maybe learn a new skill and invest in your wellbeing.**



# OUR JOURNEY

**We believe in the power of 'yet' and positive education! We put young people at the heart of everything we do - from collecting feedback to co-producing our workshops.**

**The Discovery College is an NHS service that promotes mental health and wellbeing for young people. We run on a strengths-based model, looking to build on what's strong, rather than focusing on what's wrong.**

**Since the first term in spring 2022, many of the young people we worked with flourished in their community, becoming proactive about their wellbeing and a good example for their peers.**

**Encouraging young people's growth is achieved through constant support, trust and relationship building. We have seen young people who start off less engaged, who then begin to blossom and participate freely. Through reflection and co-production we flourish together with the young people.**

# STUDENT CHARTER



## THROUGHOUT THE WELLBEING SESSIONS WE ALL COMMIT TO :

- **Maintaining confidentiality at all times**
- **Respecting what others have to say and their views**
- **A non-judgemental culture**
- **Being mindful of each others' feelings**
- **Allowing space if there is a need for time out**
- **Making sure everyone is comfortable**
- **Creating a fair environment**
- **Be open to exploring other options**



# DISCO FEEDBACK

**'Sessions were as usual fantastic, you guys continued to sprinkle your magic! The change in our students in a matter of days was amazing, so looking forward to working with you again in September and seeing the impact of your work.'- School Representative, Stockwood Park Academy Luton, after the Personal Development and Employability workshops**

**'It was good spending time outside. My favourite thing was planting the seeds and seeing them growing.' & 'It was great to see my daughter being committed to joining the sessions every week. You have done an amazing job, she is now more confident than before.' - from a young person and their parent who joined us for the Grow your Wellbeing Course**

**'I was in a bad place and had stopped going out and wasn't able to work. Attending the DisCo has helped my confidence and brought me out of my shell.' - DisCo student**

# GALLERY



**The DisCo Team, May 2024**



**Grow your Wellbeing Course, July 2024**



**Mindful Journeys Project, June 2024**



**Developing Self & Employability Programme, July 2024**



**Safety Squad Wellbeing Event, July 2024**



**Creating Art through Music Workshop, June 2024**



**Cyber Security and Wellbeing Workshop, June 2024**





# HOW TO SIGN UP

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

If you need any help completing the form, please email us at [elft.camhsdiscoverycollege@nhs.net](mailto:elft.camhsdiscoverycollege@nhs.net) and one of the team members will support you with this.

## What's next?

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



Use this QR code to sign up or follow this link:

[mindrecoverynet.org.uk/providers\\_profile/bedford-and-luton-discovery-college](https://mindrecoverynet.org.uk/providers_profile/bedford-and-luton-discovery-college)



# Stress Management



**From social pressure to fear of making mistakes, we all experience different levels of stress.**

**Learn about the many factors of everyday life that can impact our stress levels, like society, culture and personal circumstances.**

**Join us to learn about some different strategies you can use to relieve and manage stress.**

**Date:**

**Wednesday, 16th October**

**Time:**

**5-7pm**

**Venue:**

**Youthscape, 74 Bute St, Luton LU1 2EY**

**Facilitators:**

**Shiblu Miah and Charlotte Sherrell**



# Money Matters

**Learn some tools to help you build a healthy financial future through saving, budgeting and prioritising your needs.**

**Invest in your emotional health to support your financial revenue.**

**Join us for this valuable workshop to find out more about money and how to earn or manage it.**

**Date:**  
**Wednesday, 23rd October**

**Time:**  
**5-7pm**

**Venue:**  
**SSG Hub-Raleigh Centre, Ampthill Road, Bedford**  
**MK42 9HE**

**Facilitators:**  
**Mihaela Iancu and Charlotte Sherrell**



# **CV Writing & Interview Skills**



**Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/working life.**

**An interview gives you the opportunity to set yourself apart from other candidates and expand on the skills that make you the best person for that job.**

**Explore how enthusiasm, preparation and the STAR model can help you get the job you want.**

**Date:  
Wednesday, 30th October**

**Time:  
1-3 pm**

**Venue:  
Grove View Health Hub, Court Drive, Dunstable  
LU5 4JD**

**Facilitators:  
Shiblu Miah and Zawad Zarif**

# D.I.S.C.O. Programme



## Reaching Your Potential

**Create or find a sense of personal identity as a first step in your discovery journey.**

**The process towards achieving a goal is just as important and enjoyable as actually accomplishing the goal.**

**Learn why it is beneficial to set smaller goals as stepping stones to your destination. Finding meaning is vital for our wellbeing, no matter what our purpose is!**

**Date:**

**Wednesday, 6th November**

**Time:**

**5-6.30pm**

**Venue:**

**Online - Zoom**

**Facilitators:**

**Sarah Bateman and Alexia Potirniche**



# Communicating Confidently



**Say what you mean, mean what you say, but don't say it mean!**

**Communicating assertively enables you to respect everyone's needs and rights, including your own, and to maintain boundaries in relationships while helping others feel respected at the same time.**

**Learn how to express your needs and wants in a respectful way and how to disagree without judging.**

**Date:**  
**Wednesday, 13th November**

**Time:**  
**5-6.30pm**

**Venue:**  
**Online - Zoom**

**Facilitators:**  
**Mihaela Iancu and Charlie Sabbatini**



# Increasing Self-esteem



**Self-Esteem is the engine of our identity. It is a frame of mind that lets you celebrate your strengths and challenge or accept your weaknesses.**

**Building self-confidence can be the first step in improving your overall wellbeing and self-esteem. The way you look at yourself can impact the way you relate to others.**

**Learn how to navigate through negative self-talk to a healthier outlook.**

**Date:**  
**Wednesday, 20th November**

**Time:**  
**5-6.30pm**

**Venue:**  
**Online - Zoom**

**Facilitators:**  
**Mihaela Iancu and Ocean-Tae Mckenna**



**StayingSafeOnline.com**



**Join us to learn about the different aspects of online safety. We will cover points such as social media, online reputation, online bullying and screen time.**

**Come and find out why it is important to understand your digital footprint and how to guard against future challenges.**

**Date:**  
**Wednesday, 27th November**

**Time:**  
**5-6.30pm**

**Venue:**  
**Online - Zoom**

**Facilitators:**  
**Sarah Bateman and Marianne Bahadur**





# Building Resilience



**Bouncing back from a setback is key to our mental health and wellbeing.**

**The learning process of becoming resilient gives us the knowledge and skills we need to pick ourselves up off the ground if we fall again and to manage stress effectively.**

**This workshop will help you to build your own plan to overcome or cope with challenges using the 4 S's of resilience and the 4 A's of stress management.**

**Date:**  
**Wednesday, 4th December**

**Time:**  
**5-6.30pm**

**Venue:**  
**Online - Zoom**

**Facilitators:**  
**Sarah Bateman and Adrienne Petrosillo**



# Improving Physical Wellbeing

Exercising regularly improves our mental health and wellbeing. Together with a healthy diet and a better sleep routine helps to maintain the body's optimal functioning.

A good sense of balance between exercise, diet and sleep can improve energy levels and bring a more positive outlook on life.

We will invite you to explore our recommendations for these three pillars to build on your physical resilience.

**Date:**  
Wednesday, 11th December

**Time:**  
5-6.30pm

**Venue:**  
Online - Zoom

**Facilitators:**  
Shiblu Miah and Callen Hopkins



# Creating Jewellery Workshop

This workshop will engage your imagination and develop your dexterity. Jewellery making can help to alleviate stress by making us focus on the here and now, without worries calling for our attention. It can be seen as an act of self-love because we make time for what nourishes our spirit and relaxes our mind.

Creating jewellery can improve self-awareness, relationships and productivity.

**Date:**

**Thursday, 28th November**

**Time:**

**5-7pm**

**Venue:**

**20 Gipsy Lane, Luton, LU1 3JH**

**Facilitators:**

**Mihaela Iancu and Sarah Bateman**



# Photography



**Photography can be a mindful activity to engage the senses and encourage us to slow down and take notice. It can help us to better manage stress and everyday challenges.**

**Learn some basic photography skills through this creative workshop and meet other young people who share an interest in photography.**

**Date:**  
**Thursday, 5th December**

**Time:**  
**5-7pm**

**Venue:**  
**Grove View Health Hub, Court Drive, Dunstable**  
**LU5 4JD**

**Facilitators:**  
**Marie Young and Mihaela Iancu**



# Creating Art through Music



**The arts are an important part of our wellbeing. They can help us to express our emotions and make sense of how we feel.**

**In this session we will learn more about how the creative arts and emotions are intertwined and how they can support our wellbeing.**

**The practical part of the session will focus on translating a broad playlist of music into a visual artistic creation.**

**Date:**  
**Thursday, 12th December**

**Time:**  
**5-7pm**

**Venue:**  
**SSG Hub-Raleigh Centre, Ampthill Road, Bedford**  
**MK42 9HE**

**Facilitators:**  
**Sarah Bateman and Freya Raisborough**

# OUR PARTNERSHIPS



## Carers in Bedfordshire

Tel no: 03001111919

[carersinbeds.org.uk](http://carersinbeds.org.uk)

## Central Bedfordshire College

Tel no: 01582477776

[bedfordcollegigroup.ac.uk/central-bedfordshire-college](http://bedfordcollegigroup.ac.uk/central-bedfordshire-college)

## Integrated Care Hub

Tel no: 03003008980

[groveviewhub.co.uk](http://groveviewhub.co.uk)

## Luton Central Library

Tel no: 01582 547418

[lutonlibraries.co.uk](http://lutonlibraries.co.uk)

## Recovery College Bedfordshire and Luton

Tel no: 01234 880340

[elft.nhs.uk/services/bedfordshire-and-luton-recovery-college](http://elft.nhs.uk/services/bedfordshire-and-luton-recovery-college)

## SSG Services

Tel no: 01234340782

[ssgservices.co.uk](http://ssgservices.co.uk)

## Stockwood Park Academy

Tel no: 01582722333

[stockwoodpark.thesharedlearningtrust.org.uk](http://stockwoodpark.thesharedlearningtrust.org.uk)

## Venue 360

Tel no: 01582418873

[venue360.co.uk](http://venue360.co.uk)

## Youth Scape Luton

Tel no: 01582877220

[youthscape.co.uk/ys-luton](http://youthscape.co.uk/ys-luton)



# RESOURCES

## Be Body Positive

[bebodypositive.org.uk](http://bebodypositive.org.uk)

## Better Days BLMK

[BetterDaysBLMK@hotmail.com](mailto:BetterDaysBLMK@hotmail.com)

## Bedford Local Offer:

[localoffer.bedford.gov.uk/kb5/bedford/directory/home.page](http://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page)

## Central Bedfordshire SEND Local Offer:

[localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page](http://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page)

## Luton's Local Offer SEND Information Hub:

[directory.luton.gov.uk/kb5/luton/directory/localoffer.page](http://directory.luton.gov.uk/kb5/luton/directory/localoffer.page)

## CHUMS

[chums.uk.com/bedfordshire-services](http://chums.uk.com/bedfordshire-services)

## Crisis Cafes Bedfordshire

[elft.nhs.uk/services/mental-health-crisis-cafe-bedfordshire-luton-milton-keynes](http://elft.nhs.uk/services/mental-health-crisis-cafe-bedfordshire-luton-milton-keynes)

## Healthwatch

[healthwatchbedfordborough.co.uk](http://healthwatchbedfordborough.co.uk)

## Hub of Hope

[hubofhope.co.uk](http://hubofhope.co.uk)

## Mind BLMK

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

## Open Door Bedfordshire

[bedfordopendoor.org.uk](http://bedfordopendoor.org.uk)

## Samaritans

[samaritans.org](http://samaritans.org)

## The National Self Harm Network

[nshn.co.uk](http://nshn.co.uk)

## UK Safer Internet Centre

[saferinternet.org.uk](http://saferinternet.org.uk)

Wellbeing Apps -Free from Google Play: Calm Harm, Childline, Daylio, Headspace, Youngminds.





For further queries please email:  
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Sarah Bateman - Peer Support Champion  
[sarah.bateman6@nhs.net](mailto:sarah.bateman6@nhs.net)

Charlotte Sherrell - Business Apprentice  
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