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RDSHIRE **JANUARY**

2022

SPRING TERM

In Person Courses & Workshops











Welcome to Bedfordshire & Luton Recovery College

Understanding the Prospectus

In Person Activity



Physical Health & Wellbeing

The Bedfordshire & Luton Recovery College Terms

Spring Term Summer Term

Autumn & Winter Term

January - March 2022 April - August 2022

September - December 2022

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How to access Recovery College

Removing the Barriers

Courses listed by type (no descriptions)

Courses in Bedford - In Person

Courses in Central Beds - In Person

Courses in Luton- In Person

Support Services in the community

Thank you to our Partners

Contacting our Patners



https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College





elft.recoverycollegeenhs.net



Bedford 01234 263621 or Luton 01582 708917





Enrol Online



https://www.mindrecoverynet.org.uk/providers_profile/bedfordshire-and-<u>luton-recovery-college/</u>

BEDFORDSHIRE & LUTON RECOVERY COLLEGE

18! Living or Working in Bedfordshire & Luxon

THE

BARRIERS!

We understand that starting something new can often feel hard.

To make it easy we run regular Introduction to Recovery Workshops, where you can ask questions and understand better what we offer. Just enrol on the link below and select the time/date that you would like.

We also are happy to offer you a one-to-one session to make sure we really understand your needs and challenges, make a plan to help you access our workshops and to support you to make plans for you and your future.

To book your appointment, contact us via the details below or just tick the ILP (Individual Learning Plan) box on the Enrolment Form. We will contact you for a convenient time to have a chat. Building Knowledge & Skills



Workshops to learn a skill and find a new pathway forward



In Person

Page 9 Care Academy (NEW)

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Page 10 Wellbeing Matters (NEW)





Workshops for creative expression



In Person

Page 7 Art & Craft Card Co-Operative

Page 7 Art Movements in History

Page 9 Mixed Media (NEW)

Page 7 Self Discovery Through Writing





Workshops to discuss debate or get to know people



In Person

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Page 7 Men's Group with The Diverse Culture Team (NEW)

Page 12 Penrose Community Based Recovery Service Roots

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Page 7 Women's Group with The Diverse Culture Team



Bersonal Wellbeing



Workshops to improve mental health and wellbeing

In Person

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Page 9 Introduction to Health & Wellbeing: Boundaries

Page 9 Introduction to Health & Wellbeing: Goal Setting

Page 9 Introduction to Health & Wellbeing: Sleep

Page 9 Introduction to Health & Wellbeing: Depression

Page 9 Introduction to Health & Wellbeing: Anxiety

Page 9 Introduction to Health & Wellbeing: Healthy Eating

Page 9 Introduction to Health & Wellbeing: Health & Wellbeing

Page 9 Introduction to Health & Wellbeing: Understanding Emotions

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Physical Health Vellbeing

Workshops to improve physical health and wellbeing



In Person

Page 7 Allsorts: Yoga, Group Discussion/Group Therapy

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Recovery Wellbeing

Workshops to learn about a specific wellbeing challenge



In Person

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Page 10 Wellbeing Course - Biggleswade

Page 10 Wellbeing Course - Stotfold





A WORLD IN

WHICH EVERYONE

CAN LIVE THEIR LIFE TO THE FULL

mission

TO INSPIRE AND EMPOWER

ADULTS TO ENGAGE

IN THEIR JOURNEY OF DISCOVERY

THEIR POTENTIAL

THROUGHTEDUCATIONAL

COURSES & WORKSHOPS

ARE HERE FOR EVERYONE!!!

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ing Term 2022



Allsorts: Yoga, Discussion, Self Defence & Group Therapy

For more information please contact infoesamsonsacademy.org or call 01234 270277



3edford



Art & Craft Card Co-Operative

Where: Scott Hall Community Centre, Barford

Avenue, Bedford, MK42 0DX

Date: Monday 17 January - 28 March

Time: 10:00am - 12:00pm



Art Movements Throughout History Where: 3 Woburn Road, Bedford, MK40 1EG Date: Tuesday 11 January - 15 February Date: Tuesday 8 March - 29 March

Time: 1:30pm - 3:30pm



Back to Games

Where: 3 Woburn Road, Bedford, MK40 1EG Date: Thursday 13 January - 10 March

Time: 1:30pm - 3:00pm



Men's Group with The Diverse Culture

Where: 3 Woburn Road, Bedford, MK40 1EG

Date: Monday 10 January - 28 March

Time: 11:30am - 1:00pm Break on 28 February



Mental Health For Beginners

Where: University of Bedfordshire, Room Bedford Campus, Polhill Avenue, Bedford, MK419EA

Date: Friday 11 March - G210 Date: Friday 1 April - G013 Time: 10:00am - 12:30pm



Self Discovery Through Writing Where: 3 Woburn Road, Bedford, MK40 1EG

Date: Monday 14 February & Tuesday 15 February

Time: 11:00am - 1:30pm



Tibbs Dementia Foundation

For more information and friendly chat call 01234 210993 email contact@tibbsdementia.co.uk or look at

our website www.tibbsdementia.co.uk

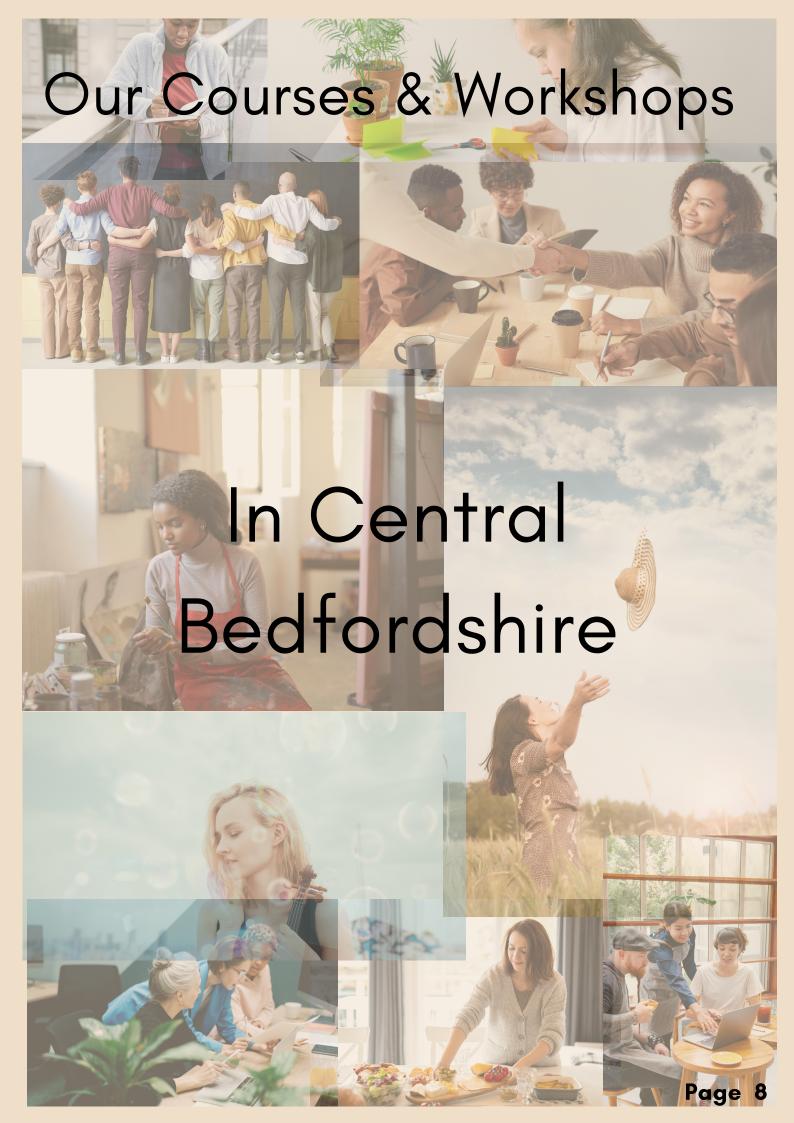




Women's Group with The Diverse Culture Team

Where: 3 Woburn Road, Bedford, MK40 1EG Date: Wednesday 12 January - 30 March

Time: 11:00am - 12:30pm Break on 16 February



Central Bedfordshire

lert 2022



Care Academy

To find out more please visit our website at www.drcbeds.org.uk or contact the Health Learning and Work team on 01582 470900 or email us at

hlwedrcbeds.org.uk

Face to Face at Unit 4 Mayfield Centre,

Mayfield Road, Dunstable.



Introduction to Health & Wellbeing Where: The Grove Corner Youth & Community Centre,

76A High Street North, Dunstable, LU6 1JF

Date: Monday 10 January - Confidence Building

Date: Monday 17 January - Boundaries Date: Monday 24 January - Goal Setting

Date: Monday 31 January - Sleep

Date: Monday 7 February - Depression Date: Monday 14 February - Anxiety

Date: Monday 21 February - Healthy Eating Date: Monday 28 February - Health & Wellbeing

Time: 1:00pm - 3:00pm





Introduction to Health & Wellbeing Where: Whichello's Wharf House, The Elms, Stoke Road, Linslade, Leighton Buzzard, LU7 2TD

Date: Tuesday 4 January - Understanding Emotions

Date: Tuesday 11 January - Relationships

Date: Tuesday 18 January - Financial Health

Date: Tuesday 25 January - Memory Health

Time: 1:00pm - 2:30pm



Mixed Media

Where: The Weatherley Centre, Eagle Farm

Road, Biggleswade, SG18 8JH

Date: Wednesday 19 January - 30 March

Time: 10:30am - 12:00pm



Money Matters



To find out more please contact the Health Learning and Work team on 01582 470900 or email us at hlwedrcbeds.org.uk Face to Face at Unit 4 Mayfield Centre, Mayfield Road, Dunstable.

Central Bedfordshire

Spring Term 2022



Support Into Employment

For more information or question please contact Health, Learning and Work Team hlwedrcbeds.org.uk or call us 01582 470900

Find out more: <u>www.drcbeds.org.uk/support.or</u> A into-employment

Face to Face at Unit 4 Mayfield Centre, Mayfield Road, Dunstable.



Wellbeing Course -Biggleswade Where: The Weatherley Centre, Eagle Farm Road,

Biggleswade, SG18 8JH

Date: Tuesday 18 January - 29 March

Time: 1:00pm - 2:30pm



Wellbeing Course -Stotfold Where: St Marys Church Hall, 61 Church Rd,

Stotfold, SG5 4NE

Date: Wednesday 19 January - 30 March

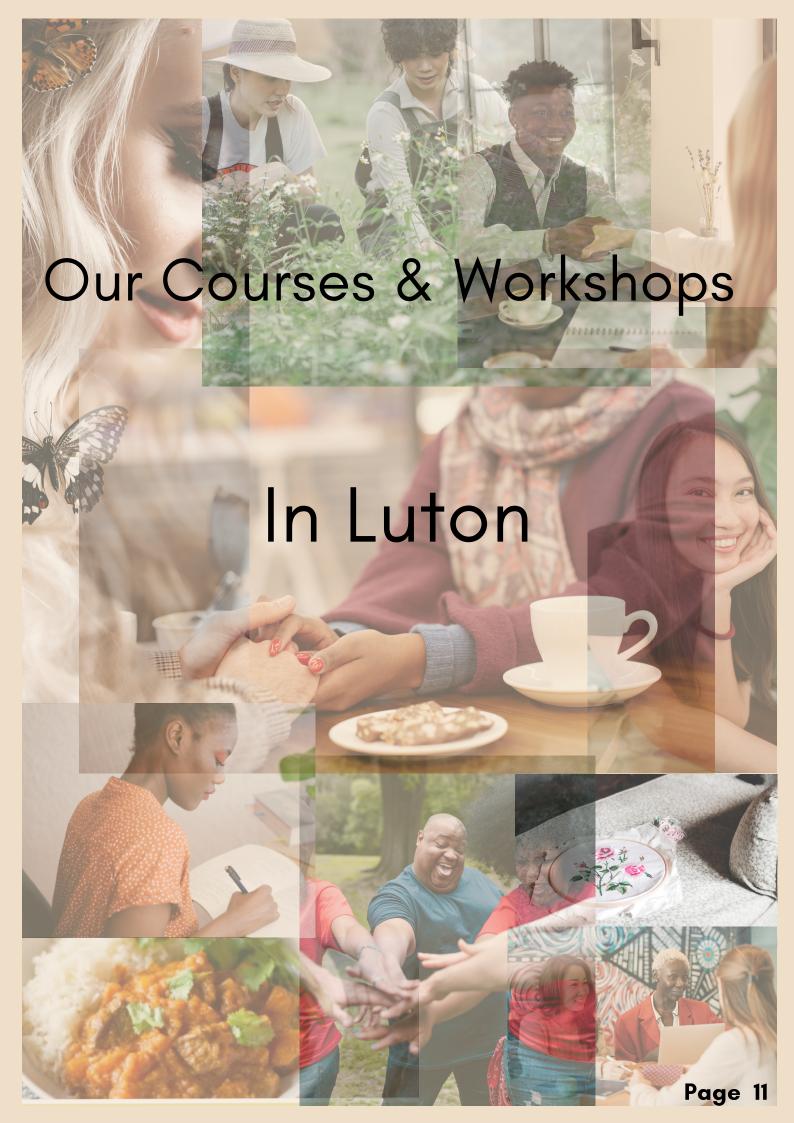
Time: 1:00pm - 2:30pm



Wellbeing Matters



To find out more please contact the Health Learning and Work team on 01582 470900 or email us at hlwedrcbeds.org.uk
Face to Face at Unit 4 Mayfield Centre Mayfield Road, Dunstable.



Spring Term 2022



Anxiety with Luton Total Wellbeing

Where: Luton Central Library, St George's Square,

Luton, LU1 2NG

Date: Tuesday 11 January Date: Tuesday 8 February Date: Tuesday 8 March Time: 1:30pm - 2:30pm



Butterfly Project Art Therapy (Women Only)

Where: The Hat Factory Arts Centre, 65 - 67

Bute Street, Luton, LU1 2EY

Date: Thursday 6 January - 31 March

Time: 10:00am - 11:30am Break on 17 February



Empathy Fatigue

Where: Luton Central Library & online

Date: Thursday 3 February Time: 1:00pm - 3:00pm



Fit Hatters

For more information please contact Tom mer

Ford

Telephone 01582 561622 email healthelutontown.co.uk

Visit their website

www.lutontowncommunity.co.uk



Living Well with a Long Term Health Condition with Luton Total Wellbeing

Where: Luton Central Library, St George's Square,

Luton, LU1 2NG

Date: Tuesday 25 January Date: Tuesday 22 February Date: Tuesday 22 March Time: 1:30pm - 2:30pm



Penrose Community Based Recovery Service/ Roots

If you are interested in joining please contact Elizabeth Aldous on 01582 343230

(Please note this is not a drop in session)



Post Traumatic Stress Disorder (PTSD) with Luton Total Wellbeing Where: Luton Central Library, St George's Square, Luton, LU1 2NG

Date: Tuesday 18 January Date: Tuesday 15 February Date: Tuesday 15 March Time: 1:30pm - 2:30pm

<u>_</u>

Spring Term 2022



Self Acceptance with Luton Total Wellbeing Where: Luton Central Library, St George's Square, Luton, LU1 2NG

Date: Tuesday 1 February Date: Tuesday 1 March Date: Tuesday 29 March Time: 1:30pm - 2:30pm



Uplift Mindset Movement Course To book your place please see the website www.letsgetgoingcic.com or call/ text Emma on 07763944587 or email info@letsgetgoingcic.com.





Where: Luton Central Library, St George's Square,

Luton, LU1 2NG

Date: Thursday 20 January Date: Thursday 17 February Date: Thursday 3 March Time: 12:00pm - 1:00pm

Support Services In the Community

Bedford Physical Health

3 month gym membership Location - University Campus Polhill - MK41 9BD

Fitness Class and Social Location - University Campus Polhill - MK41 9BD Day & Time - Thursday 1pm

Personal Training 1-1 offer
Location - University Campus Polhill - MK41 9BD
Day & Time - Mondays from 3pm
For more information Contact - Kev Wyld kevin.wyldebeds.ac.uk

Carers Central Drop in sessions

Carers Central will be running drop-in sessions at Luton Central Library every 2nd, 3rd and 4th Thursday of the month from 1pm - 4pm until March. If you need support with benefits, carer's assessments, or mental wellbeing, please don't hesitate to contact us, no appointment needed, just drop in. For information please contact The Disability Resourse Centre on 0300 303 0201 or email carerscentrale drobeds.org.uk

Knitting and Crocheting at The Higgins Art Gallery & Museum

Facebook;

https://www.facebook.com/groups/5027085872856 43 Zoom option currently still available.

Ongoing on the 3rd Tuesday of each month 11am – 1pm Drop in & Zoom on request

Facilitator(s): Gemma Hutton thehiggins@bedford.gov.uk

Activity Sessions At Home

- Chair Dance
- Chair Yoga
- Exercise to music
- Gentle exercise
- Meditation
- Mindful Yoga
- Tai Chi
- Wellbeing Q&A

Visit: https://bedfordsportlive.crd.co/

Walk and Talk

For more information contact Adam Woulds at adam.woulds@lutontown.co.uk

Telephone: 01582 561622 or visit their website: www.lutontowncommunity.co.uk

Away Day Hatters Fitness Club

For more information contact Tom Ford at health@lutontown.co.uk or phone 01582 561622 or visit their website: www.lutontowncommunity.co.uk

Hatter Chatter

For more information please contact Adam Woulds Telephone 01582 561622 email adam.woulds@lutontown.co.uk
Visit their website www.lutontowncommunity.co.uk

Wellbeing at The Higgins, Bedford

Table tennis is Mondays (except Bank Holidays) - 12.30-1.30 cost £3

Join us for a gentle stroll and chat around the river and parks. Go for a coffee after if you fancy (own cost). Every Friday 11am – 12pm. Just turn up.

Contact Contact Vicki Blair at thehiggins@bedford.gov.uk 01234 276362 for more details

Central Bedfordshire Council Active Lifestyles run a number of Facebook Live sessions.....

Check out the details below - just visit this page where all the classes happen live.

www.facebook.com/GetActiveWith/

Bedfordshire & Luton Recovery College You Tube channel

Breathing techniques, activity ideas, amateur gardening, and more at:

Click on this link;

https://www.youtube.com/channelUCGRnyZnV6gTefTQv5 O32Eg

THANK MON! for working with us!

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

Below are some of the partners that have made this prospectus possible with their contact details!





https://www.accessbedford.or.uk



info@accessbedford.org.uk



07376 262 873









https://www.autismbedfordshire.net



enquiries@autismbeds.org



01234 350 704





https://www.bepositivenow.co.uk



info@bepositivenow.co.uk



07710 678 267



BOXFIT







info@ButterflyProject.org.uk





https://drcbeds.org.uk



info@drcbeds.or.uk



01582 470 900









https://carersinbeds.or.uk



events@carersinbeds.org.uk

Foodetc.

https://foodetc.org.uk



0300 111 1919

07970 115 181





http://www.olivehickmott.co.uk/



olive@empoweringlearning.co.uk



07970 854 388



https://www.facebook.com/olive.hickmott







https://www.guhg.co.uk



helpeguhg.co.uk



0300 123 5544

















01234 718 618









letmehelp@keech.org.uk



01582 564 906



for working with us!

Bedford and Luton Recovery College would like to thank our partners for helping to produce meaningful, interesting workshops, bringing their knowledge, skills and expertise is important to our success. Below are some of the partners that have made this prospectus possible with their contact details!



Laughter Life Ltd



https://laughterandlife.co.uk



cherylelaughterandlife.co.uk



07729 187399













07393 931622





https://www.lutonallwomenscentre.org.uk



supportelawceorg.uk



01582 416 783







haemind-blmk.org.uk



0300 330 0648







https://nef.org.uk



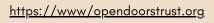
info@nef.or.uk



01908 665555

OPENDOORS







info@opendoorstrust.org



07472 102111







https://www.letsgetgoingcic.com/



info@letsgetgoingcis.com



07763944587





https://www/lutonacl.ac.uk



infoelutonacl.ac.uk



01582 490033



COMMUNITYTRUST







community@lutontown.co.uk



01582 561622





https://www.facebook.com







https://www.noahenterprise.org



academy@noahenterprise.org



01582 726152







https://www.facebook.com/PenroseRoots



elizabeth.aldous@penrose.org.uk



01582 343230





Contacting OUR PARTNERS!

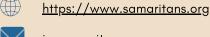






www.samsons-academy.org/contact/







info@samsons-academy.org



01234 270277

jo@samaritans.org



Call us any time, day or night from any phone FREE







https://www.facebook.com/simplydeezevents



<u>simplydeezeventsegmail.com</u>





https://www.totalwellbeingluton.org

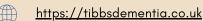


info@totalwellbeingluton.org



0300 555 4152







Contactetiibbsdementia.co.uk



01234 210933





https://www.beds.ac.uk



study@beds.ac.uk



01234 400 400

With thanks to our internal partners from Pathway 2 Recovery, Arts Therapy, People Participation, Occupational Therapy, City and Hackney Recovery College, Autism Services.

Contact us

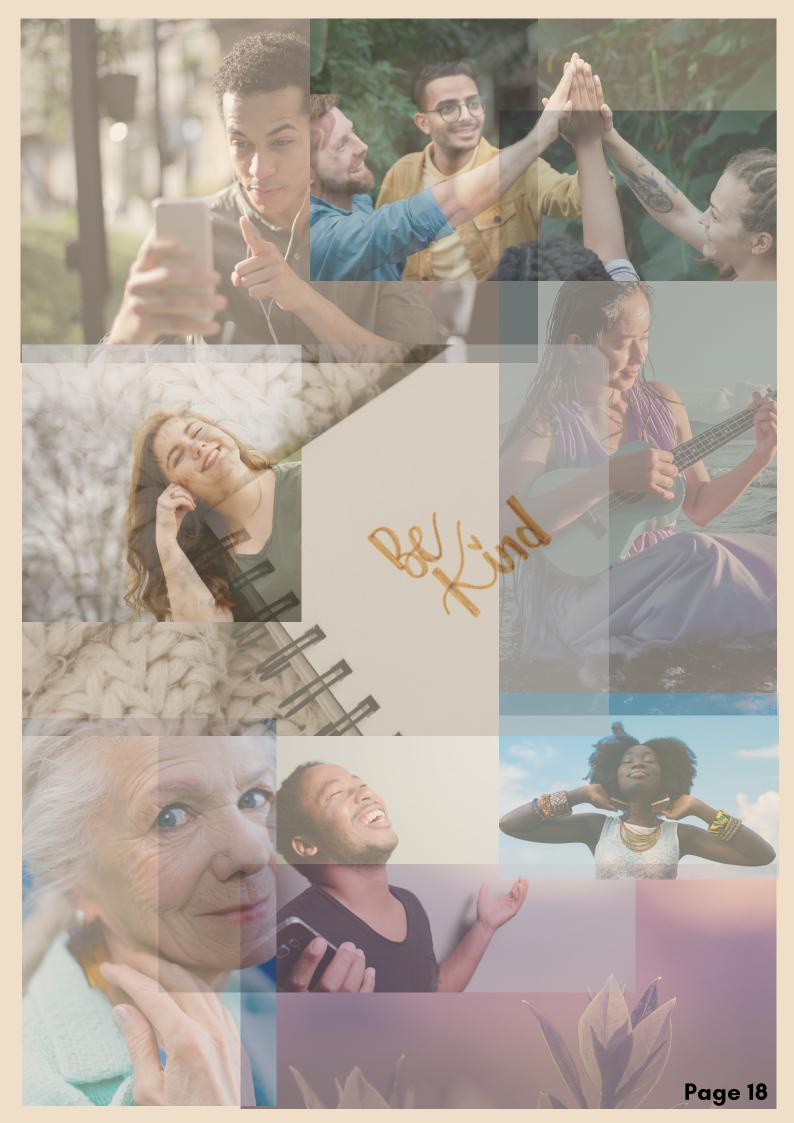
If you are interested in working with us!



elft.recoverycollege@nhs.net



01234 263 621 Bedford or 01582 708 917 Luton



Recovery Recovery

We learn, laugh, share, fear, online college our lifeline, as dusk becomes dawn

