





BEDFORDSHIRE & LUTON RECOVERY COLLEGE  
PROSPECTUS  
JANUARY - MARCH  
2022  
SPRING TERM


In Person  
Courses & Workshops




A guide to the symbols on the prospectus

 Building Skills & Knowledge

 Getting Creative

 Getting Involved

 Personal Wellbeing

 Physical Health & Wellbeing

 In Person Activity

 Contact Partner Agency Directly

# Welcome to Bedfordshire & Luton Recovery College

## Understanding the Prospectus

### The Bedfordshire & Luton Recovery College Terms

Spring Term

January - March 2022

Summer Term

April - August 2022

Autumn & Winter Term

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 Partners

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



 [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

 Bedford 01234 263621 or Luton 01582 708917





[Enrol Online](#)



[https://www.mindrecovery.net.org.uk/providers\\_profile/bedfordshire-and-luton-recovery-college/](https://www.mindrecovery.net.org.uk/providers_profile/bedfordshire-and-luton-recovery-college/)



# BEDFORDSHIRE & LUTON RECOVERY COLLEGE

FREE ! Anyone! Over 18! Living or Working in Bedfordshire & Luton

## Removing 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)
- Page 9 Money Matters (NEW)
- Page 10 Support into Employment
- Page 10 Wellbeing Matters (NEW)



# Getting Creative!

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



# Getting Involved

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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# Personal Wellbeing



Workshops to improve mental health and wellbeing



## In Person

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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

Page 9 Introduction to Health & Wellbeing: Relationships

Page 9 Introduction to Health & Wellbeing: Financial Health

Page 9 Introduction to Health & Wellbeing: Memory Health



# Physical Health & Wellbeing

Workshops to improve physical health and wellbeing



## In Person

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Page 7 Self Defence & 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





# Our Courses & Workshops



# In Bedford

**viSion**  
**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**  
**AND EXPLORE THEIR POTENTIAL**  
**THROUGH EDUCATIONAL**  
**COURSES & WORKSHOPS**

**WE ARE HERE FOR EVERYONE!!!**

# Spring Term 2022



Allsorts: Yoga, Discussion,  
Self Defence & Group  
Therapy

For more information please  
contact [info@samsons-  
academy.org](mailto:info@samsons-academy.org) or call 01234  
270277



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  
Team

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, MK41 9EA  
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](mailto:contact@tibbsdementia.co.uk) or look at  
our website [www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk)



NEW



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



# Our Courses & Workshops



# In Central Bedfordshire



# Spring Term 2022



## Care Academy

To find out more please visit our website at [www.drcbeds.org.uk](http://www.drcbeds.org.uk) or contact the Health Learning and Work team on 01582 470900 or email us at [hlw@drcbeds.org.uk](mailto:hlw@drcbeds.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 [hlw@drcbeds.org.uk](mailto:hlw@drcbeds.org.uk)

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





# Spring Term 2022



## Support Into Employment

For more information or question please contact Health, Learning and Work Team [hlw@drcbeds.org.uk](mailto:hlw@drcbeds.org.uk) or call us 01582 470900

Find out more: [www.drcbeds.org.uk/support-into-employment](http://www.drcbeds.org.uk/support-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 [hlw@drcbeds.org.uk](mailto:hlw@drcbeds.org.uk)

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







# Our Courses & Workshops

## In Luton



# 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 Ford

Telephone 01582 561622

email [health@lutontown.co.uk](mailto:health@lutontown.co.uk)

Visit their website

[www.lutontowncommunity.co.uk](http://www.lutontowncommunity.co.uk)



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

NEW

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

NEW

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

# Spring Term 2022



## Self Acceptance with Luton Total Wellbeing

NEW

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

NEW

To book your place please see the  
website [www.letsgetgoingcic.com](http://www.letsgetgoingcic.com) or  
call/ text Emma on 07763944587 or  
email [info@letsgetgoingcic.com](mailto:info@letsgetgoingcic.com).



## Welcome PODS

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.wyld@beds.ac.uk](mailto:kevin.wyld@beds.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 Resource Centre on 0300 303 0201 or email [carerscentral@drcbeds.org.uk](mailto:carerscentral@drcbeds.org.uk)

## Knitting and Crocheting at The Higgins Art Gallery & Museum

Facebook;

<https://www.facebook.com/groups/502708587285643>

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](mailto: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](mailto:adam.woulds@lutontown.co.uk)

Telephone: 01582 561622 or visit their website:

[www.lutontowncommunity.co.uk](http://www.lutontowncommunity.co.uk)

## Away Day Hatters Fitness Club

For more information contact Tom Ford at

[health@lutontown.co.uk](mailto:health@lutontown.co.uk)

or phone 01582 561622 or visit their website:

[www.lutontowncommunity.co.uk](http://www.lutontowncommunity.co.uk)

## Hatter Chatter

For more information please contact Adam Woulds

Telephone 01582 561622

email [adam.woulds@lutontown.co.uk](mailto:adam.woulds@lutontown.co.uk)

Visit their website [www.lutontowncommunity.co.uk](http://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](mailto: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/](http://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/channel/UCGRnyZnV6gTefTQv5O32Eg>

# THANK YOU! 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](mailto:info@accessbedford.org.uk)  
 07376 262 873



 <https://www.autismbedfordshire.net>  
 [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)  
 01234 350 704



 <https://www.bepositivenow.co.uk>  
 [info@bepositivenow.co.uk](mailto:info@bepositivenow.co.uk)  
 07710 678 267






## BOXFIT

 <https://www.facebook.com/michelle.nelson>



 [info@ButterflyProject.org.uk](mailto:info@ButterflyProject.org.uk)





 <https://carersinbeds.or.uk>  
 [events@carersinbeds.org.uk](mailto:events@carersinbeds.org.uk)  
 0300 111 1919




 <https://drcbeds.org.uk>  
 [info@drcbeds.or.uk](mailto:info@drcbeds.or.uk)  
 01582 470 900






 <https://foodetc.org.uk>  
 07970 115 181



 <http://www.olivehickmott.co.uk/>  
 [olive@empoweringlearning.co.uk](mailto:olive@empoweringlearning.co.uk)  
 07970 854 388  
 <https://www.facebook.com/olive.hickmott>






 <https://www.thehigginsbedford.org.uk>  
 [thehiggins@bedford.gov.uk](mailto:thehiggins@bedford.gov.uk)  
 01234 718 618



 <https://www.guhg.co.uk>  
 [help@guhg.co.uk](mailto:help@guhg.co.uk)  
 0300 123 5544



 <https://www.keech.org.uk>  
 [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk)  
 01582 564 906



# THANK YOU ! 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://laughterandlife.co.uk>  
[cheryl@laughterandlife.co.uk](mailto:cheryl@laughterandlife.co.uk)  
07729 187399



<https://www.letsgetgoingcic.com/>  
[info@letsgetgoingcic.com](mailto:info@letsgetgoingcic.com)  
07763944587



<https://www.elft.nhs.uk/service/453/The-Lighthouse>  
07393 931622



<https://www.lutonacl.ac.uk>  
[info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk)  
01582 490033



<https://www.lutonallwomenscentre.org.uk>  
[support@lawc.org.uk](mailto:support@lawc.org.uk)  
01582 416 783



<https://www.lutontowncommunity.co.uk>  
[community@lutontown.co.uk](mailto:community@lutontown.co.uk)  
01582 561622



<https://www.mind-blmk.or.uk>  
[hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)  
0300 330 0648



<https://www.facebook.com>



<https://nef.org.uk>  
[info@nef.or.uk](mailto:info@nef.or.uk)  
01908 665555



<https://www.noahenterprise.org>  
[academy@noahenterprise.org](mailto:academy@noahenterprise.org)  
01582 726152



<https://www.opendoorstrust.org>  
[info@opendoorstrust.org](mailto:info@opendoorstrust.org)  
07472 102111



<https://www.facebook.com/PenroseRoots>  
[elizabeth.aldouse@penrose.org.uk](mailto:elizabeth.aldouse@penrose.org.uk)  
01582 343230



Mention us when speaking to our partners !

# Contacting OUR PARTNERS !

## SAMARITANS

Luton, South Beds  
& Harpenden



<https://www.samaritans.org>



[jo@samaritans.org](mailto:jo@samaritans.org)



1161 23 **Call us any time, day or night  
from any phone FREE**



[www.samsons-academy.org/contact/](http://www.samsons-academy.org/contact/)



[info@samsons-academy.org](mailto:info@samsons-academy.org)



01234 270277

## Simply DEEZ EVENTS

Making it happen For you



<https://www.facebook.com/simplydeeevents>



[simplydeeevents@gmail.com](mailto:simplydeeevents@gmail.com)



<https://tibbsdementia.co.uk>



[Contact@tibbsdementia.co.uk](mailto:Contact@tibbsdementia.co.uk)



01234 210933



<https://www.totalwellbeingluton.org>



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



0300 555 4152



<https://www.beds.ac.uk>



[study@beds.ac.uk](mailto: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](mailto:elft.recoverycollege@nhs.net)



01234 263 621 Bedford or 01582 708 917 Luton







# A POEM ABOUT US!

## Recovery

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

