



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



A guide to the symbols on the prospectus



Building Skills & Knowledge



Getting Creative



Getting Involved



Personal Wellbeing



Physical Health & Wellbeing



Online Activity



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 listed alphabetically

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.recoverycollege@nhs.net



Bedford 01234 263621 or Luton 01582 708917

[mindrecovery.net](https://www.mindrecovery.net)



Enrol Online



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



Online

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- Page 13 Dispelling Myths: Schizophrenia
- Page 13 Diverse Cultures in the Kitchen
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- Page 17 Money Matters: Balancing the Books
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- Page 18 Passport to Childcare
- Page 18 Passport to the Health Sector
- Page 19 Passport to Supporting Schools
- Page 20 Skills Workshops Compassionate Friends (NEW)
- Page 20 Support into Employment
- Page 21 What to do with a Neurodivergent, including what to do in the workplace! (NEW)



In Person

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Getting Creative!



Workshops for creative expression



Online

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- Page 20 The Lives Of Others
- Page 21 Wall Art



In Person

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Getting Involved



Workshops to discuss debate or get to
know people



Online

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- Page 20 Surviving Abuse Discussion Talk
- Page 20 The Simply 2gether Show
- Page 20 Tibbs Dementia Foundation (NEW)
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In Person

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Personal Wellbeing



Workshops to improve mental health and wellbeing



Online

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- Page 13 Feeling blue, find your way through! (NEW)
- Page 19 Positive Thinking (NEW)
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In Person

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- Page 25 Introduction to Health & Wellbeing: Health & Wellbeing
- Page 25 Introduction to Health & Wellbeing: Understanding Emotions
- Page 25 Introduction to Health & Wellbeing: Relationships
- Page 25 Introduction to Health & Wellbeing: Financial Health
- Page 25 Introduction to Health & Wellbeing: Memory Health



Physical Health & Wellbeing



Workshops to improve physical health and wellbeing



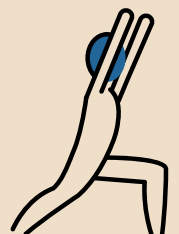
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- Page 19 Six Simple Tips to Help Reduce Worry
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- Page 21 Uplift Mindset Movement Course (NEW)



In Person

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Recovery & Wellbeing



Workshops to learn about a specific wellbeing challenge



Online

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- Page 13 Empathy Fatigue
- Page 14 Grace, Gratitude & Growth
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- Page 15 Grand Union Housing Time to Talk Health & Wellbeing: Introduction to Motivation
- Page 15 Grand Union Housing Time to Talk Health & Wellbeing: Relationships
- Page 15 Grand Union Housing Time to Talk Health & Wellbeing: Understanding Emotions
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- Page 16 Lesbian or gay and in need of support?
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- Page 17 Medication & Mental Health
- Page 17 Menopause: Early menopause and the affects of hormones! (NEW)
- Page 18 Overcoming the effects of Bulling
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- Page 21 What makes us happy (NEW)



In Person

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- Page 28 Living Well with a Long Term Condition (NEW)
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- Page 29 Self Acceptance (NEW)
- Page 26 Wellbeing Course - Biggleswade
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Our Courses & Workshops



Online



WELCOME
BEDFORDSHIRE
AND
LUTON

Community Connections
diverse cultures
Community mental health teams
inpatient wards
bedford beacon

RECOVERY
COLLEGE

Spring Term 2022

Online



Action on Addiction

Where: online
Date: Friday 18 February
Date: Friday 18 March
Time: 3:00pm - 4:30pm



Are you Exhausted?

Where: Online
Date: Tuesday 1 February
Date: Tuesday 8 March
Time: 10:30am - 11:30am



Art for Wellbeing

For more information please contact Luton Adult Learning
<https://sway.office.com/wEVaMtbelBgcwg8T?ref=email>
Call 01582 490033
www.lutonacl.ac.uk
passport@lutonacl.ac.uk



Autism Bedfordshire Workshops

If anyone is interested in finding out about our courses please contact Autism Bedfordshire at enquiries@autismbeds.org



Back to Life

Where: Online
Date: Wednesday 2 February - 23 February
Date: Wednesday 2 March - 23 March
Time: 11:00am - 12:00pm



Being Me! LGBTQ+ and Allies

Where: Online
Date: Monday 31 January
- LGBTQ+, Parenting, Intersectionality
Date: Monday 28 February
- Ageing as part of the LGBTQ + community, Media representations
Date: Monday 28 March
- How do Laws and Cultures Affect LGBT People? Allyship; what is it and how can you be an Ally?
Time: 2:30pm - 3:30pm



Be Positive at Home: Wellbeing and Employment Support

For more information please contact Angus on 07710 678267 or email info@bepositivenow.co.uk



Better Housing Better Health

Where: Online
Date: Monday 24 January
Time: 1:00pm - 2:00pm
Date: Tuesday 8 March
Time: 10:00am - 11:00am

Spring Term 2022



Book Club

Where: Online

Date: Thursday 6 January – 31 March

Time: 2:00pm – 3:00pm

Online

For more information please register via this link:

https://docs.google.com/forms/d/ejFAIpQLSdDO5TRkjul8PYzCscftirwpe4Z3plasm-YcMCVsLthBz64A/viewform?usp=sf_link

The Zoom meeting link will be sent to the ladies once registration has been completed



Boxfit Ladies Only



British Sign Language Café Online

For more information contact Helene Bolton at info@accessbedford.org.uk



British Sign Language: Deaf Awareness Taster Session

Where: Online

Date: Tuesday 25 January

Date: Tuesday 1 March

Time: 8:00pm – 9:00pm



Care Academy Online

NEW

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 hlw@drcbeds.org.uk



Caring & Mental Health

Where: Online

Date: Thursday 27 January

Date: Thursday 24 February

Date: Thursday 24 March

Time: 7:30pm – 8:30pm



Crisis Cafe: Mind BLMK

Open 5pm – 11pm – 7 Days a week

Tel: 01525 722 225

Web: www.mind-blmk.org.uk



Spring Term 2022

Online



Day to Day Activity & Sleep

Where: online
Date: Tuesday 1 February
Time: 11:30am - 1:00pm



Dispelling Myths:
Growing Older &
Mental Health
Condition

Where: Online
Date: Tuesday 8 March
Time: 11:30am - 1:00pm



Dispelling Myths:
Schizophrenia

Where: Online
Date: Tuesday 1 March
Time: 11:30am - 1:00pm



Diverse Cultures
in the Kitchen

Where: Online
Date: Thursday 20 January - Dahl
Date: Thursday 17 February - Rice
Date: Thursday 17 March - Sahbji
Time: 12:00pm - 1:15pm



Empathy Fatigue

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



Expression Through
Poetry

Where: Online
Date: Monday 17 January - 21 February
Time: 10:00am - 12:00pm



Feeling Blue, Find
Your Way Through!

Where: Online
Date: Monday 17 January
Time: 11:00am - 12:00pm

NEW



Fibromyalgia & Me!

Where: Online
Date: Thursday 17 February
Time: 1:00pm - 2:30pm

NEW

Spring Term 2022



Free Employability workshops

For more information please contact
Luton Adult Learning

<https://sway.office.com/wEVaMtbelgwg8T?ref=email>

Call 01582 490033

www.lutonacl.ac.uk

passport@lutonacl.ac.uk



Online



Get Up, Get Moving!

NEW

Where: Online

Date: Thursday 13 January - 31 March

Time: 10am - 10:30am



Grace, Gratitude and Growth

NEW

Where: Online

Date: Tuesday 18 January - 15 March

Time: 11:00am - 12:30pm

Break on Tuesday 15 February



Grand Union Housing - Time To Talk Health & Wellbeing: Financial Health

NEW

Where: Online

Date: Tuesday 8 February

Time: 10:30am - 12:30pm



Grand Union Housing - Time To Talk Health & Wellbeing: Improve your Memory

NEW

Where: Online

Date: Tuesday 15 February

Time: 10:30am - 12:30pm



Grand Union Housing - Time To Talk Health & Wellbeing: Introduction to Confidence Building

NEW

Where: Online

Date: Tuesday 11 January

Time: 10:30am - 12:30pm

Spring Term 2022

Online



Grand Union Housing Time
To Talk Health & Wellbeing:
Introduction to Motivation

Where: Online
Date: Tuesday 18 January
Time: 10:30am - 12:30pm

NEW



Grand Union Housing - Time
To Talk Health & Wellbeing:
Relationships

Where: Online
Date: Tuesday 1 February
Time: 10:30am - 12:30pm

NEW



Grand Union Housing - Time
To Talk Health & Wellbeing:
Understanding Emotions

Where: Online
Date: 25 January
Time: 10:30am - 12:30pm

NEW



Growing Yourself in
Your Garden

Where: Online
Date: Monday 21 February - 28 March
Time: 12:00pm - 1:00pm



Healthy Eating On
A Budget

Where: Online
Date: Thursday 20 January - 31 March
Time: 5:00pm - 6:00pm
Break on 17 February



How Domestic
Abuse Impacts on
your Mental Health

Date: Tuesday 25 January
Time: 10:00am - 11:30am
Date: Thursday 10 March
Time: 12:30pm - 2:00pm



How Forced Marriage or
Honour Based Abuse can
affect you

Where: Online
Date: Tuesday 1 February
Time: 10:00am - 11:30am
Date: Wednesday 23 March
Time: 12:30pm - 2:00pm

Spring Term 2022

Online



ICT The Basics

For more information please contact
Luton Adult Learning
<https://sway.office.com/wEVaMtbeIBgcwg8T?ref=email>
Call 01582 490033
www.lutonacl.ac.uk
passport@lutonacl.ac.uk



Introduction to Female Genital Mutilation

Where: Online
Date: Friday 28 January
Time: 10:00am - 11:30am
Date: Tuesday 15 March
Time: 12:30pm - 2:00pm



It's Ok Not To Be Ok!...

For more information or question please contact info@samsons-academy.org
Call 01234 270277



Knowing What's Out There For You?

Where: Online
Date: Tuesday 18 January
Date: Tuesday 22 February
Time: 11:00am - 12:00pm



Lesbian or gay and in need of support?

Where: Online
Date: Wednesday 26 January
Time: 6:00pm - 7:30pm
Date: Friday 11 March
Time: 12:30pm - 2:00pm



Let's Chat (For young adults aged 18-25)

Where: Online
Date: Wednesday 2 February & Wednesday 2 March
Time: 2:00pm - 3:00pm



Let's talk about the Menopause!

Where: Online
Date: Thursday 20 January
Time: 12:30pm - 2:00pm
Date: Wednesday 9 March
Time: 6:00pm - 7:30pm



Life Inna Lockdown

For more information and to register please contact Dee Bailey at Simply Deeze Events,
simplydeezevents@gmail.com



Spring Term 2022

Online



Lighthouse
Young People's
Group (Luton)

For more information or question please visit our website to send us your details. <https://www.mind-blmk.org.uk/> use the 'get support' button on our website to send us your information
<https://www.mind-blmk.org.uk/>



Medication And
Mental Health

Where: Online
Date: Wednesday 19 January
Time: 6:00pm - 7:30pm
Date: Thursday 10 March
Time: 10:00am - 11:30am



Meditation With Pete

Where: Online
Date: Friday 28 January - 25 March
Time: 1:00pm - 2:00pm



Menopause: Early
Menopause and the
affects of Hormones

Where: Online
Date: Thursday 20 January
Time: 7:00pm - 8:30pm



Men's Talk Monday

Where: Online
Date: Monday 10 January - 28 March
Time: 2:00pm - 3:00pm
Break on 14 February



Men's Talk Thursday

Where: Online
Date: Thursday 13 January - 17 February
Date: Thursday 3 March - 31 March
Time: 5:00pm - 6:00pm



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



Money Matters:
Balancing The Books

Where: Online
Date: Saturday 19 March
Time: 11:00am - 12:30pm

Spring Term 2022

Online



Money Matters: Making the most of our Income

Where: Online
Date: Saturday 22 January
Time: 11:00am - 12:30pm



Money Matters: Making the Most of your Money

Where: Online
Date: Saturday 12 February
Time: 11:00am - 12:30pm



Noah Enterprises

For more information contact Noah Enterprises on 01582 726152 or visit their website academy@noahenterprise.org.



Open Door: Your Pathway To Employment Project

To register for these courses, please contact us and complete the application form. Deadline for registration is on going. You can contact us on 07472102111. Alternatively, you can email us at opendoorstraining@live.co.uk



Open Your Heart to Self Discovery

Where: Online
Date: Tuesday 11 January & 25 January
Date: Tuesday 8 February & 22 February
Time: 7:30pm - 9:00pm



Overcoming the effects of Bullying

Where: Online
Date: Thursday 27 January
Time: 12:00pm - 2:00pm



Passport to Childcare

For more information please contact Luton Adult Learning <https://sway.office.com/wEVaMtbelBgcwg8T?ref=email>
Call 01582 490033
www.lutonacl.ac.uk
passport@lutonacl.ac.uk



Passport to the Health Sector

For more information please contact Luton Adult Learning <https://sway.office.com/wEVaMtbelBgcwg8T?ref=email>
Call 01582 490033
www.lutonacl.ac.uk
passport@lutonacl.ac.uk



Spring Term 2022



Passport to Supporting in Schools

For more information please contact Luton Adult Learning

<https://sway.office.com/wEVaMtbelBgcwg8T?ref=email>

Call 01582 490033

www.lutonacl.ac.uk

passport@lutonacl.ac.uk



Online



Patchwork Cushion Craft

Where: Online

Date: Monday 17 January - 7 February

Time: 2:30pm - 4:00pm



Perspectives: Focused Topic Discussion Workshop

Where: Online

Date: Wednesday 19 January

Date: Wednesday 16 February

Date: Wednesday 16 March

Time: 11:00am - 12:15pm



Positive Thinking

Date: Thursday 3 March

Date: Thursday 24 March

Time: 1:30pm - 4:00pm



Raising Spirits Coffee Morning

Where: Online

Date: Tuesday 8 February

Date: Tuesday 15 March

Time: 10:30 - 11:30am



Rock Up & Sing!

Where: Online

Date: Monday 10 January - 7 February

Date: Monday 21 February - 28 March

Time: 9:00am - 10:00am



Seven Steps To Self-Belief

Where: Online

Date: Monday 7 March

Time: 1:30pm - 3:00pm



Six Simple Tips To Help Reduce Worry

Where: Online

Date: Thursday 20 January

Date: Thursday 10 February

Time: 12:00pm - 2:00pm

Spring Term 2022

Online



Skills workshop
Compassionate
Friends



For more information contact Karen Hibbert at
Keech Hospice Care on 01582 492339 or email
karen.hibbert@keech.org.uk
<https://www.keech.org.uk/education>



Support Into
Employment

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

Find out more: www.drcbeds.org.uk/support-into-employment

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



Surviving Abuse
Discussion

Date: Friday 18 February
Time: 10:30am - 12:00pm



The Lives Of Others

Where: Online

Date: Wednesday 12 January - 16 February
Time: 2:30pm - 4:00pm



The Simply2gether Show

For more information or question please
contact Dee Bailey, Simply Deez Events
simplydeeevents@gmail.com to register



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



Understanding Emotions

Where: Online

Date: Thursday 13 January - 3 February
Time: 1:00pm - 2:30pm



Understanding Gambling
Addiction

Where: Online

Date: Wednesday 2 February
Date: Wednesday 9 March
Time: 12:30pm - 2:00pm



Uplift Groove on!

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



Spring Term 2022

Online



Uplift Mindset Movement Course

NEW

To book your place please see the website

www.letsgetgoingcic.com or
call/text Emma on 07763944587
or email

info@letsgetgoingcic.com.



Visual Thinking/ Memory: Why? What? and How?

NEW

Where: Online

Date: Monday 17 January - 24 January

Date: Monday 21 February - 28 February

Time: 7:00pm - 8:30pm



Wall Art

Where: Online

Date: Monday 14 February & Thursday 17 February

Date: Thursday 10 March & Thursday 17 March

Time: 2:00pm - 4:00pm



What Makes Us Happy

NEW

Where: Online

Date: Tuesday 11 January & 25 January

Date: Tuesday 8 February & 22 February

Date: Tuesday 8 March & 22 March

Date: Tuesday 5 April

Time: 12:00pm - 1:00pm



What to do with a Neurodivergent Including what to do in the workplace !

NEW

Where: Online

Date: Monday 10 January

Date: Monday 14 February

Time: 7:00pm - 8:30pm



Women's Group with The Diverse Culture Team

Where: Online

Date: Wednesday 12 January - 30 March

Time: 1:00pm - 2:00pm



Work Kit

Where: Online

Date: Monday 17 January - 21 March

Time: 2:00pm - 3:30pm

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 - Room G210
Date: Friday 1 April - Room 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



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 or contact the Health Learning and Work team on 01582 470900 or email us at 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

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 or call us 01582 470900

Find out more: 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

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

Visit their website

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 or
call/ text Emma on 07763944587 or
email 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 Wylde -

kevin.wylde@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

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

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/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



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



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



info@ButterflyProject.org.uk



<https://carersinbeds.or.uk>



events@carersinbeds.org.uk



0300 111 1919



<https://drcbeds.org.uk>



info@drcbeds.or.uk



01582 470 900



<https://foodetc.org.uk>



07970 115 181



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



olive@empoweringlearning.co.uk



07970 854 388



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



<https://www.thehigginsbedford.org.uk>



thehiggins@bedford.gov.uk



01234 718 618



<https://www.guhg.co.uk>



help@guhg.co.uk



0300 123 5544



<https://www.keech.org.uk>



letmehelp@keech.org.uk



01582 564 906



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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
07729 187399



<https://www.letsgetgoingcic.com/>
info@letsgetgoingcic.com
07763944587



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



<https://www.lutonacl.ac.uk>
info@lutonacl.ac.uk
01582 490033



<https://www.lutonallwomenscentre.org.uk>
support@lawc.org.uk
01582 416 783



COMMUNITY TRUST
<https://www.lutontowncommunity.co.uk>
community@lutontown.co.uk
01582 561622



<https://www.mind-blmk.or.uk>
hq@mind-blmk.org.uk
0300 330 0648



<https://www.facebook.com>



<https://nef.org.uk>
info@nef.or.uk
01908 665555



<https://www.noahenterprise.org>
academy@noahenterprise.org
01582 726152



<https://www.opendoorstrust.org>
info@opendoorstrust.org
07472 102111



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



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



www.samsons-academy.org/contact/



info@samsons-academy.org



01234 270277

Simply DEEZ EVENTS

Making it happen For you



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



simplydeeevents@gmail.com



<https://tibbsdementia.co.uk>



Contact@tibbsdementia.co.uk



01234 210933



<https://www.totalwellbeingluton.org>



info@totalwellbeingluton.org



0300 555 4152



<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

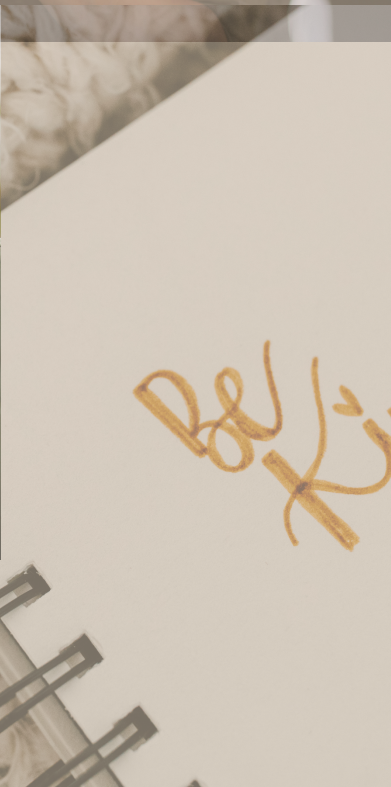
If you are interested in working with us !



elft.recoverycollege@nhs.net



01234 263 621 Bedford or 01582 708 917 Luton



A POEM ABOUT US!

Recovery

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

