

NHS

East London
NHS Foundation Trust

DISCOVERY COLLEGE

Summer Term
2024



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 Summer Term we are offering two courses as part of our community workshops.

The first course is called 'Grow Your Wellbeing' with Golden Garden in Bedford. This 4-week course will explore the benefits of being active and creative in nature.

The D.I.S.C.O. Programme is an online 6-week course on personal development, supporting young people to design their own wellbeing toolbox.

CONTENTS

◆ Our Journey	4
◆ Our Agreement	5
◆ Students' Feedback	6
◆ Gallery	7
◆ How to sign up	8
◆ DisCo Workshops	9-10
◆ D.I.S.C.O. Programme	11-16
◆ Grow your Wellbeing Course	17
◆ Our Partnerships	18
◆ Resources	19
◆ Contact Details	20

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.

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.



OUR AGREEMENT

TO PARTICIPATE YOU MUST UPHOLD OUR AGREEMENT TO:

- **Maintain confidentiality at all times**
- **Respect what others have to say and their views**
- **Maintain a non-judgemental culture**
- **Be mindful of each others' feelings**

THE DISCOVERY COLLEGE TEAM WILL:

- **Allow space if you need some time out**
- **Make sure you are comfortable**
- **Create a fair environment**
- **Help you to explore other options**

STUDENTS' FEEDBACK

"Facilitating the workshop felt like a huge honour, I enjoyed speaking to the people. There was one person that was quite quiet and I was able to encourage her to speak a little bit."

Lucas, DisCo Peer Mentor

"The workshop had a good balance in theoretical concepts and practical tips that the young people can explore to improve their wellbeing."

Cal, Carers in Bedfordshire

"The students have expressed their gratitude in various ways for the space that has been created for them. We have witnessed within this space the role and impact of family in student performance and engagement."

Dr Mullings, University of Bedfordshire

"I really liked this session today! Learned a lot of things and it felt like discussing with friends, thank you! When are you back?"

ESOL Student from Barnfield Academy, Luton

GALLERY



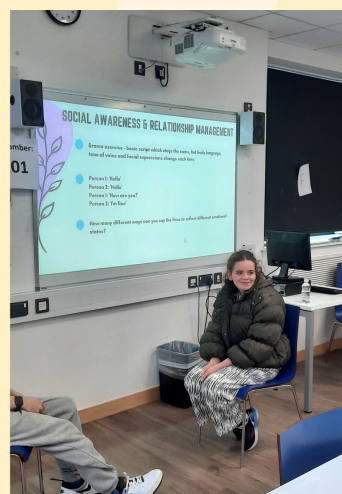
**Online Safety Awareness Event,
Barnfield College, April 2024**



**Creating Jewellery Workshop,
Evergreen Unit, March 2024**



**Creating Art through Music
Taster Workshop, March 2024**



**Emotional Intelligence
Workshop, Central Beds
College, January 2024**



**Animations for Wellbeing
Workshop, Bedford, March 2024**



**Mentally Wealthy Programme, University
of Bedfordshire, March 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 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:
mindrecovery.net.org.uk/providers_profile/bedford-and-luton-discovery-college



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:
Wednesday, 5th June

Time:
5-7pm

Venue:
Youthscape, 74 Bute St, Luton LU1 2EY

Facilitators:
Sarah Bateman and Molly Burton



Cyber Security and Wellbeing

A unique workshop co-produced by an expert in the field of digital security and a young person with lived-experience in navigating the online world.

Presented like levels of a computer game, each 'player' will go through stages to understand how to safely navigate digital life whilst maintaining control of their digital identity.

Date:
Thursday, 20th June

Time:
5-7pm

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

Facilitators:
Daniel Hulatt and Charlotte Sherrell

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, regardless of how big or small our purpose is!

Date:
Thursday, 13th June

Time:
5-6.30PM

Venue:
Online - Zoom

Facilitators:
Charlotte Sherell and Lucas Francis



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:
Thursday, 20th June

Time:
5-6.30pm

Venue:
Online - Zoom

Facilitators:
Sarah Bateman 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:
Thursday, 27th June**

**Time:
5-6.30pm**

**Venue:
Online - Zoom**

**Facilitators:
Marianne Bahadur and Alexia Potirniche**



Exploring Emotional Intelligence

There are many types of intelligence in addition to intellect. Join us to learn more about emotional intelligence and how it can help you understand and process your own and other people's emotions.

We will also discover how it can improve the quality of your wellbeing and mental health.

Learn how to be people smart, a valuable skill that can improve your personal and social relationships.

**Date:
Thursday, 4th July**

**Time:
5-6.30pm**

**Venue:
Online-Zoom**

**Facilitators:
Nadia Lewis and Mihaela Iancu**



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:
Thursday, 11th July

Time:
5-6.30pm

Venue:
Online - Zoom

Facilitators:
Callen Hopkins and Mihaela Iancu



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:
Thursday, 18th July**

**Time:
5-6.30pm**

**Venue:
Online - Zoom**

**Facilitators:
Shiblu Miah and Sarah Bateman**



GROW YOUR WELLBEING COURSE

Together with the community award-winning project Golden Gardens, we welcome you for a FREE four-week course for your wellbeing to bloom.

Gardens and gardening can make us feel happier - that's a fact. Put this joy together with being around kind people, working together to create something or give an object a new purpose and you will have a recipe for a rounded improval of your wellbeing.

19th June- Weeding/Potting/Seeding

26th June - Upcycling Furniture

3rd July - Art and nature with Louise

10th July - Joinery - Creating a Birdbox

**5-7pm at Golden Gardens,
The Copse, Bedford, MK41 0EU**

Facilitators:

Gary Burchmore and the DisCo Team

OUR PARTNERSHIPS

Carers in Bedfordshire

Tel no: 03001111919

carersinbeds.org.uk

Central Bedfordshire College

Tel no: 01582477776

bedfordcollegigroup.ac.uk/central-bedfordshire-college

Golden Garden Bedford

Address: The Copse, Bedford MK41 0EU

Link to Change

Tel no: 01480474974

linktochange.org.uk

Luton Central Library

Tel no: 01582 547418

lutonlibraries.co.uk

Recovery College Bedfordshire and Luton

Tel no: 01234 880340

elft.nhs.uk/services/bedfordshire-and-luton-recovery-college

SSG Services

Tel no: 01234340782

ssgservices.co.uk

University of Bedfordshire

Tel no: 01234400400

beds.ac.uk

Youth Scape Luton

Tel no: 01582877220

youthscape.co.uk/ys-luton



RESOURCES

Be Body Positive

bebodypositive.org.uk

Better Days BLMK

BetterDaysBLMK@hotmail.com

Bedford Local Offer:

localoffer.bedford.gov.uk/kb5/bedford/directory/home.page

Central Bedfordshire SEND Local Offer:

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

CHUMS

chums.uk.com/bedfordshire-services

Crisis Cafes Bedfordshire

elft.nhs.uk/services/mental-health-crisis-cafe-bedfordshire-luton-milton-keynes

Healthwatch

healthwatchbedfordborough.co.uk

Hub of Hope

hubofhope.co.uk

Mind BLMK

mind-blmk.org.uk

Open Door Bedfordshire

bedfordopendoor.org.uk

Samaritans

samaritans.org

The National Self Harm Network

nshn.co.uk

UK Safer Internet Centre

saferinternet.org.uk

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

CONTACT DETAILS:

For further queries please email:
elft.camhsdiscoverycollege@nhs.net

Shiblu Miah - Discovery College Lead
shiblu.miah4@nhs.net

Mihaela Iancu - Peer Support Champion
mihaela.iancu1@nhs.net

Sarah Bateman - Peer Support Champion
sarah.bateman6@nhs.net

Charlotte Sherrell - Business Apprentice
charlotte.sherrell@nhs.net



[discoverycollegebedsluton2021](https://www.instagram.com/discoverycollegebedsluton2021)