



BEDFORDSHIRE & LUTON RECOVERY COLLEGE PROSPECTUS

April - August 2022
Summer Term



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Welcome to Bedfordshire & Luton Recovery College

Understanding the Prospectus & a Guide to the Symbols



Recovery & Wellbeing



Online Workshops & Courses



Physical Health



In Person Workshops & Courses



Contact Partner Agency Directly



Getting Creative



New Courses & Workshops

Bedfordshire & Luton Recovery College Prospectus Terms



Spring Term
January - March



Summer Term
April - August



Autumn & Winter Term
September - December

How to contact us



elft.recoverycollege@nhs.net



01234 263 621
01582 708 917

Our website:

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



Enrol at:

[Bedfordshire and Luton Recovery college](https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College)
(mindrecoverynet.org.uk).

QR Code Fraud

Cyber criminals have been tampering with QR codes to redirect users from legitimate websites to fraudulent ones where their data and money is at risk of being stolen.

Tips to protect yourself

- Once you scan a QR code, check the URL to make sure it is the intended site and looks authentic. A malicious domain name may be similar to the intended URL but with typos or a misplaced letter.
- Practice caution when entering login, personal, or financial information from a site navigated to from a QR code.
- If scanning a physical QR code, ensure the code has not been tampered with, such as with a sticker placed on top of the original code.
- Do not download an app from a QR code. Use your phone's app store for a safer download.
- All courses and workshops advertised here are free and you should not be asked for payment to attend.
- If you receive an email stating a payment failed from a company you recently made a purchase with and the company states you can only complete the payment through a QR code, call the company to verify. Locate the company's phone number through a trusted site rather than a number provided in the email.
- Do not download a QR code scanner app. This increases your risk of downloading malware onto your device. Most phones have a built-in scanner through the camera app.
- If you receive a QR code that you believe to be from someone you know, check with them through a known number or address to verify that the code is from them.
- Avoid making payments through a site navigated to from a QR code. Instead, manually enter a known and trusted URL to complete the payment

Bedfordshire & Luton Recovery College

Removing the barriers!

We understand that starting something new can often feel hard and can stop you attending.

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.

https://mindrecoverynet.org.uk/providers_profile/bedfordshire-and-luton-recovery-college/

We also are happy to offer you a one-to-one session (ILP) to make sure we really:

- understand your needs and challenges,
- make a plan to help you access our workshops,
- support you to make plans for you and your future.

To book your appointment for your ILP contact us via the details above or just tick the ILP (Individual Learning Plan) box on the Registration Form. We will contact you to arrange this.

Individual Learning plan (ILP)



Talk to us about your support needs



Register at:

[Bedfordshire and Luton Recovery college \(mindrecoverynet.org.uk\)](https://mindrecoverynet.org.uk)



Recovery & Wellbeing



Workshops to Improve Physical Health & Wellbeing

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Recovery & Wellbeing

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Action on Addiction

What's on offer at P2R?

- Pathway into and through service.
- How drugs/alcohol addiction can affect a person physically, emotionally and socially.



Friday 17 June
3:00pm - 4:30pm

Tutor(s): Tony Isles & Julian Mockridge

Are you Exhausted?

Many people find themselves exhausted. There are many tools that can assist you to improve your energy levels. Join us and learn about effective techniques covering.

Grounding and running positive energy while clearing energies that are not yours or past their "sell-by date". Changing some limiting beliefs and understanding how to sleep better and practicing good breathing.



Tuesday 26 April
11:00am - 12:30pm

Tuesday 7 June
11:00am - 12:30pm

Tutor(s) Kirstin Dear & Olive Hickmott (NLP from Empowered Learning)

Autism Bedfordshire Workshops

Autism Bedfordshire run a range of one-off workshops and 6-week skills courses for adults diagnosed with ASC.

Courses cover topics such as communication, well-being, cooking, budgeting and building resilience.



Contact Autism Bedfordshire enquiries@autismbeds.org



Back to Life

A 4-week course to 'take stock', think about next steps while exploring tools to support your well-being. Together we develop a resilience tool kits to stay well and help you to get back on track. The course will help you to:

- Develop your goals
- Balance time and manage routines, stress and problems.



Wednesday 1 June - 22 June
11:00am - 12:00pm

Tutor(s): Rachael Walding (Occupational Therapists)

Being Me! LGBTQ+ & Allies

This is a safe space to discuss issues and share and learn from each other on topics related to be an ally or part of the LGBTQ+ community. Respectful conversations and spaces to support. Each session is for 1 1/2 hours and covers 2 topics:

Session 1: What makes a 'safe space'? and Equality Wars.

Session 2: Gender Identity and Sexuality, Fixed or Fluid? and being Bi.

Session 3: Section and Clause 28, then and now and Social Media friend and foe.

Session 4: LBGT religious role models and session planning and review of the term.



Monday 25 April
2:30pm - 4:00pm

Monday 30 May
2:30pm - 4:00pm

Monday 27 June
2:30pm - 4:00pm

Monday 25 July
2:30pm - 4:00pm

Tutor(s) Kirstin Dear, Debbie Brathwaite, Mack Mclean & Pat Moyce

Better Health, Better Housing

This informal sharing event about what is available to support reduce your electricity or energy bill is designed for professionals to advise their service users.

However, they are offering there expert knowledge and experience to the general public on how to spend less on energy and what support is available. This will include energy saving advice, financial support and grants available and how to access them.



Wednesday 11 May
12:00pm - 1:00pm

Wednesday 22 June
12:00pm - 1:00pm

Tutor(s): Kirstin Dear & Emma Hales



Care Academy with The Disability Resource Centre

 We provide free training courses for unpaid Carers, Personal Assistants and Employers.

This course will help you to develop an understanding of safeguarding adults and the key principles.

Over 20 available workshops of training, with training for Personal Assistants working towards the Care Certificate Standard.



Contact The Disability Resource Centre for more information
01582 470900 or email info@drcbeds.org.uk

Caring & Mental Health: Caring for someone with Serious Mental Illness & your Physical Health & Wellbeing



 Caring for someone with poor mental health can be really challenging.

These workshops are for people who care for people with serious mental health illness.

We will highlight how caring may affect your physical wellbeing and what support is available for you to maintain your wellbeing.



Thursday 16 June
7:30pm - 8:30pm

Tutor(s): Kirstin Dear & Sheila Menzies

Caring & Mental Health: Mental Health Support for Carers



 Caring for someone with poor mental health can be really challenging.

These workshop are for people who care for people with serious mental health illness.

We will highlight how caring can affect your mental wellbeing and what support is available for you.



Thursday 12 May
7:30pm - 8:30pm

Tutor(s): Kirstin Dear & Sheila Menzies



Communication 101



Communication 101 is a 9-week process which delves into the intricacies of which words come out of our mouths and how to communicate better. We look at advanced listening skills, oratory skills and overall development.

This will be a blended class with the option to attend either face-to-face or via Zoom.



Wednesday 13 April - 8 June

Times to follow

Tutor(s): Carl Ramsey

Culture Awareness Monthly Workshops: Do Mental Health Issues Stop Fulfilment?



These online workshops are a forum to openly and respectfully discuss topics about cultural awareness, understanding and its implications on mental health. Past and present news items should provide a platform to educate and provoke conversation.

Is it possible to have a satisfying life with mental ill health?



Wednesday 8 June

11:00am - 12:00pm

Tutor(s): Anthony Barron & Adwoa Sarpomaa Date-Bah

Culture Awareness Monthly Workshops: Estrangement



These online workshops are a forum to openly and respectfully discuss topics about cultural awareness, understanding and its implications on mental health. Past and present news items should provide a platform to educate and provoke conversation.

Is isolation within ethnic minorities mental ill health compounded by culture?



Wednesday 4 May

11:00am - 12:00pm

Tutor(s): Anthony Barron & Adwoa Sarpomaa Date-Bah



Culture Awareness Monthly Workshops: How do you form Compatible & Meaningful Relationships?

 These online workshops are a forum to openly and respectfully discuss topics about cultural awareness, understanding and its implications on mental health. Past and present news items should provide a platform to educate and provoke conversation.

Is empathy a pre-requisite in a romantic partner for someone with mental ill health?

 Wednesday 6 July
11:00am - 12:00pm

Tutor(s): Anthony Barron & Adwoa Sarpomaa Date-Bah

Culture Masculinity

 A 4-week course exploring masculinity from a range of different perspectives including race, education, gender and where we are now.

We welcome people from all different backgrounds. Let's learn from one another.

 Monday 9 May - 30 May
11:00pm - 12:30pm

Tutor(s): Amit Shenmar

Dispelling Myths: Bipolar Disorder

 This workshop covers:

- Discussion around common myths and facts about this condition.
- Learning more about this diagnosis and discuss the impact to your life.
- Also to share what works for you!

 Thursday 11 August
1:00pm - 2:30pm

Tutor(s): Tara Curtis



Dispelling Myths: Personality Disorder



This workshop covers:

- Discussion around common myths and facts about this condition.
- Learning more about this diagnosis and discuss the impact to your life.
- Also to share what works for you!



Monday 1 August
1:00pm - 2:30pm

Tutor(s): Tara Cutis

Domestic Abuse & Mental Health (Women only)

The workshop will cover all the main forms of domestic abuse, such as physical abuse/violence, coercive control, financial control, etc.

We'll look at how living in an abusive relationship can seriously damage your mental health and often leave you too fearful of reaching out for support. Recovery pathways and local support services will be covered.



Thursday 28 April
12:30pm - 2:00pm

Tuesday 28 June
10:30am - 12:00pm

Tutor(s): Luton All Women's Centre

Empathy Fatigue

This last year people working with people have all worked harder and dealt with difficult and stressful situations. This can sometimes affect our own wellbeing and ability to relate to others.

In this session we will learn about empathy or compassion fatigue and how we can protect ourselves and practice self-care in stressful and demanding times.

Blended online & face-to-face session at 3 Woburn Road, Bedford.



Thursday 16 June
1:00pm - 3:00pm

Thursday 7 July
2:00pm - 4:00pm

Tutor(s): Kirstin Dear & Manjeet Gill Saini



Finding Your Strengths



For many the question 'what are your strengths' is very hard ? This session we will discuss:

- The process of learning about yourself.
- What you love and what you are good at.

At the end of the session you will have begun your journey to knowing what your strengths are.



Tuesday 3 May
11:00am - 12:30pm

Tuesday 14 June
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Olive Hickmott

Forced Marriage & Honour Based Abuse (Women only)



The workshop will help you become more knowledgeable about forced marriage and the difference between that and for example an arranged marriage.

We'll look at what honour-based violence or abuse is, and how the fear of it impacts on your sense of safety and the detrimental effect it has on how you feel. Support available will be covered.



Wednesday 11 May
12:30pm - 2:00pm

Friday 15 July
10:30am - 12:00pm

Tutor(s): Luton All Women's Centre

Forced Marriage & Honour Based Violence



The training will provide:

- Clear understanding of the FGM, FM/HBV.
- Be able to identify key health risks and consequences of these illegal, traditional practices.
- Knowledge of the Law that applies to these practices.
- Have clear knowledge of who is at risk of these practices and risk indicators.
- Be aware of your duties and roles in preventing these practices and how to support victims and those at risk.



Thursday 7 April
9:30am - 12:00pm

Thursday 19 May
9:30am - 12:00pm

Tutor(s): Kirstin Dear & Jimena Galeno ACCM (UK)



H Healthy Eating on a Budget

Whether you've never cooked before or you've cooked for years, we'll help you to try out new recipes and experiment with ingredients you haven't tried before, while saving money and eating more healthily in our stress-free and fun sessions.

- Shop better.
- Cook better.
- Eat better.
- Have fun.



Thursday 21 April - 26 May
5:00pm - 6:00pm

Thursday 9 June - 14 July
5:00pm - 6:00pm

Tutor(s): Julie Clay & Nicky Pascale

Introduction to Anxiety

The workshop will cover:

- What is anxiety?
- Tips and techniques to aid anxiety.



Tuesday 21 June
12:00pm - 1:30pm

Tutor(s): Tara Curtis

Introduction to Boundary Setting

The workshop will cover:

- What are Boundaries?
- What different types of boundaries are there?
- Tips and techniques to aid Boundary Setting.



Monday 11 July
1:00pm - 2:30pm

Tutor(s): Tara Curtis



Introduction to Confidence Building

The workshop will cover:

- What is confidence?
- What is self-esteem?
- Tips and techniques to build confidence.



Monday 25 July
1:00pm - 2:30pm

Tutor(s): Tara Curtis

Introduction to Depression

The workshop will cover:

- What is depression?
- Tips and techniques to aid depression.



Tuesday 24 May
12:00pm - 1:30pm

Tutor(s): Tara Curtis

Introduction to Goal Setting

The workshop will cover:

- What is Goal Setting?
- Tips and techniques to aid Goal Setting.



Monday 8 August
12:00pm - 1:30pm

16 Tutor(s): Tara Curtis



Introduction to Sleep

The workshop will cover:

- What issues do you have with your sleep?
- Tips and techniques to aid good sleep routines.



Tuesday 17 May
1:00pm - 2:30pm

Tutor(s): Tara Curtis

Introduction to Relationships

The workshop will cover:

- What does a healthy and an unhealthy relationship look like?
- Tips and techniques to evolve relationships.



Tuesday 2 August
12:00pm - 1:30pm

Tutor(s): Tara Curtis

Knowing What's Out There For You?

Do you know what support is available to you to help you manage well? Disability Resource Centre, Carers in Bedfordshire, ELFT People Participation and the Recovery College are teaming up to share how we and other services make positive changes in your or the people you care for lives.

Join us for this informal session to find new ways to manage well.



Tuesday 17 May
1:00pm - 2:00pm

Tuesday 28 June
1:00pm - 2:00pm

Tutor(s): Kirstin Dear, Carers in Bedfordshire, Sheila Menzies (People Participation) & Disability Resource Centre



Lesbian or Gay in Need of Support (Women only)

Being a lesbian/gay woman can sometimes feel tough, and sometimes it feels great! If you're feeling down or isolated, or just need to talk about stuff that's going on for you, having a safe space to talk about things can really help.

It may be that your sexuality is the issue you're struggling with, or it's other things but you feel people don't understand. You may not be out to people around you at home or work. We'll look at common concerns and fears, support you might need along the way and how to talk to people close to you about what you're going through.



Wednesday 20 April
6:00pm - 7:30pm

Tuesday 12 July
12:00 pm - 1:30pm

Tutor(s): Luton All Women's Centre

Managing to Emotions

The workshop will cover:

- What are emotions and why do we have them?
- Tips and techniques to aid emotions.



Tuesday 3 May
1:00pm - 2:30pm

Tutor(s): Tara Curtis

Medication & Mental Health (Women only)

This short session aims to give you a better understanding of medications that are often given to treat, or to help, people with a range of mental health issues.

We will look at: When medication is likely to be helpful. Other things you may want to consider first or as well as medication. Common side effects. How to interact well with your doctor or psychiatrist to ensure your medication is regularly reviewed. What if you want to change or come off your medications.



Thursday 21 April
11:30am - 1:00pm

Wednesday 22 June
6:00pm - 7:30pm

Tutor(s): Luton All Women's Centre



Meditation with Pete

Petar will provide a weekly opportunity to put aside time to relax with a guided meditation using breathing techniques and mindfulness.

The course aims to encourage students to train themselves in order to incorporate the relaxation skills and mindfulness techniques learnt, into their daily lives.



Friday 22 April - 15 July
1:00pm - 2:00pm

Tutor(s): Pete Djukic & Claire Cooper

Men's Health & Wellbeing



This course will run over 4 weeks and cover a diverse range of topics relevant to men's physical and mental wellbeing.

It will be a safe space for men to listen, share experiences, and discuss.



Thursday 5 May - 26 May
3:00pm - 4:00pm

Thursday 9 June - 30 June
3:00pm - 4:00pm

Thursday 14 July - 4 August
3:00pm - 4:00pm

Tutor(s): Anthony Barron & Stuart Gill

Men's Talk

Men's weekly workshops to discuss important mental health issues, to share and listen with others in a safe place.



Monday 9 May - 30 May
2:00pm - 3:00pm

Monday 20 June - 25 July
2:00pm - 3:00pm

Tutor(s): Anthony Barron & Manjeet Gill Saini



Money Matters: Making the Most of our Income

This session will look at ensuring you have looked at ways to increase your income, check you are getting all the benefits you are entitled to and/or think about possible routes to work towards increasing your income.

This is part 1 of 3 sessions.



Saturday 30 April
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Amit Shenmar

Money Matters: Managing Debt & Making the Most of your Money

The friendly confidential session will discuss making saving and reducing costs. Looking at ways to save and managing debt.

The session will provide sources of support, information and advice to ensure you manage your money effectively and get support for debt when needed.

This is part 2 of 3 sessions.



Saturday 21 May
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Amit Shenmar

Money Matters: Protecting your future

This friendly confidential session will focus on balancing your books, budgeting and seeing if your money covers all your expenses and planning for those unexpected costs.

This is part 3 of 3 sessions.



Saturday 25 June
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Amit Shenmar



Overcoming the Effects of Bullying

 This is a solution focused bite size workshop that aims to help you identify what bullying is by giving you a greater understanding of why people may be subjected to bullying .

This session gives you tools to help you put in to practice how to go about overcoming the effects of bullying, within a safe and friendly environment .

 **Thursday 14 April**
12:00pm - 2:00pm

Thursday 16 June
12:00pm - 2:00pm

Tutor(s): Claire Cooper & Fiona Thompson

Perspectives: Focused Topic Discussion Workshop

Make your voice part of the conversation. A Monthly debate exploring differing perspectives on a focused topic.

- Encourage participation & learning in sharing experiences & differing perspectives.
- Foster listening skills.
- Encourage open dialogue in a an adult & respectful space.

Come and have your say as we all listen. Join us every month or when you have time.

 **Wednesday 18 May**
11:00am - 12:15pm

Wednesday 15 June
11:00am - 12:15pm

Wednesday 20 July
11:00am - 12:15pm

Tutor(s): Manjeet Gill Saini, Anthony Barron & Stuart Gill

Positive Thinking

We are going to explore how to achieve positive thinking through a few different techniques that have proven to be effective.

We will look at tips that can help you train your brain how to think more positively.

 **Thursday 19 May**
1:30pm - 4:00pm

Thursday 23 June
1:30pm - 4:00pm

Tutor(s): Claire Cooper & Fiona Thompson



P

Purpose & Meaning in Work and Life. Get the Job you want & Feel Good too!

Online courses to help you find happiness in your life, assess your career direction and chase that dream job you always wanted but never had the energy to go after.

You will learn how to be happy and change your mindset on life. We also provide support with CV writing, interviews and job applications. You need to be 19 years and over, working less than 16 hours a week or not in paid employment.



Contact: Angus Laing, Be Positive 07710 672867 or email info@bepositivenow.co.uk

R

Raising Spirits Coffee Morning

How do you lift your mood when things seem all too much?

The informal share and learn session will explore how to manage when things are challenging.

Olive Hickmott (NLP from Empowered Learning) will share her knowledge and learning and participants will be encouraged to do the same.



Tuesday 10 May
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Olive Hickmott (NLP from Empowered Learning)

R

Raising Spirits Coffee Morning: Focus on The Impact of Neurodiversity & Mental Wellbeing



Thinking different is sometimes not understood and can make life challenging.

This session will discuss: how to communicate what your needs are, what are your rights, who can support you and how do you reduce the negative impact that may occur because of your neurodiversity.



Tuesday 28 June
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Olive Hickmott (NLP from Empowered Learning)



Skills Workshop Compassionate Friends

Do you want to start making a difference in your community? This workshop will provide you with practical advice on how to support others affected by loss and bereavement in your community. The workshop will help you to gain:

- Increased confidence to have conversations.
- Enhance your interpersonal skills through body language, active listening and spoken word tips.
- Information to help signpost others.



Tuesday 26 April
10:30am - 12:30pm

Wednesday 25 May
6:00pm - 8:00pm

Wednesday 22 June
2:00pm - 4:00pm



Contact Keetch Hospice Care to Register your free place at: www.keech.org.uk/education

Sleep, Breathe & Ground



Good sleep, good breathing techniques and grounding are excellent ways to manage and improve your wellbeing in all sorts of ways.

In this short session Olive Hickmott (NLP from Empowered Learning) will explore how to improve sleep, improve our breathing techniques and calming ourselves through grounding.



Tuesday 5 July
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Olive Hickmott (NLP from Empowered Learning)

Spring to Life



Join us at this workshop to sing through a mixture of feel-good pop songs, classics, and musicals with the theme of spring.

We hope this workshop will:

- Increase your confidence.
- Help you find a new way of expressing yourself.



Tuesday 26 April
2:00pm - 3:00pm

Tutor(s): Melissa Cowell & Yvonne Maphosa



Tree of Life



Using art and music to focus on your strengths and abilities through the metaphor of a tree.

Everyone makes their own tree which tells their story. We acknowledge who we are and look to the future. All art materials will be provided.

If you would like to take part on this course, please consider making a commitment to the whole 5- week session period.



Tuesday 3 May - 31 May
2:00pm 3:30pm

Tutor(s): Melissa Cowell & Yvonne Maphosa

Understanding Anger



This workshop covers:

- Recognising why you get angry.
- Controlling anger safely.
- Keeping an Anger Diary.
- Dealing with triggers.
- Resolving issues.
- Problem solving.
- How to change the way you deal with anger.



Tuesday 28 June- 19 July
1:00am - 2:30pm

Tutor(s): Tara Curtis

Understanding Emotions

Emotions can be a powerful force from feeling of overriding to vein pulsing anger.

Let's explore the range of emotions and how to cope with them in a healthy way. Let's educate each other. Come on let's care and share together.



Monday 9 May - 30 May
2:00pm - 3:30pm

Tutor(s): Amit Shenmar & Tanveer Siyan



Understanding Hoarding

NEW Hoarding is complex and often difficult to spot and understand. It can be difficult to know who and where to support someone with hoarding but there are services available and with better understanding of the condition people can learn to manage this well.

Join Jordanna from Bedfordshire Fire Service Specialist Team to learn more about this complex mental health condition.

 Tuesday 21 June
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Jordanna Simpson

Uplift - Mindset Movement Course

A 6-week program that gives you strategies to help shift out of negative chatter using movement. Practical and visual techniques to move towards a better feeling place. Enjoy moving with Uplift.

This course helps you to:

- Enjoy moving and creating, move because you want to.
- Know how to turn negative thoughts to positive and feel the difference.
- Appreciate yourself, gain confidence and clarity.

Morning & evenings. In person Luton places available please email address below:



To book your spot enter your details here on the **Booking form** email:
info@letsgetgoingcic.com or <https://www.letsgetgoingcic.com/>
For any questions call Emma on 07763944587

Voice Box

A wonderful and engaging opportunity to ask questions, of yourself and others. In a safe, respectful and enlightening way. Around issues and topics that people usually find difficult to discuss. Let's learn, build and share together.

The subject/topic will be sent out on a weekly basis and will feature various facilitators who are either expert by industry (knowledge) or experience.

 Thursday 5 May - 28 July
2:00pm - 3:30pm

Tutor(s): Carl Ramsey



Wellness Recovery Action Planning (WRAP Planning)



WRAP planning is a proactive method of being active in your own wellbeing.

These sessions will:

- Explain WRAP planning and how it may benefit you.
- Explore together how it might work for you.
- Provide space to ask questions and problem solve together.



Friday 6 May - 13 May
12:00pm - 1:00pm

Tutor(s): Kirstin Dear, Navneet Rooprai & Fiona Thompson

Women's Group with The Diverse Culture Team

A regular weekly woman's workshop to build friendships, offer mutual support with craft activities & a time to talk.

Join us for conversation, laughter, joy & good company



Wednesday 20 April - 17 August
1:00pm - 2:00pm

Tutor(s) Manjeet Gill Saini & Joginder Khinder

Follow us on Social Media for future Courses & Workshops





Physical Health

Workshops to Improve Physical Health & Wellbeing

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30	Mental Health - Everybody's Journey
30	Talking about Mental Health & The Menopause
30	Understanding Sleep





British Sign Language: Café Online

This is a peer support group for people who are learning BSL, its a safe place to come and practice what they have been learning online or in class.

Its a free session and we welcome all learners and BSL users.

Come and join 11:00am until 12:00pm on the 2nd Sunday of the month.

Meet us on Zoom: Meeting ID 861 2240 2850 Password 539100



Contact Helene Bolton info@accessbedford.org.uk

British Sign Language: Course

Building on from Access Bedford's taster session, this 6 week BSL course will begin your journey to learning British Sign Language.

PLEASE NOTE: All students must have attended the Access Bedford Taster Session to be enrolled on this workshop.



Tuesday 14 June - 19 July
7:00pm - 8:00pm

Tutor(s): Kirstin Dear, Helene Bolton (Access Bedford) & Ally Tree (Access Bedford)

British Sign Language: Deaf Awareness Taster Session

This is a fun BSL/Deaf Awareness taster session, is suitable for all, no BSL knowledge is required.

By the end of the session you will know how to introduce yourself to a deaf person, learn the fingerspelling alphabet and number system, understand some everyday signs and also have a greater understanding of some of the issues that the deaf and hard of hearing community face on a day to day basis.



Tuesday 17 May
8:00pm - 9:00pm

Tutor(s): Kirstin Dear, Helene Bolton & Ally Tree (Access Bedford)

Fibromyalgia & Me!

A diagnosis of Fibromyalgia can be hard to obtain but also this can be a challenging condition to manage.

Teresa will provide some facts about fibromyalgia, information about what can help to manage this condition well and information about the support networks available.

Join this peer led information session to come together and learn together.



Thursday 9 June
12:00pm - 1:30pm

Tutor(s): Kirstin Dear & Teresa Williams

Get Up, Get Moving!

There's always time to make small positive changes and build on them. This twice weekly session is designed to get us moving and get just a little bit fitter.

Come to us on Tuesday's and Thursday's to motivate yourself utilising a range of resources and tools. You choose you goals, your targets and your tools!



Tuesdays 26 April - 24 May
9:30am - 10:00am

and

Thursday 28 April - 26 May
4:00pm - 4:30pm

Tuesdays 7 June - 26 July
9:30am - 10:00am

and

Thursday 9 June - 28 July
4:00pm - 4:30pm

Tutor(s): Kirstin Dear

Menopause Matters: Sex, Relationships & The Menopause



Working with Anita from the Menopause Alliance, this session will discuss the effect of the menopause on our sex lives and our relationships.

This period of change can affect and effect our sex drive, sexual relationships but also our emotional relationships. Let's talk about this and share ways to manage or even thrive during and post menopause.



Wednesday 15 June
7:00pm - 8:30pm

Tutor(s): Kirstin Dear & Anita Powell (Menopause Alliance)



Mental Health, Everybody's Journey



Is Mental Health the right language to describe our experiences? Should we be talking about mental fitness and maintaining our mental fitness and resilience?

Come and join us to share ideas and learning from each other!



Tuesday 10 May
10:00am - 11:00am

Tutor(s): Kirstin Dear & The Samaritans

Talking about Mental Health & The Menopause



Working with Anita from the Menopause Alliance. The menopause is period of change and can be a difficult time in a person's life.

This session will talk about the link between the menopause and poor mental health and what we can do to look after ourselves and our mental wellbeing.



Wednesday 11 May
7:00pm - 8:30pm

Tutor(s): Kirstin Dear & Anita Powell (Menopause Alliance)

Understanding Sleep



Sleep hygiene is an essential part of managing our health and wellbeing but how much do you know why we sleep, what is it for and how do it improve both our physical and emotional wellbeing?

Olive Hickmott (NLP from Empowered Learning) will share her knowledge about sleep and how we can make small changes to improve our sleep.



Tuesday 24 May
11:00am - 12:30pm

Tuesday 12 July
11:00am - 12:30pm

Tutor(s): Kirstin Dear & Olive Hickmott (NLP from Empowered Learning)

Getting Creative



Workshops for Creative Expression

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34	Wall Art





Book Club

Together we choose a book, vote and read the one that the majority have selected.

We then share our understanding of what has been read. A variety of authors & styles open up your mind.



Thursday 21 April - 11 August
1:00pm - 2:00pm

Tutor(s): Kathy Humeniuk & Tara Curtis

Designing Artwork Using Canva



Designing posters, presentations and artwork can be easily done use this free software (Canva).

This short workshop will give you the basics on how to use Canva and bring your ideas to life.

Please set up a Free Canva account prior to the courses date and time to design together!



Friday 6 May
2:00pm - 3:30pm

Tutor(s): Kirstin Dear & Nicky Pascale

Expression Through Poetry

Poetry is a great way to express how you are feeling and what is happening to you and gives an insight to your world.

During this 6-week course Haneefah Muhammad, a published author poet and community activist, will guide you through techniques to express yourself through poetry.



Friday 5 August - 9 September
10:00am - 12:00pm

Tutor(s): Haneefah Muhammad & Tara Curtis



Growing Yourself in Your Garden

There are strong links between mental wellbeing and gardening and the activities involved in gardening. This workshop will use short films and videos or just what we have learnt along the way to avoid some common problems and/or make the most of the space we have to improve our wellbeing.

The workshop is informal so there will be space to ask questions as well as sharing and learning from each other.



Monday 13 June - 25 July
12:00pm - 1:00pm

Tutor(s): Joginder Khinder & Kirstin Dear

Patchwork Cushion Craft

We will be sewing by hand to make a patchwork cushion cover throughout this 4 week course. You will need to make sure you have the following materials:

- Paper
- Ruler
- Scrap Material
- Needle
- Thread



Monday 25 April - 30 May (Break on 2 May Bank Holiday)
2:00pm - 3:30pm

Tutor(s): Sam Fossey & Fiona Thompson

Rock Up & Sing!

A light-hearted group to come together, share love of music and if you feel like it, sing along with us. Each week we will choose music to share and enjoy together to get us up and ready for Monday and the rest of the week.

By the end of each six weeks you will have put together a play list to boost you mood!



Monday 9 May - 30 May
9:00am - 10:00am

Monday 13 June - 25 July
9:00am - 10:00am

Tutor(s): Kirstin Dear & Nicky Pascale



The Lives of Others

This course will acknowledge artists both living and deceased whose stories have had a significant impact on their genre. We will explore each artist's work and their contribution in history. This course will explore the reasoning and value of their work through the model of the practical and educational.

Come along and be inspired and expect to participate. Drawing and painting will be actively encouraged.

 **Wednesday 4 May - 25 May** **Wednesday 8 June - 29 June** **Wednesday 13 July - 27 July**
2:30pm - 4:00pm **2:30pm - 4:00pm** **2:30pm - 4:00pm**

Tutor(s): Anthony Barron & Adwoa Sarpomaa Date-Bah

Wall Art

Let's get creative and make a stunning piece of wall art. We will be making this wall art with simple step by step instructions with incredible results.

This is a list of materials required for this workshop once you have enrolled:

- Pencil or pen
- Ruler
- Scissors
- 6 cardboard toilet rolls tubes per person
- x1 20cm x 20cm blank canvas
- Acrylic paint - Colour of your own choice (Metallic would work well)
- Paint brush
- Newspaper
- Container of water to clean paint brush
- UHU Glue

 **Thursday 30 June - 7 July**
2:00pm - 4:00pm

Tutor(s): Sam Fossey & Fiona Thompson



Bedford

Workshops In person



Workshops to Improve your Mental Health, Wellbeing, Physical Health & Creativity

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Bedford Workshops In person



Art and Craft Co-operative

This course offers a space for like-minded people to enjoy all aspects of craft with the aim of producing high quality products to sell. Therefore, a commitment to the co-operative is expected, as well as good timekeeping and prompt messages if you cannot make the session.

The course will help build self-confidence and self-esteem within a friendly and supportive environment.



Monday 25 April - 18 July (Break: Monday 2 May - Bank Holiday)
10:30am - 12:00pm

Tutor(s): Claire Cooper & Sam Fossey

Venue: Scott Hall Community Centre, Barford Avenue, Bedford. MK42 0DX

Art for Wellbeing in Nature



Art Therapy – observing ourselves in nature and sharing natural resources to make art. We will be using the outdoor space to empower through peer support and skills sharing.

The aim is to connect to our inner resources by deepening connections with the natural world.

Please commit to all 4 sessions. You do not need to have previous experience in art, just a willingness to take part.



Tuesday 31 May - 21 June
11:30am - 1:00pm

Tutor(s): Helen O'Loughlin & Lucy House

Venue: 3 Woburn Road, Bedford. MK40 1EG

Art Movements Throughout History

These courses will look at Art movements past and present, detailing artists who have been influential within these movements. Workshops will be about diversity, gender, and cultural identity.

Also to provide their aims and influence on painting techniques and expanding knowledge of new innovations. Learning will be about collaboration and new skill sharing.



Tuesday 3 May - 24 May
1:30pm - 3:30pm

Tuesday 7 June - 28 June
1:30pm - 3:30pm

Tuesday 12 July - 26 July
1:30pm - 3:30pm

Tutor(s): Anthony Barron

Venue: 3 Woburn Road, Bedford. MK40 1EG

Bedford Workshops In person



Creative Writing: Words Unheard

NEW

Outreach Music Group in collaboration with Bedford Beacon presents Creative Writing: Words Unheard. A series of sessions for those with mental health issues or long-term unemployment, with an interest in creativity.

An interactive, engaging course of creative writing for beginners and masters alike!



Thursday 31 March - 23 June
5:30pm - 7:30pm



Contact: OMG at omgcg@yahoo.com
Venue: 3 Woburn Road, Bedford. MK40 1EG

Drama Course

NEW

This course facilitated by OMG alongside Ell Melvin (Creative Arts Psychotherapist) allows individuals to come together as a group to explore mental health creatively.

We will come together to create a piece of theatre. The project aims to increase empowerment and connection. Open to anyone with experience of mental health difficulties, 18 - 25 year old's encourage to join



Monday 21 March - 16 May
5:30pm - 7:30pm



Contact: Mark Stephenson on 07946 180132 or email omgcg@yahoo.com
Venue: 3 Woburn Road, Bedford. MK40 1EG

Get Started with IT with The Noah Academy

NEW

Blended face-to-face courses in Bedford. This course is a natural progression from our Get Started with IT. It focuses on skills needed in a modern day workplace to keep up with digitalization.

You will participate in an online interview and use video conferencing platforms. This course will also help you to reduce isolation and improve communication with use of social networks.



Contact: The Noah Academy 01582 726152 or email academy@noahenterprise.org
www.noahenterprise.org

Bedford Workshops In person



Giddha Class

NEW

A weekly workshop for women incorporating an Indian style of folk dance with traditional music. Easy going and energising.

Learn the steps through dance and clapping. Improving fitness and wellbeing. Aimed at those wanting to learn in a fun and engaging environment.



Wednesday 20 April - 17 August (Break on 1 June)
1:00pm - 3:00pm

Tutor(s): Manjeet Gill Saini & Jass Gill
Venue: 3 Woburn Road, Bedford. MK40 1EG

T for ESOL speakers with The Noah Academy

NEW

Learn how to create documents, use the internet and email, search for work, and use online storage alongside improving you.

English language skills through technology. Overcoming language and IT barriers



Contact: The Noah Academy 01582 726152 or email academy@noahenterprise.org
www.noahenterprise.org

T for work & Life with The Noah Academy

NEW

Blended face-to-face courses in Bedford. This course is a natural progression from our Get Started with IT. It focuses on skills needed in a modern day workplace to keep up with digitalization.

You will participate in an online interview and use video conferencing platforms. This course will also help you to reduce isolation and improve communication with use of social networks.



Contact: The Noah Academy: 01582 726152 or email academy@noahenterprise.org
www.noahenterprise.org

Bedford Workshops In person



Mens Group with The Diverse Culture Team

A regular weekly workshop to build friendships and offer mutual support. A positive introduction into a Men's group to support wellbeing.

A place to meet up, relax and choose to both share and listen with others.



Monday 25 April - 15 August (Break on 2 May & 6 June)
11:30am - 1:00pm

Tutor(s): Manjeet Gill Saini & Abul Subhan
Venue: 3 Woburn Road, Bedford. MK40 1EG

Mental Health for Beginners

This workshop will not cover how to manage your own mental health condition. It provides an overview of mental health awareness and conditions but does not offer diagnosis.

It is not equivalent to Mental Health First Aid Training. If you are concerned about your mental health, please speak to a medical professional



Friday 6 May
10:00am - 12:30pm

Tutor(s): Jo Sale & Jill Gale
Venue: University of Bedfordshire, Bedford Campus, Polhill Avenue, Bedford. MK41 9EA

Sprouting Out

Sprouting Out is a free 5-week programme where you can learn more about growing fruit and vegetables, improve your physical and mental health, and learn how to cook nutritious food.

The course is being delivered by Groundwork East through the Bedfordshire Employment and Skills Service. The course is open to residents of Bedford Borough and Central Bedfordshire aged 19+. Funding is provided by the ESFA, match funded by European Social Funds and an additionally enrolment will be required for this.



Wednesday 27 April - 25 May
10:00am - 12:30pm

Tutor(s): Sarah Culverwell - Groundwork
Venue: 3 Woburn Road, Bedford. MK40 1EG

Bedford Workshops In person



W

omen's Group with The Diverse Culture Team

A regular weekly woman's workshop to build friendships, offer mutual support with craft activities and a time to talk.

Join us for conversation, laughter, joy and good company.



Wednesday 20 April - 17 August (Break on 1 June)
11:00am - 1:00pm

Tutor(s): Manjeet Gill Saini, Joginder Khinder & Malgorazata Lukasik
Venue: 3 Woburn Road, Bedford. MK40 1EG

Bedford



Beacon

- Group Activities
- One to one support
- Opportunities to make friends
- Hot drinks and snacks
- Chill out space

We promote health & wellbeing and offer support/advice in a warm, friendly and inclusive space.

Bedfordshire and Luton Recovery College
3 Woburn Road, Bedford. MK40 1EG

**The Bedford Beacon
out of hours drop in
service**

**Come Join Us
Every Thursday
5:30pm to 9:00pm**

Central Bedfordshire Workshops In Person



Workshops to Improve your Mental Health, Wellbeing, Physical Health & Creativity

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Creating a Vision Mood Board

NEW

Creating a mood board can be a therapeutic exercise, helping us visualise and articulate life goals or emotions we're struggling with.

It can be a messy collection of clippings, or a highly curated and carefully designed piece, but the goal is to keep it based in our own vibes, emotions and or a vision of where you would like to be. (This session is face to face for 4 weeks)



Friday 6 May - 27 May
10:00am - 12:00pm

Tutor(s): Tara Curtis

Venue: Parkside Hall, Woburn Street, Amptill, Bedfordshire. MK45 2HX

Get Started with IT with The Noah Academy

NEW

Face-to-face groups in Dunstable, Leighton Buzzard and Biggleswade. Improve your computer skills in 4 weeks!

Learn how to use email, Google Drive/iCloud, and the internet. Develop the skills for creating CVs and cover letters for job applications.



Contact: The Noah Academy 01582 726152 or email academy@noahenterprise.org
www.noahenterprise.org

GratITUDE Scrapbooking Art & Craft Course

NEW

This Gratitude Scrapbooking Art and Craft Course is designed to focus on being thankful for what we have, the big things in life, as well as the simple joys.

If you start each day by writing down three things you are thankful for - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note, each and every day.



Monday 13 June - 4 July
1:00pm - 3:00pm

Tutor(s): Claire Cooper & Sam Fossey

Venue: The Weatherley Centre, Eagle Farm Road, Biggleswade. SG18 8JH



Vintage Book Wrap

This course will involve hand sewing and the use of upcycled materials to produce a vintage book wrap.

Having basic sewing skills is helpful, but not essential, as you will be learning various sewing techniques along the way. The course will increase self-confidence within a relaxed, friendly and safe environment.



Wednesday 11 May - 22 June (Break on 1 June)
10:30am - 12:00pm

Tutor(s): Sam Fossey & Claire Cooper

Venue: Flitwick Village Hall, Dunstable Road, Flitwick. MK45 1HP

Wellbeing Course: Biggleswade

Are you feeling isolated? This course will give you the opportunity to interact with others, building self-confidence and self-esteem, whilst creating links with your local community. We ask that you arrive on time and you let us know if you are not coming.

If two sessions are missed in a row without speaking to a facilitator, then your place will be given to someone else on the waiting list.



Tuesday 19 April - 19 July
1:00pm - 2:30pm

Tutor(s): Claire Cooper & Sam Fossey

Venue: The Weatherley Centre, Eagle Farm Road, Biggleswade. SG18 8JH

Wellbeing Course: Stotfold

Are you feeling isolated? This course will give you the opportunity to interact with others, building self-confidence and self-esteem, whilst creating links with your local community. We ask that you arrive on time and you let us know if you are not coming.

If two sessions are missed in a row without speaking to a facilitator, your place will be given to someone else on the waiting list.



Wednesday 20 April - 20 July
1:00pm - 2:30pm

Tutor(s): Claire Cooper & Sam Fossey

Venue: St Marys Church Hall, 51 Church Road, Stotfold. SG5 4NE

Luton

Workshops In person



Workshops to Improve your Mental Health, Wellbeing, Physical Health & Creativity

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Luton Workshops In person



Art for Wellbeing

Luton residents who are over 19 years' old and unemployed.

We offer this online and face to face. Would you like to improve your wellbeing and move closer to achieving your goals? If so, why not join us for our wellbeing activities.

During the course we will explore ways to improve self-esteem, engagement and awareness.



Contact: Luton Adult Learning 01582 490033 or email passport@lutonac.ac.uk

Assertiveness with Total Wellbeing Luton

 Many people do not believe that they have the right to be assertive or are highly anxious/fearful about being assertive or lack the social skills for effective self-expression. Training to be more assertive includes building assertive skills, modeling (establishing new behaviors and reducing avoidance behaviors) and rehearsal.

The aim of this workshop is to learn what assertiveness is and then to practice behaving and communicating more assertively, while reducing communicating in passive and aggressive ways.



Tuesday 24 May
1:30pm - 2:30pm

Tuesday 12 July
1:30pm - 2:30pm

Tutor(s): Nazma Miah - Total Wellbeing Luton
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Building self-esteem & Self-acceptance with Total Wellbeing Luton

 This workshop will improve our understanding of how low self-esteem develops, our core beliefs and the impact of low self-esteem in day to day life.

It will offer techniques that will increasing confidence through awareness and practical CBT skills.



Tuesday 3 May
1:30pm - 2:30pm

Tuesday 21 June
1:30pm - 2:30pm

Tutor(s): Nazma Miah - Total Wellbeing Luton
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Luton Workshops In person



Body Image with Total Wellbeing Luton

 Body image is how we think/feel about ourselves physically and how we believe others see us. This workshop is for people who struggle with the way they perceive their appearance exploring:

- What the term 'body image' means, factors that can affect our body image, different representations of beauty.
- Steps that we can take to improve our own body image.
- The link between a person's perception and beliefs regarding their own body image, their physical self and the thoughts, feelings and behaviour that result from that perception.



Tuesday 17 May
2:00pm - 3:00pm

Tuesday 5 July
1:30pm - 2:30pm

Tutor(s): Nazma Miah - Total Wellbeing Luton
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Celebrating Culture Through Music & Story

 This course is about celebrating our cultures and who we are, by sharing myths, folk tales and music. We hope that we will connect with ourselves and others, by using creativity and expression to learn more about ourselves and others through our cultures and histories.

Please consider making a commitment to the whole 4 weeks. You do not need to have had any previous arts experience to take part.



Thursday 5 May - 26 May
2:30pm - 4:00pm

Tutor(s): Melissa Cowell & Rachael Hood
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Connects

 Community garden and indoor activities based in Strathmore Avenue Methodist Church.

This group is aimed at individuals who are making that first step out of social isolation or who need a smaller group to build their confidences. Sessions can include gardening, quizzes, arts, and crafts.



Friday's
11:00am - 2:00pm

Contact: Samantha Smith 07805739238 or email samantha.smith@penrose.org.uk;
Roots@penrose.org.uk

Venue: Strathmore Avenue Methodist Church. Strathmore Avenue, Luton. LU1 3NY





Digital Learning for Beginners with The Noah Academy

 Learn how to create documents using Microsoft Word, as well as how to use the internet and send/receive emails.

This course is designed for learners who have no previous knowledge of using computers, and wish to build their confidence in this area.



Contact: The Noah Academy 01582 726152 email academy@noahenterprise.org
www.noahenterprise.org

Fibromyalgia & Me!

A diagnosis of Fibromyalgia can be hard to obtain but also this can be a challenging condition to manage.

Teresa will provide some facts about fibromyalgia, information about what can help to manage this condition well and information about the support networks available. Join this peer led information session to come together and learn together.



Thursday 9 June
12:00pm - 1:30pm

Tutor(s): Kirstin Dear & Teresa Williams
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Free Employability Workshops

Do you live in Luton? Are you over 18? Are you unemployed, looking to upskill? Why not join one of our many Employability Workshops and take a positive step towards your future.

We offer this online and face to face. Subjects include:

- Identifying skills
- CV writing a dynamic CV
- Application completion
- Interview skills
- Communication for employment
- Self aware and self belief
- Living sustainably
- Universal credit - managing your journal
- Managing your money
- Sleep better workshop
- Becoming self employed



Contact: Luton Adult Learning 01582 490033 or email passport@lutonac.ac.uk



F

ood for Thought with Total Wellbeing Luton

NEW

Total Wellbeing will be looking at the relationship between Food and Mood from a CBT perspective. The participants will be invited to explore the role of emotional eating in trying to maintain a healthy weight. When struggling with strong emotions some people turn to food to help them deal with difficult or upsetting situations and some people use food as a way of providing comfort or support.

This workshop will look at ways to recognise emotional eating, being aware of our emotions and building healthier, better relationships with food.



Tuesday 10 May
1:30pm - 2:30pm

Tuesday 28 June
2:00pm - 3:00pm

Tutor(s): Nazma Miah - Total Wellbeing Luton
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

CT (Computer Classes) The Basics

NEW

During the 5 week course you meet once a week topics covered include how to:

- Turn on a computer and use the software available.
- Use an online email account to send and receive emails.
- Create a strong password and be able to explain why this is important.
- Choose an application that allows you to search for specific information.
- Give examples of other features found in an outlook.com email account.
- Demonstrate how to look for a job using the internet.
- Show that you can complete an online form.
- Use MS Word to write a document or a professional letter.



Contact: Luton Adult Learning 01582 490033 or email passport@lutonacl.ac.uk

CT (Computer Classes) The Basics Plus

NEW

This is a continuation course, face to face.

- Continue your learning and develop your ICT skills further.
- Identify your areas to improve and develop your ICT skills.



Contact: Luton Adult Learning 01582 490033 or email passport@lutonacl.ac.uk



T for Confidence with The Noah Academy



Learn how to use IT to connect with others and develop your hobbies and interests through online tutorials and social media.

You will also focus on relaxation and wellbeing skills to manage any stress and anxiety that you might be experiencing outside of the classroom.



Contact: The Noah Academy 01582 726152 or email academy@noahenterprise.org
www.noahenterprise.org

Mental Health for Beginners

This workshop will not cover how to manage your own mental health condition. It provides an overview of mental health awareness and conditions but does not offer diagnosis.

It is not equivalent to Mental Health First Aid Training. If you are concerned about your mental health, please speak to a medical professional



Friday 17 June
10:00am - 12:30pm

Tutor(s): Jo Sale & Jill Gale

Venue: University of Bedfordshire, Vicarage Street, Luton. LU1 3JU

Money Matters with The Disability Resource Centre

Money Matters is designed to help learners develop their financial management skills, maximise income and empower them to make positive changes, Learners will recognise their current financial situation and learn skills to make positive changes in their behaviours and attitudes towards money.

They will be supported to progress into further opportunities, whilst understanding how to improve their economic wellbeing.



Contact: The Disability Resource Centre for more information 01582 470900 or email info@drcbeds.org.uk

Venue: Trinity Community Centre, Old School House, 3 Trinity Road, Luton. LU3 1TR.



Panic attacks with Total Wellbeing Luton



This workshop helps explain how the physical symptoms of anxiety can come together and create a perfect storm of panic – and more importantly will share with you techniques for overcoming panic attacks.



Tuesday 7 June
1:30pm - 2:30pm

Tuesday 19 July
1:30pm - 2:30pm

Tutor(s): Nazma Miah - Total Wellbeing Luton
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Passport to Childcare

Are you 19 or over living in Luton? Do you want to work in the childcare sector or in a childcare setting? Introduction to childcare is a 6-hour course. We offer this online and face to face.

- Identify skills and qualifications required to work in a childcare setting.
- Recognise the importance of safeguarding children in early years settings.
- Improve knowledge of equality and diversity and how to promote this with young children.

You will be required to attend all three sessions and complete one or two tasks independently at home, between the taught sessions.



Contact: Luton Adult Learning 01582 490033 or email passport@lutonacl.ac.uk

Passport to Supporting in Schools

Are you 19 or over living in Luton? Do you want to work in a support role in school? A teaching assistant? A midday supervisor? Then this course is for you. This is a 6-hour course. We offer this online and face to face.

- Identify skills and qualifications required to work in schools.
- Recognise the importance of safeguarding children in schools.
- Improve knowledge of equality and diversity and how to promote this in schools.

You will be required to attend all three session and complete one or two tasks independently at home between the taught sessions.



Contact: Luton Adult Learning 01582 490033 or email passport@lutonacl.ac.uk

Luton Workshops In person



Roots to Recovery

Nature hub and community garden is large community garden on New Bedford Road.

Community gardening at our nature hub, individuals can get involved in the gardening or just come along to make new friends and local connections.



Monday, Tuesday & Thursday
10:00am - 4:00pm



Contact: Samantha Smith 07805739238
email samantha.smith@penrose.org.uk Roots@penrose.org.uk
Venue: A6, New Bedford Road, site entrance opposite Fountains Road Luton.

Roots to Success



Glasshouse training based in glasshouse 2 at Stockwood Park.

Here we teach basic horticulture alongside growing flowers and veg plugs learning how to grow your own and build new friendships.



Monday, Thursday, Saturday, Sunday
10:00am - 2:00pm



Contact: Samantha Smith 07805739238 or email samantha.smith@penrose.org.uk
Roots@penrose.org.uk
Venue: Glasshouse 2, Stockwood Discovery Centre, Stockwood Park, Luton. LU1 4LX

Recycle-a-bike



Recycle-a-bike – based in Unit 4 Stockwood Park

Upcycling and basic bike maintenance, working with donated bikes.



Friday's
11:00am - 1:00pm & 1:30pm - 3:00pm



Contact: Samantha Smith 07805739238 or email samantha.smith@penrose.org.uk
Roots@penrose.org.uk
Venue: Unit 4 Stockwood Discovery Centre, Stockwood Park, Luton. LU1 4LX

Luton Workshops In person



Understanding Therapy with Total Wellbeing Luton



An informal session with a qualified therapist from Total Wellbeing to explain and answer questions about therapy, the different types of therapy available and how it can help you.

By the end of this workshop you will have a better understanding of:

- What therapy is.
- How it might benefit you.
- How you can access it in Luton.



Tuesday 26 April
1:30pm - 2:30pm

Tuesday 14 June
1:30pm - 2:30pm

Tutor(s): Nazma Miah - Total Wellbeing Luton
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Welcome PODS

This informal information session for people new to the Recovery College will welcome people, providing an opportunity to meet others coming to the Recovery College.

The session will discuss what 'recovery' is, how Recovery Colleges work and have some people sharing their experiences of being part of the Recovery College. We would love to meet you.



Thursday 19 May
12:00pm - 1:00pm

Thursday 23 June
12:00pm - 1:00pm

Thursday 21 July
12:00pm - 1:00pm

Tutor(s): Kirstin Dear & Amit Shenmar
Venue: Luton Central Library, St. Georges Square, Luton. LU1 2NG

Wellbeing Matters with The Disability Resource Centre



Improve both your Mental and Physical wellbeing.

We will equip you with the tools to make positive changes for now and the future.

- Achieve a healthy life balance.
- Explore fears and barriers.
- Produce a wellbeing action plan.



Contact: The Disability Resource Centre for more information: 01582 470900
or email info@drcbeds.org.uk

Venue: Lewsey Community Centre, Landrace Road, Luton. LU4 0SW

Support Services



in the Community

Active Luton Walking Football

Indoor, mixed gender taster session.

Inspire Luton Sports Village, Butterfield Green, LU2 8DD

Sign up at www.teambedsandluton.co.uk

Away Day Hatters Fitness Club

Contact Tom Ford at health@lutontown.co.uk; phone 01582 561622

or visit their website: www.lutontowncommunity.co.uk

Bedford Physical Health

3 month gym membership at University Campus Polhill MK41 9BD

Personal Training 1-1 offer

Mondays from 3pm.

Contact: Kev Wyld kevin.wyld@beds.ac.uk

Bipolar UK

Organised and facilitated by volunteers who are affected by bipolar. Meetings are open to all people affected by Bipolar Groups are intended for people aged 18+. Ages 16 to 18 can attend if accompanied by a parent or guardian. Online 1st Wednesday of every month, 1pm-3pm. please email supportgroups@bipolaruk.org

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/

Chums & Crumbs

Join us weekly from Thursday 10 March at 11am 1pm. The Dunstable Centre, Court Drive, Dunstable, LU5 4JD.. Drop in, no appointment or referral required.

Join us for light refreshments, friendship, games, talk, and much more! 07305 178465

Drug & Alcohol Family Support Group

Carers in Bedfordshire are joining forces with (Drug, Alcohol, Family, Support) to form a meet-up group for carers who have loved ones with an addiction aiming to encourage peer support & friendships with like-minded people in a safe, confidential, non-judgemental and friendly environment 2nd Wednesday of the month Contact CIB on 0300 111 1919 or email contact@carersinbeds.org.uk

Hatter Chatter

contact Adam Woulds at: 01582 561622, adam.woulds@lutontown.co.uk,

www.lutontowncommunity.co.uk

Support Services



in the Community

HLB Runners

<https://groups.runtogether.co.uk/HLBRunners>

Download the Runtogether Runner app from Google Play or Apple store to book on to any sessions. All runs are free and we welcome all levels of runner.

Knitting and Crocheting at The Higgins Art Gallery & Museum

www.facebook.com/groups/502708587285643 Zoom still available. Ongoing on the 3rd Tuesday of each month 11am-1pm Drop in & Zoom on request Contact Gemma Hutton thehiggins@bedford.gov.uk

Lea Vale Community Garden Programme

Grow and take home your own fresh fruits & vegetables. Meet friends & find support from others working to achieve the goals. Get outside & exercise by planting & harvesting a variety of produce. Contact us at community.leavale@nhs.net or call 07936953462.

Lets Get Active

Cycling with your family, Physical Activity, Try something new, Walking
www.teambedsandluton.co.uk/healthyluton

Live Stream Online Activities

Chair Dance, Chair Yoga, Exercise to music, Gentle exercise, Meditation, Mindful Yoga, Tai Chi, Wellbeing Q&A
Visit: <https://bedfordsportlive.crd.co/>

Museum Makers in Luton

Get involved in events, challenges and volunteering opportunities with the museums of Luton. Visit their website: <https://www.museummakers.co.uk/my-account/register/?return=/>

New Mental Health Walk for Men

Luke Levitt, owner of the Fit Collective PT & yoga studio. The circular walks begin from the Woburn Hotel car park.

Email luke.levitt@hotmail.com

<https://www.bedfordindependent.co.uk/mens-mental-health-walking-group-launches-in-bedford/>

Parkrun (Available in Luton, Bedford, Dunstable)

A totally free, fun, and friendly weekly 5k community event.

Run jog or even WALK. Please see <https://www.parkrun.org.uk/>

Support Services



in the Community

Psychological Wellbeing Practitioner Weekly Group.

Our Psychological Wellbeing Practitioner, offers a weekly group where all carers can come along and discuss a different topic each week to help improve their wellbeing.

Day and evening sessions available.

Contact CIB on 0300 111 1919 or email contact@carersinbeds.org.uk

The Wellbeing Walk.

Social walking group with drinks stop afterwards.

Please observe social distancing & Covid Guidelines. Max 30 people.

Meet at The Higgins Bedford, Castle Lane, MK40 3XD

Tibbs Dementia Foundation

Tibbs Dementia Foundation provide a wide range of accessible, relevant and meaningful activities for those affected by dementia to live as fully as possible. Groups/activities are delivered both face to face and virtually. Contact: Tibbs Dementia Foundation on 01234 210933 contact@tibbsdementia.co.uk

www.tibbsdementia.co.uk

Walk and Talk

Contact Adam Woulds at:

adam.woulds@lutontown.co.uk

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

Wellbeing at The Higgins, Bedford

Table tennis 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 Vicki Blair at thehiggins@bedford.gov.uk

01234 276362

Wildlife Trust Wilder Futures

Get involved in events, walks and nature based activities based in Bradgers Hill and across Luton.

Contact Matt on 07874895633 or www.wildlifebcn.org/bradgers-hill-wilder-futures

Mention us

when speaking to our partners!

Contact us

If you are interested in working with us!



01234 263 621

01582 708 917



elft.recoverycollege@nhs.net

THANK YOU for working with us!

& CONTACTING our Partners !



Bedfordshire 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.org.uk>
info@accessbedford.org.uk
07376 262 873



<https://www.autismbedfordshire.net>
enquiries@autismbeds.org
0300 111 1919



<https://www.bepositivenow.co.uk>
info@bepositivenow.co.uk
07710 678 267



<https://carersinbeds.org.uk>
events@carersinbeds.org.uk
0300 111 1919



<https://drcbeds.org.uk>
info@drcbeds.org.uk
01582 470 900



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



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



<https://www.thehigginsbedford.org.uk>
thehiggins@bedford.gov.uk
01234 718 618



Gambling Support Starts Here

<https://www.gamcare.org.uk/>
08082020133



sarah.culverwell@groundwork.org.uk
www.groundwork.org.uk/east



<https://www.keech.org.uk>
letmehelp@keech.org.uk
01582 564 906



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



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



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



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



<https://www.facebook.com>



Contact us

If you are interested in working with us!

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01234 263 621
01582 708 917



elft.recoverycollege@nhs.net

THANK YOU for working with us! & CONTACTING our Partners !



Bedfordshire 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.

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



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



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



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



www.outreachmusicgroup.co.uk
omgcg@yahoo.com
 Mark Stephenson 07946180132



<https://www.facebook.com/PenroseRoots>
elizabeth.aldous@penrose.org.uk
 01582 343230



academy@noahenterprise.org
 01582 726152



<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



Wildlife Trust for
Beds, Cambs
& Northants

www.wildlifebcn.org/bradgers-hill-wilder-futures
 Contact Matt on 07874895633



Contact us

If you are interested in working with us!



01234 263 621
 01582 708 917



elft.recoverycollege@nhs.net

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Bedfordshire & Luton Recovery College Enrolment Form

Please use **BLOCK CAPITALS**. To enrol for a course, or courses, please complete all sections.
If you need help to complete this form please contact us, using the contact details on the last page.

1. Your contact details

Title:	First name:	Last name:
Date of birth:		
Address:		
Town:	County:	Postcode:
Mobile phone:		Home phone:
May we leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>		May we leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>
Email address:		
Would you like to be emailed when a new prospectus is out? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Would you like to be added to our email list to receive regular updates and news about our courses? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Preferred contact method (please tick one):		
Email <input type="checkbox"/> Call to Mobile <input type="checkbox"/> Call to home phone <input type="checkbox"/> Text/SMS <input type="checkbox"/> Post <input type="checkbox"/>		
We will contact you using your preferred method of contact however if we need to contact you by another method, for example in an emergency, we will use the other contact details you have provided.		
How would you like to be sent the links for online courses you choose and to receive reminders? Choose one option:		
Email <input type="checkbox"/> Text/SMS <input type="checkbox"/>		
In order for you to join courses we need to be able to send you the links by email or text/SMS.		
What is your connection with Bedfordshire & Luton Recovery College?		
Work in Bedfordshire <input type="checkbox"/> Live in Bedfordshire <input type="checkbox"/> Student in Bedfordshire <input type="checkbox"/> ELFT Volunteer or Employee <input type="checkbox"/>		

2. Emergency contact information

Title:	First name:	Last name:
Phone number:	Relationship to you:	

3. Courses

Courses	Course date(s)

Your preferred location for attending courses:

Please tick other suitable locations:

Ampthill Bedford Biggleswade Dunstable Flitwick Houghton Regis Leighton Buzzard
Luton Sandy Stotfold Zoom

4 Your support needs and special requirements

Support needs: Please help us to identify your support needs by giving us a brief description of the challenges you have faced or may be addressing through current contact with mental health services.

Support worker name:

Support worker email:

Support worker phone:

Special requirements: Please tell us if you have any special requirements (e.g. interpreter) or access needs (e.g. mobility) that we may pass onto course trainers before you attend.

Have you or your partner been a member of the UK armed forces?

Yes

No

Services you access: Please tick the boxes for any statements that apply to you:
 Services provided by East London NHS Foundation Trust (ELFT) Community Mental Health Team (CMHT)
 Triage Assessment and Brief Interventions (TABi) Inpatient/Acute Wards Older Persons' Service
 Learning Disability Primary Liaison Service Crisis Team MIND
 Lighthouse Pathway to Recovery (P2R) Resolutions Other mental health services
 Please provide details.....
 I am a carer I work for ELFT or a partner organisation Other Please provide details.....

Individual Learning Plan (ILP): Would you like an individual learning plan? Yes No
 This will involve a session where we go through short-term objectives and help you create learning opportunities to achieve your goals.

Primarily, in what role will you be using the Recovery College?
 Student Tutor Support worker Carer Interpreter Professional staff
Do you belong to another group as well?
 Student Tutor Support worker Carer Interpreter Professional staff

How did you hear about The Recovery College? Please tick:
 Advert I walked into your premises Referral from ELFT Referral from GP Referral from other organisation
 Please tell us which organisation Social media ELFT Website
 Word of mouth Other Please provide details:

5. Equal opportunities monitoring

Gender identity				
Female <input type="checkbox"/>	Male <input type="checkbox"/>	Non-binary <input type="checkbox"/>	Prefer not to say <input type="checkbox"/>	
Identify in another way <input type="checkbox"/>	Please provide details if so.			
Do you identify as trans?				
Yes <input type="checkbox"/>	No <input type="checkbox"/>	Prefer not to say <input type="checkbox"/>		
Age group				
17-25 <input type="checkbox"/>	26-35 <input type="checkbox"/>	35-45 <input type="checkbox"/>	46-59 <input type="checkbox"/>	60+ <input type="checkbox"/>
Marital status				
Married <input type="checkbox"/>	Single <input type="checkbox"/>	Divorced <input type="checkbox"/>	Widow <input type="checkbox"/>	
Civil Partnership <input type="checkbox"/>	Living with Partner <input type="checkbox"/>	Other <input type="checkbox"/>	Prefer not to say <input type="checkbox"/>	
Which of the following options best describes how you think of yourself?				
Heterosexual or Straight <input type="checkbox"/>	Gay or Lesbian <input type="checkbox"/>	Bisexual <input type="checkbox"/>	Other sexual orientation not listed <input type="checkbox"/>	Prefer not to answer <input type="checkbox"/>
Ethnicity				
White British <input type="checkbox"/>	White and Asian <input type="checkbox"/>	Bangladeshi <input type="checkbox"/>	Black Caribbean <input type="checkbox"/>	
White Irish <input type="checkbox"/>	White & black Caribbean <input type="checkbox"/>	Chinese <input type="checkbox"/>	Black African <input type="checkbox"/>	
Gypsy, Roma <input type="checkbox"/>	White & black African <input type="checkbox"/>	Indian <input type="checkbox"/>	Other black Background <input type="checkbox"/>	
Other white background <input type="checkbox"/>	Other mixed or multiple background <input type="checkbox"/>	Pakistani <input type="checkbox"/>	Other <input type="checkbox"/>	
Other Asian background <input type="checkbox"/>	Prefer not to say <input type="checkbox"/>			

6. Confidentiality and our promise to you

Attendees of all our courses are expected to:

- maintain the privacy and confidentiality of other attendees;
- not use mobile phones, computers or recording devices during sessions (unless agreed prior to the day);
- inform us as soon as possible if they are unable to attend.

In return the Recovery College will:

- ensure the data you have provided us above is kept within GDPR regulations. Your personal data will not be shared outside of the Recovery College without your consent; with the exception of if we have concerns about your wellbeing. In all cases our primary aim will be to obtain your permission first;
- offer courses FREE (or at very low cost);
- involve our service users in the development of our college wherever possible.

By submitting this form, you are confirming that you have read and understand how your information will be stored / shared by the Recovery College.

Signature Date

Thank you for completing this form. **Please email your completed form to: elft.recoverycollege@nhs.net or post it to:** Recovery College, 3 Woburn Road, Bedford MK40 1EG. Telephone: 01234 263621
 Recovery College, Charter House, Alma Street, Luton LU1 2PJ. Telephone: 01582 708917

Keep your eyes peeled!

for events planned this summer.



Older Peoples Festival!

**Food for Thought
festival!**

**Community Health &
Wellbeing Events!**

**Contact us if you would like to be
involved or be added to the mailing list.
Email: elft.recoverycollege@nhs.net
or call on 01234 263621 / 01582 708917**

**If you are involved in your local
organisation & would like us to come & talk
to you about Health & Wellbeing, please
contact us on
01234 880 340 email:
elft.diverse-cultures@nhs.net
for more details.**

A poem about US!

Recovery

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

Strangers at the start
But not at the end,
college recovers our hearts

Panic button pressed
My life is falling apart
Bring me your lifeline

