

Autumn Term Prospectus

October - December 2022



"Exploring the Unknown"





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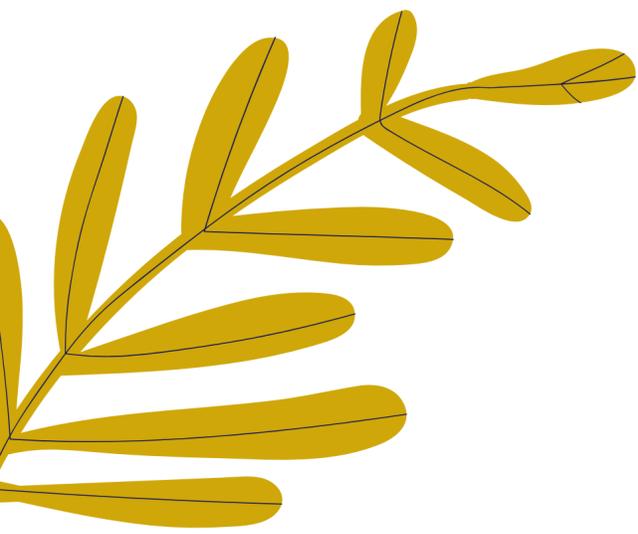
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ORIGINS

Young people of the community have been campaigning for a Discovery College for a long time:

"I was given the Recovery College Prospectus (adult version of the 'DisCo') when I turned 18. There were some brilliant courses available but they didn't seem relevant to me at the time... I wasn't ready to go to a group with people three times my age. We would all be at very different stages of both life generally but also our mental health experiences would vary. That's when the idea of the Discovery College came to my mind"

Jay - Peer Mentor

Our young people then advocated for the Discovery College and now it is finally here.



ORIGINS

Building the Discovery College has already had an impact on young people:

"Being a part of creating the Discovery College has built my confidence and given me ideas that I can take into life with me as I go into studying mental health nursing at university. I've been able to have my views listened to and also help to adapt ideas that I've come up with"
Suzie aged 18.

The Discovery College logo was co-produced by a group of young people. Here is their reasoning for choosing this design.

"Butterflies are the product of great growth - we all have the potential to be a butterfly that explores the world and adapts to it"
Shana aged 18.



THE DISCOVERY COLLEGE

Our Discovery College offers FREE workshops to young people between 13-18 years old across Bedfordshire and Luton.

This Autumn Term the workshops will focus on various themes from Personal Growth, Healthy Relationships, Mental Health and Wellbeing, Life Skills and Creativity.

We welcome carers, relatives, professionals, and friends to join this fantastic opportunity and support young people explore their potential, learn new skills and flourish within their community.

All our workshops will be done in groups either face to face or online. The Discovery College will cultivate a non-judgemental environment and allow everyone to share their voice.



CO-PRODUCTION

The Discovery College places young people at the heart of everything we do. All workshops will be designed and facilitated with young people who have endured mental health and/or emotional challenges in their life.

Our Peer Mentors will be volunteers or young people who may have used services in the past or are currently using some form of support. One of the many skills they will possess is the ability to share their lived experience, which will empower other young people, instil optimism and help them to take control of their life.

Our Subject Mentors will also be volunteers or professionals who have experience in supporting young people and can share their journey of discovery in a non - stigmatized manner.



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 when you need some timeout
 - Make sure you're comfortable
 - Create a fair environment
 - Help you to explore other options
- 

OUR STUDENTS

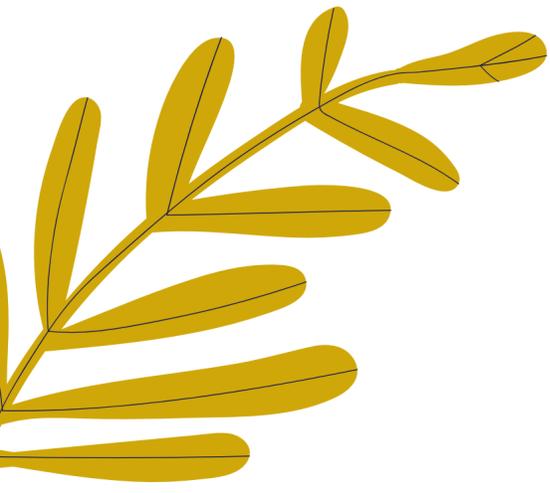
We talked to those who took part in our workshops this summer and this is what they had to say about the Discovery College:

"This course really has helped me in improving the way how I deal with situations I tend to find uncomfortable. The 4 S's of building resilience in particular have helped me in pushing myself above what I would of originally thought to be my limit. I would recommend this course to anyone who wants advice on how to handle situations they tend to find difficult."

Charlie aged 15, DisCo student

"I am excited for the opportunity to be a part of this great educational project! My journey with DisCo started during the Summer Term when I had the privilege of observing young people evolving and developing new skills and self confidence. I am also grateful for the chance of learning about CAMHS, working with young people and applying this knowledge in my personal life."

Mihaela - Peer Support Champion



Our Kinetic Colour session allowed us to work with art materials and colour to support creativity and find new ways of expressing feelings through these mediums.

These are examples of using both hands to express ourselves and to engage both parts of the brain in a mindful activity.





Our CV Writing skills in Luton at TOKKO, saw us sharing and discussing the building blocks of a CV, and how to make you stand out to future employers.



An eventful three days at Mark Rutherford School, highlighted students imaginative logo production and decision - making skills with our T-shirt designing/printing project.

Our Students at Bedford Academy have created their very own DisCo peer team, they utilised the media room to coproduce a song/rap on exploring their potential.





HOW TO SIGN UP

To register for a course all you need to do is complete a Discovery College registration form.

You can access this form by scanning the QR code or using the link below.

If you have any difficulties completing the form, please email us on elft.camhsdiscoverycollege@nhs.net and one of the team members will support you with this.

<https://forms.office.com/r/pH8TdKvzZG>



What next?

Once we have received your form you will be booked onto the course and an email of 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 a expression of interest list, this means if there is a cancellation you could be offered a place.

PERSONAL GROWTH



Self-Esteem

What is Self-Esteem? How can it be increased? We will open the Autumn Term with this valuable workshop where you can learn to like and accept yourself as a first step in improving your overall wellbeing.

Venue:

Online-Zoom

Date:

Monday 17th
October

Time:

5-6.30pm

Facilitators:

Sarah Mann &
Layla Wilkinson



Increasing your Confidence

We recognise that we all grow and develop in different ways and this is dependent on our life experiences. Come and join us to help you identify skills and habits that will build on your personal development by increasing your confidence.

Venue:

Online - Zoom

Date:

Tuesday 25th
October

Time:

5-6.30pm

Facilitators:

Shiblu Miah &
Layla Wilkinson





Assertiveness

Say what you mean, mean what you say, but don't say it mean!

Learn how to express your needs and wants in a respectful way for you and others, how to disagree without judging and how to develop and maintain healthier relationships.

Venue:

Online- Zoom

Date:

Wednesday 26th
October

Time:

5-6.30pm

Facilitators:

Mihaela Iancu &
Ocean-Tae Mckenna



Gender Identity

This workshop aims to inform students on what it means to be transgender and the issues transgender people face. It will also raise awareness on how health services could be better equipped to support the transgender community.

Venue:

Online - Zoom

Date:

Tuesday 1st
November

Time:

5-6.30pm

Facilitators:

Jay Worthington &
Finn Ryan



Building Resilience (2 weeks course)

'Bouncing back' from a setback is key to our mental health and wellbeing. This workshop will help you to build your own, easy to follow plan with any challenge(s) you might be facing now or in the future. You will learn about the 4 Ss of resilience.

Venue:

Online - Zoom

Date:

Wednesday 2nd &
Wednesday 9th
November

Time:

5-6.30pm

Facilitators:

Mihaela Iancu &
Shana Ryan



The You That You Could Be (2 weeks course)

This is a two part workshop focusing on creating or finding a sense of personal identity.

Session One will explore how identity is created, and how mental health can impact us. Session Two will focus on understanding your potential, and how to become "THE BEST YOU that you could be".

Venue:

Online - Zoom

Date:

Thursday 3rd &
Thursday 17th
November

Time:

5.30-7pm

Facilitators:

Sarah Mann &
Kim Johnson



Leadership

We believe leadership can be learned, we can all develop the skills we need to empower and inspire others to help us in achieving our shared goals.

Come and join us for this great opportunity to learn about how YOU can become someone that others want to follow!

Venue:

Luton Central Library
St George's Square, Luton
LU1 2NG

Date:

Tuesday 8th
November

Time:

4.30-6pm

Facilitators:

Shiblu Miah

HEALTHY RELATIONSHIPS



Empathy and Grief

In this workshop you will learn that grief is a personal journey with many twists and turns. Students will take part in engaging activities, that will illustrate how empathy to yourself and your loved ones can help when grieving. We will also share different coping methods that you can use or recommend to others.

Venue:

Online - Zoom

Date:

Wednesday 19th
October

Time:

5-6.30pm

Facilitators:

Sarah Mann &
Shana Ryan



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.

Venue:

Online - Zoom

Date:

Thursday 24th
November

Time:

5.30-7pm

Facilitators:

Mihaela Iancu &
Layla Wilkinson



Communication

Having strong communication skills supports you in all aspects of life – from professional life to personal life and everything that falls in between.

Join us in this face-to-face workshop to learn how you can develop better communication skills and healthier relationships with those around you.

Venue:

TOKKO Youth Space
7 Gordon Street, Luton LU1 2QP

Date:

Monday 28th
November

Time:

5-7pm

Facilitators:

Mihaela Iancu &
Shana Ryan



What's Love Got To Do With It? (2 week course)

Find out more about the different types of love, the importance of self-love and acceptance. Discover ways to deal with the challenges that might appear in our personal relationships and how rejection might be empowering at times.

Venue:

Online - Zoom

Date:

Monday 5th &
Wednesday 7th
December

Time:

5-6.30pm

Facilitators:

Mihaela Iancu &
Shana Ryan



Boundaries and Consent

Boundaries and consent are vital in all our interactions - no matter the nature of the relationship.

Learn about these concepts, develop your self-esteem and understand how important saying NO is for our physical and mental health.

Venue:

TOKKO Youth Space
7 Gordon Street, Luton LU1 2QP

Date:

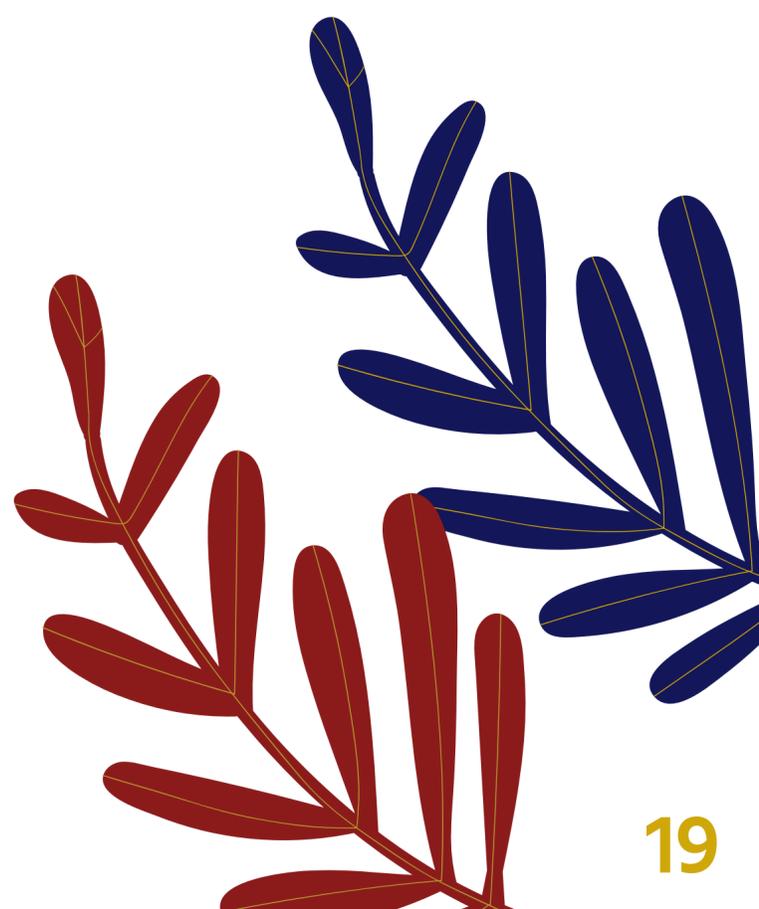
Thursday 15th
December

Time:

5-7pm

Facilitators:

Sarah Mann &
Shana Ryan



MENTAL HEALTH & WELLBEING



Exercise and Nutrition

Exercising regularly improves mental health, emotional wellbeing and lowers the rates of mental health concerns. Nutrition is not only food and fuel for our physical body, but also for our brain.

Join us on this workshop to find out how you can integrate these two wellbeing pillars in your everyday life.

Venue:

Luton Central Library
St George's Square, Luton
LU1 2NG

Date:

Tuesday 18th
October

Time:

4.30-6pm

Facilitators:

Shiblu Miah



Understanding Anxiety

Learn how anxiety affects us in different ways.

We will gain deeper understanding on the possible causes of anxiety and how best to manage these feelings.

Explore resources that can help you with worries or being fearful of the future.

Venue:

Online-Zoom

Date:

Monday 24th
October

Time:

5.30-7pm

Facilitators:

Mihaela Iancu &
Suzie Simkins



Let's talk voices, visions and unusual sensory experiences

This workshop is suitable for anyone who is interested in developing their understanding about this topic, including young people who may have their own lived experience of voices, visions and unusual sensory experiences or know someone who may be going through this.

Venue:

Online - Zoom

Date:

Thursday 27th
October

Time:

5-6.30pm

Facilitators:

Joanne Clark



Social Media and Mental Health

Social media may promote negative experiences and there is a strong link between the overuse of social media and increased mental health difficulties.

Learn how to take control of your feed and set healthy personal guidelines to help you maximize your screen time.

Venue:

Online - Zoom

Date:

Monday 31st
October

Time:

5.30-7pm

Facilitators:

Layla Wilkinson &
Charlie Sabbatini





Music and Mental Health

Music can relax the mind, energise the body and help people better manage pain. Music can also impact moods and even inspire action! Join us for tips on how music can release stress and help in building resilience when dealing with life's challenges.

Venue:

Luton Central Library
St George's Square, Luton
LU1 2NG

Date:

Thursday 10th
November

Time:

4.30-6pm

Facilitators:

Marianne Bahadur,
Alexia Potirniche &
Charlotte Dance



Stress Management

From social pressure to fear of making mistakes we all experience different levels of stress.

Join us to learn about some different strategies you can use to relieve and manage stress.

Venue:

The Place Theatre, Bradgate Road,
Bedford MK40 3DE

Date:

Wednesday 16th
November

Time:

5-7pm

Facilitators:

Shiblu Miah &
Mihaela Iancu





Better Night's Sleep

This workshop will explore how sleep works, why it is needed and the common causes of some sleep difficulties.

We will also explore some helpful strategies to improve your sleep.

Venue:

Shackleton Primary School
Community Hub, Pearcey Rd,
Bedford, MK42 9LZ

Date:

Wednesday 23rd
November

Time:

4.30-6pm

Facilitators:

Shiblu Miah &
Mihaela Iancu



Understanding Anxiety

Learn how anxiety affects us in different ways.

We will gain deeper understanding on the possible causes of anxiety and how best to manage these feelings.

Explore resources that can help you with worries or being fearful of the future.

Venue:

Shackleton Primary School
Community Hub, Pearcey Rd,
Bedford, MK42 9LZ

Date:

Wednesday 30th
November

Time:

4.30-6pm

Facilitators:

Sarah Mann &
Tilly Armstrong



Stress Management

From social pressure to fear of making mistakes we all experience different levels of stress.

Join us to learn about some different strategies you can use to relieve and manage stress.

Venue:

Grove Corner Youth & Community Centre, 76A High Street North, Dunstable, LU6 1JF

Date:

Monday 12th
December

Time:

3.45-5.15pm

Facilitators:

Shiblu Miah &
Jack Rimmer



Understanding Low Mood

Depression is very present among young people and can impact the way you think, act and feel.

An opportunity to learn about the signs and causes that can lead to low mood. We will also look at different tools to help us manage depression.

Venue:

Shackleton Primary School
Community Hub, Pearcey Rd,
Bedford, MK42 9LZ

Date:

Tuesday 13th
December

Time:

4.30-6pm

Facilitators:

Mihaela Iancu &
Suzie Simkins





Understanding Low Mood

Depression is very present among young people and can impact the way you think, act and feel.

An opportunity to learn about the signs and causes that can lead to low mood. We will also look at different tools to help us manage depression.

Venue:

Online - Zoom

Date:

Wednesday 14th
December

Time:

5-6.30pm

Facilitators:

Sarah Mann &
Shana Ryan





Preparing for University (2 weeks online course)

This course guides you on how to navigate this new journey, with a better understanding of what to expect. We will discuss topics such as moving away from home, applying for university accommodation and how to integrate at university. These sessions will conclude with discussions where you can ask questions and hear the experiences of people who have been through similar situations.

Venue:

Online- Zoom

Date:

Monday 7th &
Monday 14th
November

Time:

5.30-7pm

Facilitators:

Marianne Bahadur &
Shana Ryan



Money Matters

Learn some tools to help you build a healthy financial future through saving, budgeting and prioritising your needs.

Join us for this valuable workshop to find out more about money and how to earn or manage it.

Venue:

Luton Central Library
St George's Square, Luton
LU1 2NG

Date:

Tuesday 15th
November

Time:

4.30-6pm

Facilitators:

Hariharan
Navaratnasingam &
Mihaela Iancu



CV Writing Skills

From personal details to interests and hobbies, how do you compose the story of your life?

Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/working life.

Venue:

Luton Central Library
St George's Square, Luton
LU1 2NG

Date:

Tuesday 22nd
November

Time:

4.30-6pm

Facilitators:

Shiblu Miah



Interviewing Skills

How important are enthusiasm and preparation compared with previous experience when you attend a job interview?

Find out ways of developing your self-confidence and the skills you can learn to help you get THAT job!

Venue:

Luton Central Library
St George's Square, Luton
LU1 2NG

Date:

Tuesday 29th
November

Time:

4.30-6pm

Facilitators:

Shiblu Miah



Baking Workshop

In this workshop we will explore baking as a strategy to look after your wellbeing. At the end of the baking session, you'll go home with some tasty treats and a few more skills!

Venue:

TOKKO Youth Space
7 Gordon Street, Luton LU1 2QP

Date:

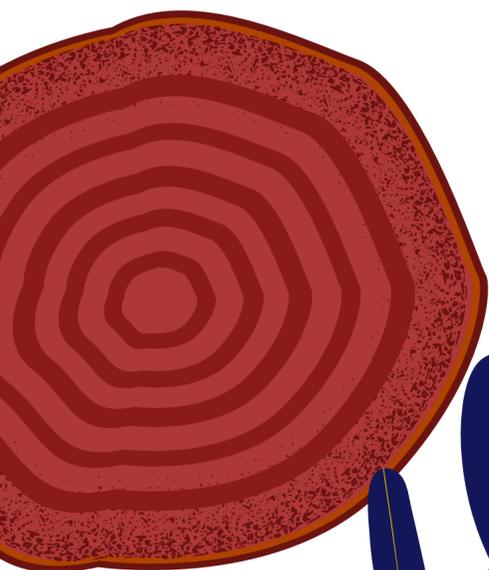
Tuesday 6th
December

Time:

5-7pm

Facilitators:

Molly Burton &
Keeley Jones



CREATIVITY



CV Writing Skills

From personal details to interests and hobbies, how do you compose the story of your life?

Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/ working life.

Venue:

The Place Theatre, Bradgate Road,
Bedford MK40 3DE

Date:

Monday 21st
November

Time:

5-7pm

Facilitators:

Shiblu Miah &
Mihaela Iancu



Painting to Music

In this session we will use music to get the mind thinking, blood pumping and feet tapping to Jazz, Blues, old skool anthems, hip hop and contemporary tracks.

The focus will be on making and translating instrumental and vocal layers into a visual language.

Venue:

The Place Theatre, Bradgate Road,
Bedford MK40 3DE

Date:

Thursday 1st
December

Time:

5-7pm

Facilitators:

Sarah Mann &
Fiona Wilson (Artist)



Creating Jewellery

Any creative activity helps our wellbeing and mental health.

Join us to learn how creating jewellery can ease anxiety, develop self-confidence and help with focusing our attention on what is important to us.

Venue:

The Place Theatre, Bradgate Road,
Bedford MK40 3DE

Date:

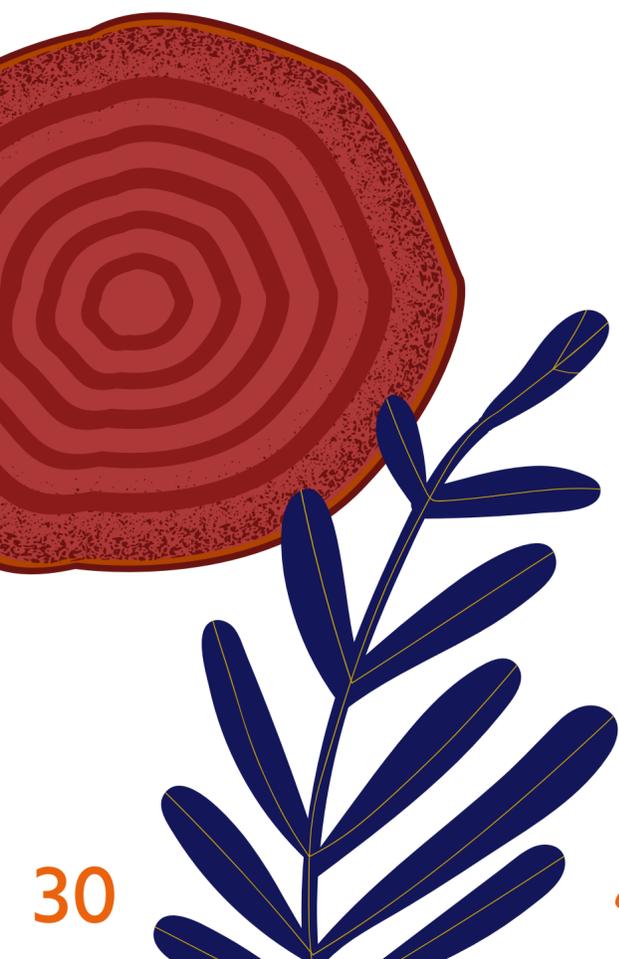
Thursday 8th
December

Time:

5-7pm

Facilitators:

Mihaela Iancu



OUR PARTNERSHIPS



Better Days for BLMK

Find us on Instagram, Twitter and Facebook: @BetterDaysBLMK
BetterDaysBLMK@hotmail.com



BEDFORD COLLEGE

Part of The Bedford College Group



Bedfordshire & Luton Recovery College



theplacebedford.org.uk



COMMUNITYTRUST
Charity No. 1123078



MARK RUTHERFORD SCHOOL

Contact Details

For further queries please email:
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