East London
NHS Foundation Trust

Beds and Luton

Discovery College

SPRING TERM PROSPECTUS

February - April 2023

"Exploring the Unknown"

"WE RISE AGAIN TO SEE OUR CURIOSITY EMERGE AS A SUPER POWER SO THAT THE COMEBACK IS GREATER THAN THE SETBACK."

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OUR JOURNEY

We believe in the power of 'yet' and positive education! We put young people at the heart of everything we do - from collecting feedback around the topics that are of interest to students to co-producing our workshops.

The Discovery College logo was co-designed by a group of young people.

"Butterflies are the product of great growth - we all have the potential to be a butterfly that explores the world and adapts to it"
DisCo Peer Mentor

As the Discovery College completes its first year, we have seen our work expand across the community. We are now co-collaborating in various projects, hoping to empower more young people and encourage them to access their inner strengths and reach their potential!

THE DISCOVERY COLLEGE

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

This Spring Term the workshops will focus on various themes from Personal Growth, Healthy Relationships, Mental Health and Wellbeing, Life Skills to 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 cultivates a non-judgemental environment and allows everyone to share their voice.

CO-PRODUCTION

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

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

CO-COLLABORATION

DisCo School Spring Term Project aims to integrate DisCo work within schools/colleges across Beds and Luton through a series of bespoke face-to-face workshops designed to address the students' needs.

Safe Space Project promotes the importance of giving young people the opportunity to share their opinions around themes like race, culture, identity and inclusivity through a series of discussion-based workshops. It has been co-created with the adults' Recovery College and aimed at young people aged 16 to 25 in educational organisations.

Building Resilience at Luton Town Football Club encouraged young academy players to learn about the essentials of building resilience. They were able to share experiences of challenges they face on and off the pitch, within the team and the organisation.

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**

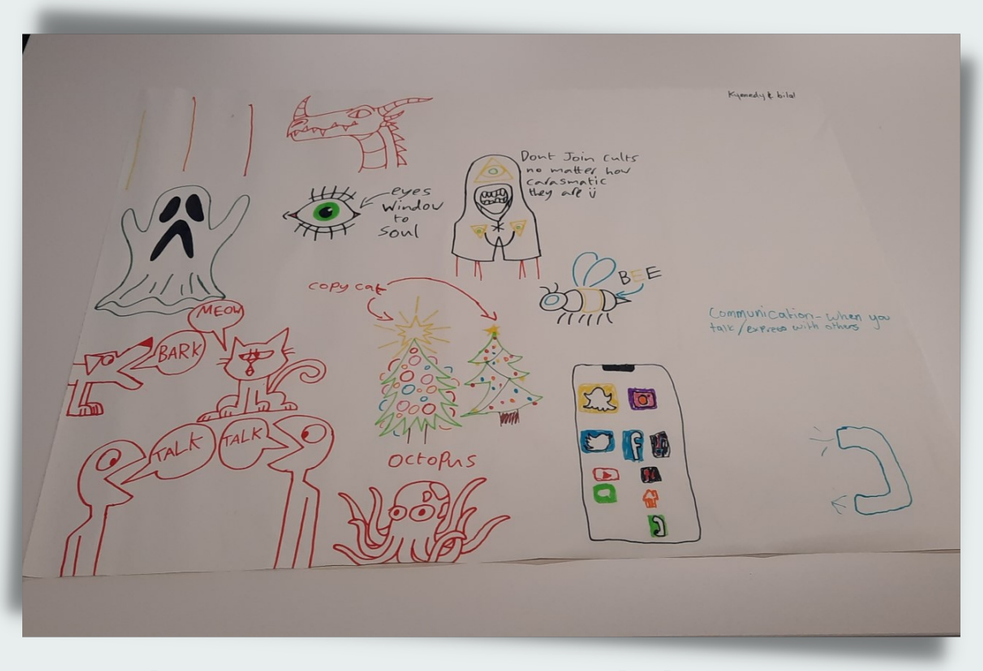
OUR STUDENTS

"The facilitator was warm and knowledgeable without overwhelming with the details. The structure was simple and effective. The examples were clear and simple."
Professional from Bedford 6th Form who attended the Understanding Low Mood Workshop.

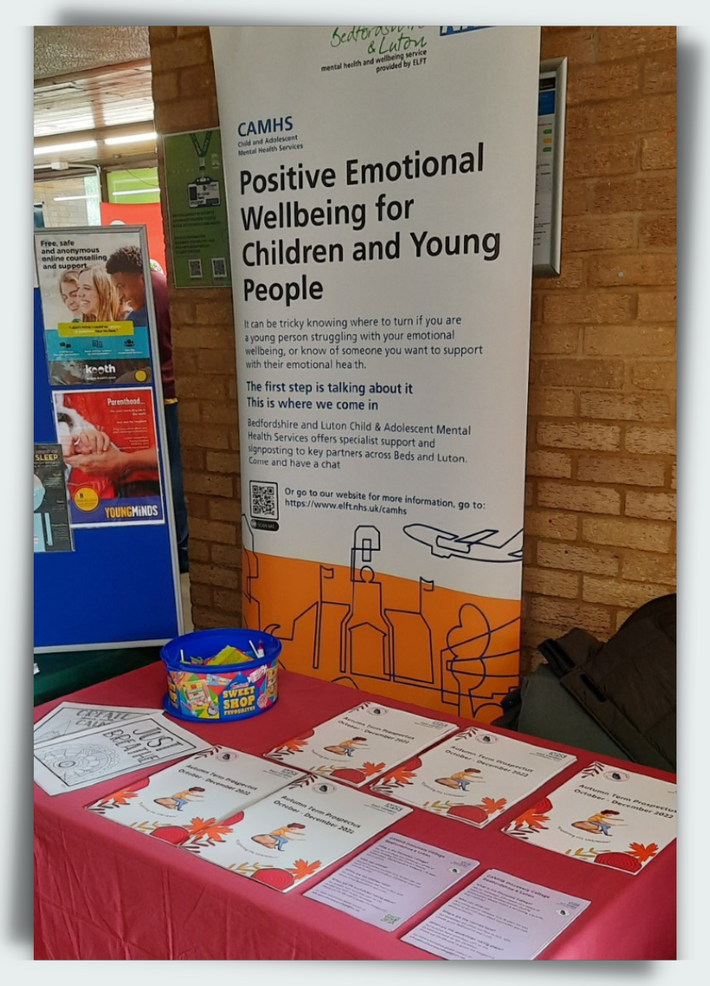
"My daughter had a great time this evening. She said she really enjoyed it and that it was really good (and she never says that!)"
Parent of a student who attended the Painting to Music Workshop.

"I really loved it! It was great to see familiar faces and to have a very insightful conversation with open minded people. It was a privilege to have the platform to speak to everyone about their background, identity and how they felt about culture."
Student at the Culture & Belonging Workshop, Safe Space Project.

OUR STUDENTS



From the Communication Workshop, Tokko Youth Centre, November 2022



From the Health and Wellbeing Road Show, Shuttleworth College, November 2022

From the Painting to Music Workshop, The Place Theatre, December 2022

From the Baking Workshop, Tokko Youth Centre, December 2022

From the Creating Jewellery Workshop, The place Theatre, December 2022

From the Creating Jewellery Workshop, The Place Theatre, December 2022

HOW TO SIGN UP

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

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

What next?
Once we have received your form you will be booked onto the course and a confirmation will be sent to you with all the details. If the course is fully booked we will inform you that you have been added to a expression of interest list, this means if there is a cancellation you could be offered a place.

Use this QR code to sign up or follow this link:
mindrecoverynet.org.uk/providers_profile/bedford-and-luton-discovery-college/

PERSONAL GROWTH

HOW TO BE A LEADER

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.

This is a 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:
20th February 2023

Time:
4.30-6pm

Facilitators:
Shiblu Miah

SELF-ESTEEM

What is Self-Esteem? How can it be increased?

Building self-confidence and healthy self-talk can be the first steps in improving your overall wellbeing and self-esteem.

Venue:
Online-Zoom

Date:
22nd February 2023

Time:
5-6.30pm

Facilitators:
Layla Wilkinson
Sarah Bateman

REACHING YOUR POTENTIAL

Create or find a sense of personal identity as a first step in your journey.

Learn why this is important for your wellbeing. Understand your potential and how to become the best you that you could be!

Date:
1st March 2023

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Kim Johnson
Sarah Bateman

GENDER IDENTITY

This workshop aims to raise awareness of the different aspects of gender identity while promoting acceptance and a non-judgemental approach.

Also, it brings forward issues that transgender people might face when dealing with health services.

Date:
29th March 2023

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Kim Johnson
Ash Dalliday

HEALTHY RELATIONSHIPS

DEALING WITH LOSS

In this workshop you will learn that grief is a personal journey. Students will take part in 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:
2nd March 2023

Time:
5-6.30pm

Facilitators:
Shana Ryan
Sarah Bateman

PROTECTING MY BUBBLE

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

Learn about these concepts and develop your assertiveness to keep yourself and others safe.

Venue:
Online-Zoom

Date:
15th March 2023

Time:
5-6.30pm

Facilitators:
Shana Ryan
Sarah Bateman

COMMUNICATING CONFIDENTLY

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 and how to disagree without judging.
Use clear communication to develop and maintain healthy relationships.

Date:
22nd March 2023

Time:
5-6.30pm

Facilitators:
Ocean-Tae Mckenna
Alexia Potirniche
Mihaela Iancu

Venue:
Online-Zoom

MENTAL HEALTH AND WELLBEING

LET'S GET MOVING!

Exercising regularly improves our mental health and wellbeing, which helps to lower mental health challenges.

Join us on this workshop to find out about the benefits of physical activity and get the chance to participate in a short exercise session.

Date:
27th February 2023

Time:
4.30-6pm

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

Facilitators:
Shiblu Miah

STAYING SAFE ONLINE

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 maximise your screen time.

Date:
8th March 2023

Time:
4.30-6pm

Venue:
Online-Zoom

Facilitators:
Layla Wilkinson
Sarah Bateman

UNDERSTANDING LOW MOOD

An opportunity to learn about the signs and causes that can lead to low mood and how it can affect us in daily life. Understand the differences between low mood and depression.

Find out how to use different strategies to help yourself when experiencing low mood.

Date:
20th March 2023

Time:
5-6.30pm

Venue:
The Place Theatre,
Bradgate Road, Bedford MK40 3DE

Facilitators:
Svetlana Victor
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 with easing worries or being fearful of the future.

Date:
27th March 2023

Time:
5-6.30pm

Venue:
The Place Theatre,
Bradgate Road, Bedford, MK40 3DE

Facilitators:
Mihaela Iancu

RISE AND SHINE!

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

You will discover some helpful strategies to improve the quality of your sleep.

Date:
19th April 2023

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Marianne Bahadur
Shiblu Miah

LIFE SKILLS

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.

Date:
6th March 2023

Time:
5-7pm

Venue:
Astral Park Sports and Community Centre
Johnson Drive, Leighton Buzzard, LU7 4AY

Facilitators:
Shiblu Miah
Mihaela Iancu

MONEY MATTERS

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

Date:
30th March 2023

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

Time:
5-6.30pm

Venue:
Online- Zoom

Facilitators:
Svetlana Victor
Mihaela Iancu

BUILDING RESILIENCE

'Bouncing back' from a setback is key to our mental health and wellbeing.

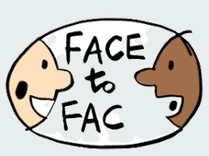
This workshop will help you to build your own easy-to-follow plan with any challenge(s) you might be facing now or in the future. You will learn about the 4 Ss of resilience.

Date:
26th April 2023

Time:
5-6.30pm

Venue:
Online- Zoom

Facilitators:
Marianne Bahadur
Alexia Potirniche



INTERVIEWING SKILLS

Learn the importance of enthusiasm, preparation and previous experience when attending a job interview.

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

Date:
27th April 2023

Time:
5.30-7pm

Venue:
Astral Park Sports and Community Centre
Johnson Drive, Leighton Buzzard, LU7 4AY

Facilitators:
Sarah Bateman
Shiblu Miah

CREATIVITY

BAKING WORKSHOP

In this workshop we will explore baking as a strategy to look after our wellbeing.

At the end of the baking session, you'll go home with some tasty treats and a few more skills!

Date:
13th March 2023

Time:
5-7pm

Venue:
TOKKO Youth Space
7 Gordon Street, Luton LU1 2QP

Facilitators:
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.

Date:
16th March 2023

Time:
5.30-7pm

Venue:
Astral Park Sports and Community Centre
Johnson Drive, Leighton Buzzard, LU7 4AY

Facilitators:
Fiona Wilson
Sarah Bateman

PHOTOGRAPHY WORKSHOP

Photography can be a mindful activity to engage the senses and encourage us to take notice and slow down. It can help to better manage stress and everyday challenges.

Learn some basic photography skills throughout this creative workshop.

Date:
17th April 2023

Time:
5-7pm

Venue:
Astral Park Sports and Community Centre
Johnson Drive, Leighton Buzzard, LU7 4AY

Facilitators:
Marie Young
Mihaela Iancu

CREATING JEWELLERY

This workshop will engage your imagination and develop your dexterity.

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.

Date:
24th April 2023

Time:
5-7pm

Venue:
TOKKO Youth Space
7 Gordon Street, Luton LU1 2QP

Facilitators:
Mihaela Iancu

OUR PARTNERSHIPS

Astral Park Sports and Community Centre
Tel no: 01525 851019
centralbedfordshire.gov.uk/directory_record/105831/asrtral_park_sports_and_community_centre

Aquarius Young People Bedfordshire
Tel no: 0330 008 3925
aquarius.org.uk

Grove Corner Youth & Community Centre
Tel no: 01582 513000
dunstable.gov.uk/young-people/grove-corner

Luton Central Library
Tel no: 01582 547418
lutonlibraries.co.uk

Luton Town Football Club
lutontown.co.uk

Recovery College Bedfordshire and Luton
Tel no: 01234 880340
elft.nhs.uk/services/bedfordshire-and-luton-recovery-college

The Place Theatre Bedford
Tel no: 01234 354321
theplacebedford.org.uk

TOKKO Youth Centre
Tel no: 01582 544990
tokko.co.uk

Wickets
Tel no: 07377360794
lordstaverners.org/programme-information/luton-wicketz

Youth Space

Hope Choice Recovery Opportunity

theplacebedford.org.uk

Astral Park

GC

aquarius

Luton Library Theatre

Better Days for BLMK
Find us on Instagram, Twitter and Facebook: @BetterDaysBLMK
BetterDaysBLMK@Hotmail.com

WICKETZ

Luton Town Football Club EST 1885

COMMUNITYTRUST
Charity No. 1123078

CONTACT DETAILS:

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

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

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

Sarah Bateman - Peer Support Champion
sarah.mann26@nhs.net

PLAY SPRING YOUR WAY!

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