

Bedfordshire & Luton Recovery College Prospectus



Winter & Spring Term



January - March 2023



WELCOME *to* THE RECOVERY COLLEGE



**The Bedfordshire and Luton Recovery College
is open to everyone living and working in
Bedfordshire and Luton.**

**Our Recovery College is
inclusive to all, service users,
carers, family, friends,
neighbours, staff and the
general public are all welcome
to enrol as students.**

**The educational workshops and
courses we offer all focus on
recovery and wellbeing. They
are designed and delivered in
partnership with people with
lived experience and
professional experience as co-
production is at the heart of
everything we do.**





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01234 263 621
01582 708 917



elft.recoverycollege@nhs.net

How to Contact us



Our Address

3 Woburn Road, Bedford.
MK40 1EG

Luton Office, Luton Central
Library, 2nd Floor, St.
George's Square,
Luton. LU1 2NG

Our Telephone Numbers

01234 263 621
01582 708 917

Our Email Address

elft.recoverycollege@nhs.net

Our Website

<https://tinyurl.com/44d8hjf2>



Our Enrolment Page

<https://tinyurl.com/yckmucw5>



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How to use our Prospectus



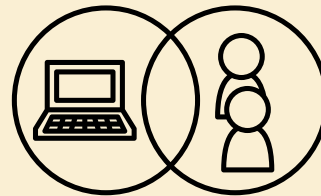
Online

These courses and workshops are delivered Online.



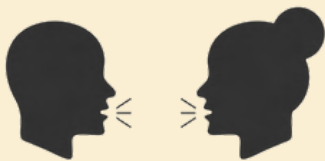
Blended

These courses and workshops are delivered In Person and Online.



In Person

These courses and workshops are delivered in person at Bedford, Central Bedfordshire and Luton.



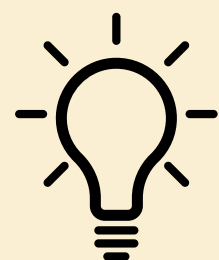
Our Partners

These courses and workshops need to be booked through our partners directly.



All New Courses & Workshops

This symbol indicates courses and workshops that are new this term.



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Action on Addiction

What's on offer at P2R?

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

Thursday 19 January 3:00pm - 4:30pm

Location: Online

Tutor(s) Tony Isles/Julian Mockridge



Are you Exhausted?

Many people find themselves exhausted. There are tools that can assist you to improve your energy levels. 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.

Monday 23 January 12:00pm - 1:00pm

Monday 13 March 12:00pm - 1:00pm

Location: Online

Tutor(s) Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)



Autism Bedfordshire

Autism Bedfordshire runs a range of one-off workshops and 6-week skills courses for adults diagnosed with Autism Spectrum Condition.

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

To sign up contact Autism Bedfordshire
enquiries@autismbeds.org



**Contact
our
partners
directly**



Being Me! LGBTQ+ and Allies

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: LGBTQ+.

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

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

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

Location: Online

Tutor(s) Dianne Thomas/Debbie Brathwaite/Mack Mclean/Pat Moyce



Our Courses and Workshops



Online

Care Pathways

Join this friendly workshop to learn more about services beyond Recovery College and your journey through them. Take time to reflect and identify your needs and the support you would benefit from on your journey.

Monday 16 January 11:00am - 12:30pm

Tuesday 21 March 2:00pm - 3:30pm

Location: Online

Tutor(s) Sara McClurg/Manjeet Gill Saini



**Contact
our
partners
directly**

Day to Day: Your Activity and Sleep

This friendly and informative workshop explores how our daily activities can impact on your sleep, mood and general wellbeing.

Join us to explore the benefits of goal setting and how this can help you to plan a more positive lifestyle.

Thursday 9 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Sara McClurg/Fiona Thompson

Digital Memories Matter

Think about it! Who are you leaving your wonderful photos and videos currently locked away on your social media and email accounts to? What about the treasure trove of memories held on your mobile? Or the important online stuff which only you know the password to? Time to sort your digital legacy and even make a Digital Will! Come along to the awareness workshop to learn more about your digital footprint, how we can support you to talk to friends and family and the range of free resources available to you. Start the conversation today!

**To sign up contact Keech Hospice Care Karen.Hibbert@keech.org.uk
www.keech.org.uk/education**



**Contact
our
partners
directly**

Dispelling Myths...

Growing Older and Mental Health

Join this friendly session to discuss what growing older means, think about mental health issues associated with being older and how existing issues may present, while exploring common myths around growing older. The session will also look at support and information available for people affected by mental health issues in older age and their families, friends and carers.

Monday 27 March 11:30am - 1:00pm

Location: Online

Tutor(s) Sara McClurg/Debbie Brathwaite



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Our Courses and Workshops



Online

Divided Self

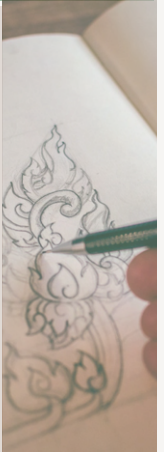
Each session will discover how both past and present artists have discovered creativity in their life within the realm of their own mental health challenges. Active participation is encouraged through drawing and painting.

Wednesday 18 January - 15 February 2:00pm - 3:30pm

Wednesday 1 March - 29 March 2:00pm - 3:30pm

Location: Online

Tutor(s) Anthony Barron/Adwoa Sarpomaa Date-Bah



Domestic Abuse and Mental Health (Women only)

This workshop will explain how common domestic abuse is, look at all the different types of abuse and how they impact on our wellbeing and mental health. We'll explore how you can identify an abusive relationship and how Luton All Women's Centre can support you if you are affected by this issue.

Thursday 19 January 10:00am - 11:30am

Friday 3 March 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre



Exploring Loss

With loss and bereavement being such an important and recurring topic, we are offering three separate workshops.

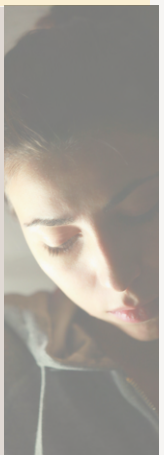
Wednesday 15 March 1:00pm - 3:00pm - Exploring Loss

Wednesday 22 March 1:00pm - 3:00pm - Loss from a Spiritual Aspect

Wednesday 29 March 1:00pm - 3:00pm - Loss of a Baby or Child

Location: Online

Tutor(s) Joginder Khinder/Tara Curtis



Finding the Inner Me

A workshop looking at yourself in a different way, let's chat, learn from one another and look at ways in which we can be the best version of ourselves in an open, caring and solution focused way.

Wednesday 1 March - 29 March 3:00pm - 4:30pm

Location: Online

Tutor(s) Amit Shenmar/Debbie Brathwaite





Finding your Neurodiverse Strength

Did you know that LinkedIn now have a option to list for your skills 'dyslexic thinking'. Working with Olive Hickmott, a Neurolinguistic Practitioner, from Empowering Learning we will focus the strengths that neurodiversity may bring to your life. We will also discuss some simple techniques to overcome some of the challenges.

Monday 30 January 12:00pm - 1:00pm

Monday 20 March 12:00pm - 1:00pm

Location: Online

Tutor(s) Dianne Thomas /Olive Hickmott (NLP from Empowering Learning)



Growing yourself in your Garden

There are strong links between mental wellbeing and gardening and the activities involved in gardening. This workshop will use 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.

Wednesday 1 March - 29 March 11:30am - 12:30pm

Location: Online

Tutor(s) Joginder Khinder/Nicky Pascale



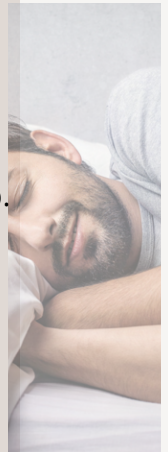
Improving Sleep

Whether you are suffering from insomnia or going through a period of sleeping difficulties. This workshop covers sleep hygiene, helps you to identify unhelpful cycles around sleep and explores how to make small changes to manage sleep difficulties to get a better night's sleep. We will ask you to complete a sleep diary before attending the workshop.

Monday 27 February 12:00pm - 1:00pm

Location: Online

Tutor(s) Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)



Lesbian or Gay in Need of Support (Women only)

Being a lesbian or gay woman can make you feel different and that you can't be open or be the self you would like to be. If you are feeling down or isolated, or just need to talk about things that are going on for you, join us for this online session.

Wednesday 18 January 6:00pm - 7:30pm

Tuesday 28 February 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre



Our Courses & Workshops



Online

Medication and Mental Health (Women only)

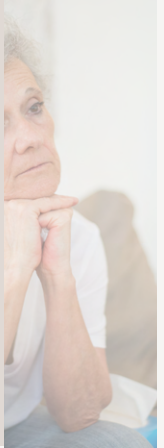
This session aims to give you a better understanding of medications that are often given to treat, or to help, people with a range of mental health issues. The session includes when medication is likely to be helpful; is medication the right option for you?; common side effects; how to interact well with your doctor or psychiatrist; what if you want to change or come off your medications?

Tuesday 31 January 11:00am - 12:30pm

Monday 20 March 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre



Meditation with Petar

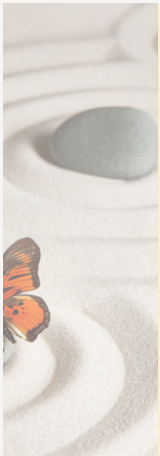
This course will provide a weekly opportunity to put aside time to relax with a guided meditation using breathing techniques and mindfulness.

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 27 January - 24 March 1:00pm 2:00pm

Location: Online

Tutor(s) Petar Djukic/Claire Cooper



Our Courses & Workshops



Online

Men's Health and Wellbeing

This course will run over 5 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 19 January - 16 February 3:00pm - 4:00pm

Thursday 2 March - 30 March 3:00pm - 4:00pm

Location: Online

Tutor(s) Anthony Barron/Stuart Gill



Men's Talk

Mens weekly workshops offering a safe and supportive space to share everyday things in a friendly space. A good place to build confidence, self-esteem and share feelings and challenges between us.

These Sessions are facilitated by men and women

Monday 16 January - 20 March 2:00pm - 3:00pm (no session 13 February)

Location: Online

Tutor(s) Manjeet Gill Saini



Perspectives: Focused Topic Discussion Workshop

Make your voice part of the conversation. A monthly debate exploring differing perspectives on a focused topic. The course will:

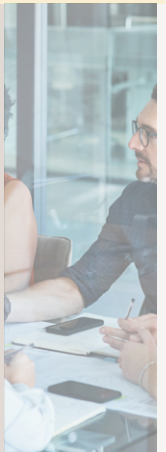
Encourage participation and learning by sharing experiences and differing perspectives; foster listening skills; encourage open dialogue in a an adult and respectful space and come and have your say as we all listen.

Join us every month or when you have time.

Wednesday 18 January, 15 February, 15 March 11:00am - 12:15pm

Location: Online

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 2 February 12:00pm - 2:00pm

Thursday 2 March 12:00pm - 2:00pm

Location: Online

Tutor(s) Claire Cooper/Fiona Thompson



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Our Courses & Workshops



Online

Purpose and Meaning in Work and Life

Get the Job you want and 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.

To contact Angus Laing - Be Positive 07710 672 867
info@bepositivenow.co.uk



Contact
our
partners
directly



Sewing Together

Sewing by hand together step by step to produce a small project out of short lengths of fabric (fat quarters). This course will give you a therapeutic focus and give you a much-needed break from mental wellbeing.

You will need the following items needle, cotton and scraps of materials.

Monday 23 January - 6 February 2:00pm - 4:00pm

Location: Online

Tutor(s) Sam Fossey/Fiona Thompson



Shout and Whisper

Poetry is a beautiful way to express yourself. Whatever your literary level, be it a budding poet, willful scribbler or a Wordsmith. Don't miss this excellent workshop delivered by the wonderful team at 'Shout and Whisper' !

Monday 16 January - 6 February 7:00pm - 8:00pm

Location: Online

Tutor(s) Amit Shenmar



Six Simple Tips to Help Reduce Worry

Come and learn why worry is the wrong kind of self-hypnosis and what you can do about it. We will create an understanding of why we worry, how we can get caught up in it and how we can learn to stop worrying so much with six simple tips to solution focused result.

Thursday 26 January 12:00pm - 2:00pm

Location: Online

Tutor(s) Claire Cooper/Fiona Thompson





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 gain: Increased confidence to have conversations, enhance your interpersonal skills through body language, active listening and spoken word tips, information to help signpost others.

Wednesday 25 January 10.00am - 12.00pm

To sign up email Karen.Hibbert@keech.org.uk



**Contact
our
partners
directly**

Sleep, Breathe and Ground

Good sleep, good breathing techniques and grounding are excellent ways to manage and improve your wellbeing in all sorts of ways. In this session Olive Hickmott (NLP practitioner from Empowering Learning) will explore how to improve sleep, improve our breathing techniques and calming ourselves through grounding.

Monday 6 February 12:00pm - 1:00pm

Location: Online

Tutor(s) Dianne Thomas/Olive Hicknott (NLP from Empowering Learning)

Spoken English in the Community

Designed for beginners to improve their English reading, writing, speaking and listening, this course will support learners to gain confidence with language that can be used in everyday life.

6-week course – 3 half days per week.

To sign up call 01234 863123
academy@noahenterprise.org



**Contact
our
partners
directly**

Struggling with the Menopause? (Women only)



Finding the menopause tough going? Want to talk about how it's affecting you? Join this introductory session and find out more about our 6-week support group.

Tuesday 10 January 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre



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Our Courses & Workshops



Online

Thriving with ADHD

Working with Olive Hickmott, a Neurolinguistic Practitioner, (NLP Practitioner from Empowering Learning) we will focus on ways to live well with ADHD. We will highlight some of the strengths that ADHD may bring and discuss some simple techniques to overcome some of the challenges.

Monday 6 March 12:00pm - 1:00pm

Location: Online

Tutor(s) Dianne Thomas/Olive Hicknott (NLP from Empowering Learning)



Thriving with Dyslexia

Working with Olive Hickmott, a Neurolinguistic Practitioner, (NLP Practitioner from Empowering Learning) we will focus on ways to live well with dyslexia. We will highlight some of the strengths that dyslexia may bring and discuss some simple techniques to overcome some of the challenges.

Monday 13 February 12:00pm - 1:00pm

Monday 27 March 12:00pm - 1:00pm

Location: Online

Tutor(s) Dianne Thomas/Olive Hicknott (NLP from Empowering Learning)



Tools to Manage Day to Day Life

Together we develop a resilience tool kit to stay well and help you to get back on track. Join us in any or all of the sessions! We will cover:

Week 1 - Recovery

Week 2 - Develop your Goals

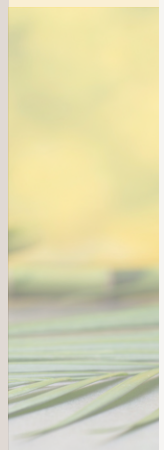
Week 3 - Resources for Stress and Problem Solving

Week 4 - Managing Routines

Tuesday 7 March - 28 March 11:00am - 12:00pm

Location: Online

Tutor(s) Aisling Patterson - Occupational Therapist/Debbie Brathwaite



Contact
our
partners
directly

Uplift - Mindset Movement Course

An ongoing 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. We will also offer a 30 minute chair based exercise via Online.

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.

To sign up call Emma Foxley

07763 944 587

info@letsgetgoingcic.com



Our Courses & Workshops



Online

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, will feature various facilitators who are either expert by knowledge or experience.

Is Marriage The End Goal?

Thursday 16 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Rosie Rice/Essma Bechkoum



Is Sorry The Hardest Word?

Thursday 2 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Rosie Rice/Ed Sergeant



My Voice Matters

Thursday 19 January 2:00pm - 3:30pm

Location: Online

Tutor(s) Kyle McDonald/Claudia Wassiczek



Real Men

Thursday 23 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Rosie Rice/Kyle McDonald



The Narrative

Thursday 26 January 2:00pm - 3:30pm

Location: Online

Tutor(s) Carl Ramsey



Unsocial Media

Thursday 9 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Rosie Rice/Essma Bechkoum



Understanding Complex Emotional Needs

Thursday 23 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Megan Noblett/Nicola Dyke



Understanding Medication

Thursday 2 February 2:00pm - 3:30pm

Location: Online

Tutor(s) Pharmacist



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Our Courses & Workshops

Voice Box...



Online

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, will feature various facilitators who are either expert by knowledge or experience.

Understanding Psychosis

Thursday 30 March 2:00pm - 3:30pm

Location: Online

Tutor(s) Early Intervention Team



Understanding Recovery

Thursday 9 March 2:00pm - 3:30pm

Location: Online

Tutor(s) Jane Kelly



Understanding Substance Misuse

Thursday 16 March 2:00pm - 3:30pm

Location: Online

Tutor(s) Tony Isles



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 will be a therapeutic focus that will help your wellbeing. The list of materials required for this workshop once you have enrolled are: Pencil or pen, ruler, scissors, 6 cardboard toilet rolls tubes per person, 1 x 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 16 February - 23 February 1:00pm - 3:00pm

Location: Online

Tutor(s) Sam Fossey/Fiona Thompson



Women's Group with The Diverse Cultures Team

A regular weekly session to build friendships and offer mutual support through sharing.

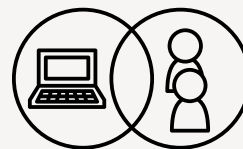
Join us for conversation, laughter, joy and good company.

Tuesday 17 January - 28 March 1:00pm - 2:00pm (no session 14 February)

Location: Online

Tutor(s) Manjeet Gill Saini/Malgorzata Lukasik





Art Therapy Butterfly Project (Women Only)

Butterfly Project - Art Therapy is a safe space for women to explore personal narratives and to reconnect with self. Come and be creative in your own special way, these sessions are devised to calm the mind and create space for new ways of being, thinking and feeling. Participants are expected to attend all sessions.

Thursday 12 January 10:00am - 11:30am - Online

Thursday 19 January - 30 March 10:00am - 11:30am - In person (no session 16 February)

Location: To be confirmed on registration - Central Luton Venue/Online

Tutor Moriam Grillo - Art Psychotherapist



**Contact
our
partners
directly**

Care Academy with The Disability Resource Centre

We provide free training for unpaid carers, personal assistants, and individual employers. This course will help you to develop an understanding of how to care for adults within their own home, to live fulfilling and independent lives. Over twenty different workshops available, with training for personal assistants working towards the Care Certificate Standard.

**To Sign up contact The Disability Resource Centre 01582 470 900
info@drcbeds.org.uk**

Carers Information and Support Programmes

Information sessions for carers of people with dementia with opportunities to meet other carers and share experiences with people who understand. Held at various venues and Online.

**To sign up call Alzheimer's Society 01582 320224
luton@alzheimers.org.uk**



**Contact
our
partners
directly**

Childlessness

Childlessness is a topic rarely discussed openly which carries significant stigma and many lack spaces to work through the experience and issues it may raise. This safe space will provide four weeks of discussion on the differing issues related to childlessness from dealing with loss after miscarriage and baby/child loss but also not being able to conceive.

Friday 3 March - 24 March 10:00am - 11:30am

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Dianne Thomas/Haneefah Muhammad

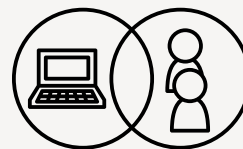


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Our Courses & Workshops



Blended

Communication 101

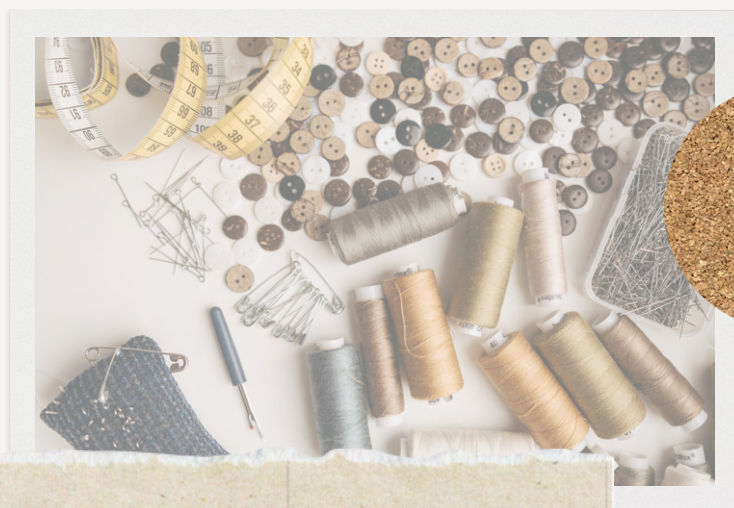
A Course designed to help people develop and strengthen their communication skills. Personally, professionally and emotionally.

- To develop communication skills.
- To be more aware of how others communicate.
- To explore better ways of communicating on all levels.

Wednesday 18 January - 22 March 1:00pm - 2:30pm

Location: 3 Woburn Road, Bedford/Online

Tutor(s) Rosie Rice/Sian Hodgkinson



Our Courses & Workshops

Dispelling Myths...



Blended

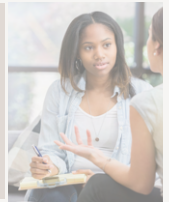
These sessions are designed to give better understanding of a specific diagnosis and dispel the myths around the diagnosis. They are aimed at professionals, non professionals and anyone in the community to raise awareness and create better understanding of serious mental health illness.

Bipolar

Thursday 30 March 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Whichellos Wharf/Online

Tutor(s) Tara Curtis



Complex Emotional Needs

Friday 31 March 10:00am - 11:30am

Location: Luton Central Library, 2nd Floor/Whichellos Wharf/Online

Tutor(s) Tara Curtis



Expressive Writing

Expressive writing is not creative writing or therapy. It is a form of self-expression that helps a person to think about their experiences and put their thoughts and feelings into words.



Thursday 19 January - 9 February 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Whichellos Wharf/Online

Tutor(s) Dianne Thomas/Tara Curtis



Contact
our
partners
directly

Fitness and Yoga with The Disability Resource Centre

Get active and take part in our free fitness and yoga sessions. They are designed to help the community be more active and have a healthier lifestyle, whilst breaking down any barriers. They have been designed specifically for people with a disability and mobility barriers, as they can be completed either standing or seated.



To Sign up contact The Disability Resource Centre

01582 470 900

info@drcbeds.org.uk

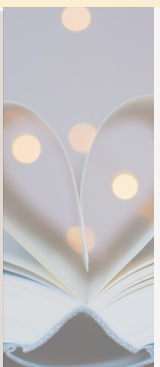
Learn to Love Yourself

A four week course aimed at boosting confidence, morale and esteem. So join us on a mojo- boosting mission.

Friday 20 January - 10 February 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Amit Shenmar/Tanveer Siyan



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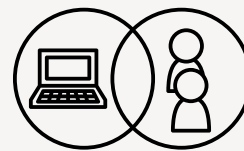


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Our Courses & Workshops

Let's Talk...Physical Health



Blended

Let's talk...Physical Health..... In these workshops we will have informal discussions about the following health conditions, what they are, causes, symptoms and treatments.

Asthma

Tuesday 14 March 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear



Dementia

Tuesday 17 January 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear/Catherine Bishop (Dementia Support Worker)



Diabetes

Tuesday 28 February 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Joginder Khinder



Fibromyalgia

Tuesday 7 February 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear/Theresa Williams



Menopause

Tuesday 31 January 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear



Rheumatoid Arthritis

Tuesday 7 March 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Joginder Khinder



Seasonal Affective Disorder (SAD)

Tuesday 24 January 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Joginder Khinder/Dr Baljit



Stroke

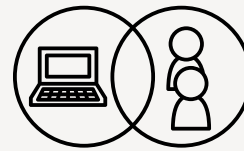
Tuesday 14 February 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Joginder Khinder



Our Courses & Workshops



Blended

Let's Talk... Wellbeing

Let's talk... Wellbeing, are one-off workshops which are short interactive sessions. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious or experiencing the theme, these workshop will provide you some knowledge and where appropriate techniques to use. There may be a follow on courses which provide more in depth knowledge with an overview and pathways to further information.

Anger

Tuesday 7 February 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear/Amit Shenmar



Anxiety & Fear

Tuesday 14 February 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear

Boundaries

Tuesday 28 March February 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear



Budgeting

Tuesday 17 January 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear

Emotions

Tuesday 24 January 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Amit Shenmar

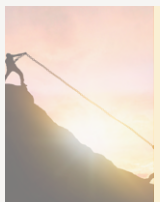


Healthy Eating

Tuesday 14 March 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Amit Shenmar/Dianne Thomas

Hoarding

Tuesday 28 February 10:00am - 12:00pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear/Suzaan Jenkinson



Motivation

Tuesday 21 March 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Amit Shenmar

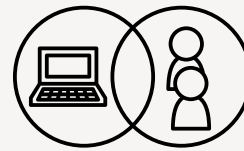


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Our Courses & Workshops



Blended

Let's Talk...Wellbeing

Let's talk... Wellbeing, are one-off workshops which are short interactive sessions. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious or experiencing the theme, these workshop will provide you some knowledge and where appropriate techniques to use. There may be a follow on courses which provide more in depth knowledge with an overview and pathways to further information.

Routines

Tuesday 7 March 10:00am- 11:30am

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear



Using Email and Zoom

Tuesday 31 January 10:00am - 11:30am

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear



Wellness Recovery Action Planning

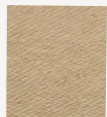
Friday 17 February 10:00am - 12:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear/Simi Kaur

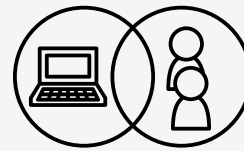


Lets Talk...



Our Courses & Workshops

Making Sense Of...



Blended

Making sense of are interactive courses designed to provide greater learning understanding and opportunity for sharing. The courses are designed to help you learn more about the topic area, support and information pathways and where appropriate methods for living better. These generally lead on from the 'Let's Talk - Wellbeing' sessions but you do not have to attend that sessions to start this session. The expectation is that participants attend all parts of the course to gain the most from them.

Anger

Thursday 2 March - 23 March 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Whichellos Wharf /Online

Tutor(s) Tara Curtis/Amit Shenmar



Emotions

Tuesday 28 February - 28 March 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton/Kirstin Dear

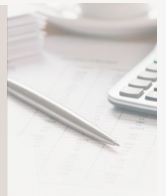


Financial Health

Friday 24 March - 31 March 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear



Menopause

Friday 10 March - 17 March 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear



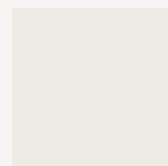
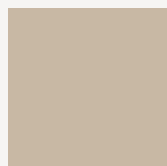
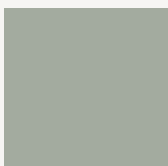
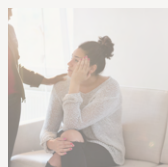
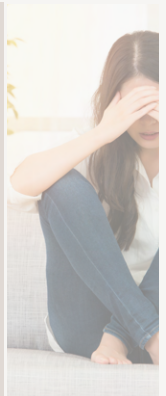
Pain Management

This is a 5-week workshop which focuses on learning Cognitive Behavioural Therapy skills as an aid in pain management. Within the sessions you will learn the relationship between your physical health and emotions, the impact of our thoughts on pain, how to reduce our pain levels through pacing, relaxation techniques and how to reduce our distress levels.

Thursday 2 March - 30 March 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Whichellos Wharf/Online

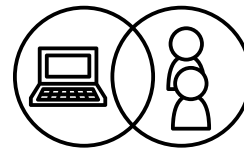
Tutor(s) Joginder Khinder/Tara Curtis/Jason Matthews CBT Therapist/ LTC Lead ELFT



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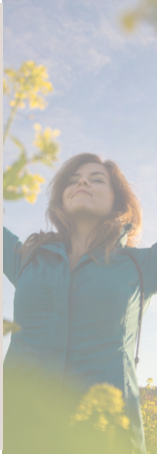
elft.recoverycollege@nhs.net



Moving Forward

Change is a normal part of life but can be difficult to know how to move forward positively and deal well with the emotions it brings. This four-week course will explore how we can manage our feelings and emotions, when change happens and make plans to move forward in the directions that work for us.

Thursday 19 January - 9 February 2:30pm - 3:30pm
Location: Luton Central Library, 2nd Floor/3 Woburn Road/Online
Tutor(s) Amit Shenmar/Anthony Barron/Debbie Brathwaite



Contact
our
partners
directly

Staying Well

Boost your wellbeing and build resilience through positive psychology as you learn how to apply strategies and models to help you stay well. Topics include mindfulness, sleep, the power of people, goal setting and letting go of worry.
4-week course – 2 half days per week

To sign up contact **Samantha Smith 07805739238**
samantha.smith@penrose.org.uk
Roots@penrose.org.uk



Our Courses & Workshops

Total Wellbeing...



Blended

Bedfordshire and Luton Recovery College have teamed up with Total Wellbeing to run information sharing workshops to support your emotional health and wellbeing. Our webinars provide basic understanding of various common wellbeing issues and strategies to support you to manage your own emotional health.

Acceptance Commitment Therapy

Tuesday 21 March 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Assertiveness

Tuesday 28 March 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Body Image

Tuesday 14 February 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Caring for a Loved One

Tuesday 7 March 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Compassion and Kindness

Tuesday 28 February 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Long Covid

Tuesday 24 January 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Needle Phobia

Tuesday 31 January 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Seasonal Affective Disorder (SAD)

Tuesday 17 January 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



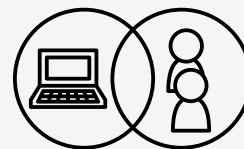
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Our Courses & Workshops



Blended

Total Wellbeing...

Bedfordshire and Luton Recovery College have teamed up with Total Wellbeing to run information sharing workshops to support your emotional health and wellbeing. Our webinars provide basic understanding of various common wellbeing issues and strategies to support you to manage your own emotional health.

Stress

Tuesday 7 February 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



Understanding Therapies

Tuesday 14 March 12:00pm - 1:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear



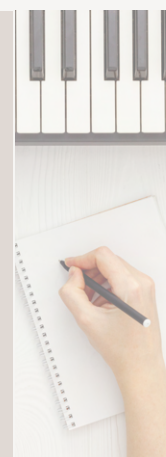
You the Songwriter

Ever wanted to find ways of writing creative lyrics and melodies? Come and join us for our tips, tricks and creative methods to song writing. No previous experience required. Come with pen and paper and enjoy being creative.

Friday 20 January - 10 February 10:00am - 11:30am

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Amit Shemar/Fiona Thompson





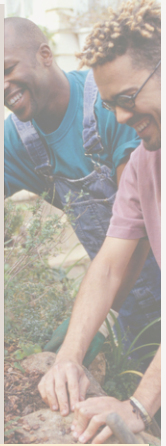
Active Outdoors

Active Outdoors is a four-week course that teaches adults horticultural and practical skills to learn to enjoy gardening and food growing techniques in order to improve their physical and mental health and wellbeing.

Tuesday 7 March - 28 March 12:00pm - 2:00pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Joginder Khinder



Activity and Goal Setting

Come along to this friendly short course to explore what activity is, types of activity and what activities you do can affect how you think and feel. Learn about SMART Goals and how you can use these to achieve a more balanced lifestyle and positive wellbeing.

Monday 20 February - Tuesday 21 February 12:00pm - 2:00pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Sara McClurg/Danielle Humphreys



Art and Craft Co-operative

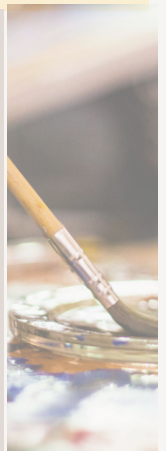
This course offers a space for like-minded people to enjoy all aspects of craft with the aim of producing high quality products to sell. Therefore, a commitment to the co-operative is expected, as well as good timekeeping and prompt messages if you cannot make the session.

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

Monday 23 January - 27 March 10am - 12:30pm

Location: Jubilation Community Centre, Moulton Avenue, Bedford MK42 0HL

Tutor(s) Sam Fossey/Claire Cooper



Art and it's Creative Outlet for Good Mental Health

A course to develop skills in different art mediums, some simple sculpture, and other methods of making art, to create in a safe.

Aims - To Encourage Engagement in a art related Activity and develop new skills in a welcoming environment

Objectives: To improve self confidence, well being, and practice good mental health.

To develop social interaction within the sessions. To pursue these new skills outside of the Recovery College.

Thursday 26 January - 2 March 11:00am - 1:00pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Anthony Barron/Geoff Benett



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Art Led Peer Support

This course encourages engagement with a variety of art materials, including acrylics. These sessions take place in a friendly and safe environment facilitated by volunteers, who have continuous staff support. Create a piece of work in an inclusive setting to build confidence.

Monday 16 January - 27 March 9:30am - 11:30am

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Heidi Quinn/Janet Goodman



Art Movements Throughout History

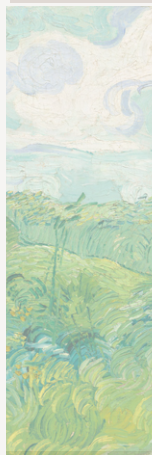
These courses will look at art movements past and present, detailing artists who have been influential within these movements. This course will be about diversity, gender, and cultural identity. Also, to provide their aims and influence on painting techniques and expanding knowledge of new innovations. Learning will be about collaboration and new skill sharing.

Tuesday 17 January - 14 February 1:30pm - 3:30pm

Tuesday 28 February - 28 March 1:30pm - 3:30pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Anthony Barron



Bedford Food for Thought

Nature hub is a small Community Garden where individuals can get involved in the gardening make new friends and local connections. Come along and join us, have a cup of tea and a chat whilst doing a little gardening to improve your general wellbeing.

Location: Millburn Road, Bedford MK41 ONZ

To sign up contact Samantha Smith 07805739238

samantha.smith@penrose.org.uk

Roots@penrose.org.uk



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directly**



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Changing Careers

A powerful, practical and proactive session aimed at kickstarting your change in career. Develop skills to identify new career pathways and discover how you can set out to achieve them.

Half-day course

To sign up call 01582 726152

academy@noahenterprise.org





Computer Skills for Beginners



Designed to increase confidence accessing online services and communication platforms, this first-steps course will allow learners to familiarise themselves with the digital world, in a safe and supportive beginners environment.

4-week course – 2 half days per week

To sign up call **01582 726152**
academy@noahenterprise.org

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Day to Day: Your Activity and Sleep

This friendly and informative workshop explores how our daily activities can impact on your sleep, mood and general wellbeing. Join us to explore the benefits of goal setting and how this can help you to plan a more positive lifestyle.

Monday 27 February 11:00am - 12:30pm
Location: 3 Woburn Road, Bedford MK40 1EG
Tutor(s) Sara McClurg/Fiona Thompson



Developing CVs and Covering Letters



Explore the latest tips and strategies for creating and maintaining an effective CV and covering letter. Learn how to search for potential job leads and develop strategies for ongoing job-search success.

Half-day course.

To sign up call **01582 726152**
academy@noahenterprise.org

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Our Courses & Workshops

Dispelling Myths...



Bedford

These sessions are designed to give a better understanding of a specific diagnosis and dispel the myths around the diagnosis. They are aimed at professionals, non-professionals and anyone in the community to raise awareness and create better understanding of serious mental health illness.

Growing Older and Mental Health

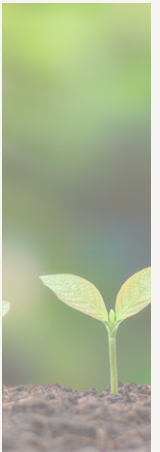
Join this friendly session to discuss what Growing Older means, think about mental health issues associated with being older and how existing issues may present, whilst exploring common myths around Growing Older.

The session will also look at support and information available for people affected by mental health issues in older age and their families, friends and carers.

Wednesday 8 February 2:00pm - 3:30pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Sara McClurg/Debbie Brathwaite



Understanding Hearing Voices



Join this friendly and informative workshop to consider Voice Hearing: what it is, where it may come from and the impact it can have in life. This workshop aims to provide understanding and a safe space to share experiences and supportive techniques to others. This workshop is open to all who are interested, have experience of Voice Hearing, families, friends, care givers and professionals.

Monday 27 February 2:00pm - 3:30pm

Location : 3 Woburn Road, Bedford MK30 1EG

Tutor(s) Sara McClurg/Fiona Thompson





English in the Community

Designed for beginners to improve their English reading, writing, speaking and listening, this course will support learners to gain confidence with language that can be used in everyday life.

6-week course – 2 half days per week.

To sign up call **01582 726152**
academy@noahenterprise.org



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Intensive English for Speakers of Other Languages

Take your English language skills to the next level with this specialist course. Whether it is reading, writing, speaking or listening that you want to improve, this intensive study will allow you to develop your confidence. For those with good conversational English.

To sign up call **01582 726152**
academy@noahenterprise.org



Interview Skills

Delve into the mind of an employer as you build and develop your interview knowledge and technique. You'll discover tips and strategies for effective preparation, answering different styles of question and improving confidence in body language.

To sign up call **01582 726152**
academy@noahenterprise.org



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Learn to Play Brass



Bedford Town Band are offering FREE group Beginner Brass Lessons. All instruments, music and tuition is provided FREE of charge. No prior musical knowledge or experience is need. simply bring your enthusiasm and willingness to have a go. Come and experience the power of music.

Monday 16 January - 27 March 6:15pm - 7:00pm
Location: Castle Newnham School, Polhill Avenue, Bedford MK41 9DT
Tutor(s) Martin Orr (Mid Bedfordshire Community Mental Health)



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01582 708 917



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Men's Forum for Mental Health

A safe place where men can discuss ongoing Mental Health issues with a topic based led debate. Aim - To engage Men in a discussion about Mental health and its impact on their lives
Objective -to improve overall understanding of what is needed to improve well being, self esteem, to sustain a pathway to good Mental Health, to debate, challenge and enjoy others company in open discussion.

Monday 23 January - 13 February 2:00pm - 3:30pm

Monday 20 February - 20 March 2:00pm - 3:30pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Anthony Barron/Geoff Benett



Men's Group with the Diverse Culture Team

Weekly session to build friendships, offer mutual support and encouragement to all who attend. Join us for conversation, laughter, and good company with a cup of tea. A range of games and activities available. Participants may choose to bring in a project from home to work on e.g. poetry, writing, sketching, drawing, games to play.

Aims: to build friendships and offer mutual support. A positive introduction into a Men's group to support wellbeing. Facilitator led.

Monday 9 January - 27 March 11:00am - 12:30pm (no session 13 February)

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Abul Subhan/Manjeet Gill Saini



Movement for Wellbeing with the Diverse Culture Team

An interactive set of workshops focusing on movement for wellbeing. Facilitator will encourage following a varied activity in each session. Examples of activity; indoor gentle yoga Pilates style exercises, floor work, chair actions for those less mobile, stretching, relaxation, outdoor walk etc. Time included for a drink & chat after activity is completed.

Wednesday 11 January - 29 March 1:30pm - 3:00pm (no session 15 February)

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Manjeet Gill Saini/Jass Gill



Navigating Recovery College

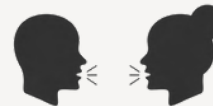
Come along to this relaxed workshop to think about your journey with Recovery College. Explore all that the college has to offer, how you can get the best out of your Recovery College experience and discuss getting involved with meaningful activities that you enjoy.

Wednesday 22 March 11:00am - 1:00pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Sara McClurg/Anthony Barron





Self Harm Awareness

To improve participants confidence in dealing with disclosures of self-harm

Objectives:

- Define self-harm/self-injury.
- Explore underlying motives.
- Look at the extent of self-harm/self-injury.
- Guidance on responding to disclosure.

Tuesday 14 March 10:00am - 2:00pm

Location: University of Bedfordshire, Polhill Avenue, Bedford MK41 9EA

Tutor(s) Jo Sale/Gill Gale



Suicide Awareness

To improve participants confidence in dealing with disclosure of suicidal thoughts and plans.

This is not a therapeutic space.

Objectives:

- Enable participants to identify their attitudes to suicide.
- Explore myths about suicide.
- Give participants skills to another person and signpost towards support, provide data on suicide.

Tuesday 7 March 10:00am - 2:00pm

Location: University of Bedfordshire, Polhill Avenue, Bedford MK41 9EA

Tutor(s) Jo Sale/Gill Gale



The Benefits of Knitting & Crochet for Mental Health & Wellbeing

This course aims to improve skills, dexterity, to reduce stress, anxiety and depression. Improve cognitive function, boost self-confidence and combat social isolation. Also, we want all to be creative and enjoy the sessions.

Monday 16 January - 27 March 11:30am - 1:00pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Heidi Bayliss/Janet Goodman



Who am I? Me Behind Labels and Roles

A friendly and interactive course to explore who you are:

Look at labels we give ourselves that confine us, how labels and titles impact our mental health and rediscover who you are away from labels and roles.

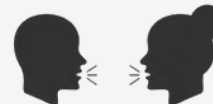
Students are expected to attend all three session.

Monday 6 March, 13 March & 20 March 11:00am - 1:30pm

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Danielle Humphreys/Sara McClurg





Women's Group with the Diverse Culture Team

Weekly sessions to build friendships; offer mutual support and encouragement to all who attend. Join us for conversation, laughter, joy, and good company with a cup of tea. Sessions include different activities around life skills. Participants are welcome to bring in projects from home, e.g. knitting, crocheting, drawing, writing, etc.

Wednesday 11 January - 29 March 11:00am - 12:30pm (no session 15 February)

Location: 3 Woburn Road, Bedford MK40 1EG

Tutor(s) Manjeet Gill Saini/Malgorzata Lukasik/Jass Gill



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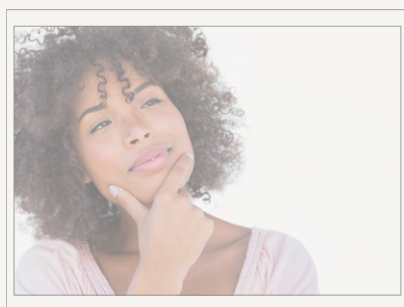
Yoga for Emotion Regulation

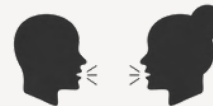
An 8-week yoga course that compliments a Dialectical Behavioural Therapy approach to support the development of skills in mindfulness, distress tolerance and emotion regulation. The programme guides participants to bring curiosity to internal states and bodily sensations, which plays a major role in emotional experience and emotion regulation. In doing so, we can learn to mindfully observe what is present, tune into Wise Mind and take effective action. Our yoga mat is our training ground.

Wednesday 18 January - 8 March 2:00pm - 3:30pm

Location: 3 Woburn Road, Bedford MK40 1EG

To enrol on the course email - info@reconnectyoga.co.uk





Balancing my Thoughts

Negative thoughts often occur when we are feeling low and anxious. This workshop looks at trying to help identify those unhelpful thoughts and learn to challenge them so we can break out of that cycle of negative thoughts and feelings.

Friday 3 March 10:00am - 12:00pm

Location: Parkside Community Hall, Woburn Street, Ampthill MK45 2HX

Tutor(s) Sara McClurg/Bedfordshire Wellbeing Service



**Contact
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directly**

Changing Careers



A powerful, practical and proactive session aimed at kickstarting your change in career. Develop skills to identify new career pathways and discover how you can set out to achieve them.

Half-day course.

To sign up call 01582 726152

academy@noahenterprise.org

Computer Skills for Beginners

Designed to increase confidence accessing online services and communication platforms, this first-steps course will allow learners to familiarise themselves with the digital world, in a safe and supportive beginners environment.

4-week course – 2 half days per week

To sign up call 01582 726152

academy@noahenterprise.org



**Contact
our
partners
directly**

Coping with Loneliness and Isolation

Loneliness can have a huge impact on our mental health. We all need to feel connected in some way and when this is not possible it can lead to feeling low and anxious. This workshop looks at an overview of loneliness and suggests things we can do to start feeling more connected.

Friday 3 February 10:00am - 12:00pm

Location: Parkside Community Hall, Woburn Street, Ampthill MK45 2HX

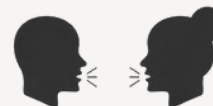
Tutor(s) Sara McClurg/Bedfordshire Wellbeing Service



01234 263 621
01582 708 917



elft.recoverycollege@nhs.net



Dementia Friends

Home Instead Bedford is a provider of high-quality home care services who aim to provide high quality, reliable, relationship-based care for older people in their own homes. Join Moona Karim as she speaks personally and passionately about all aspects of Dementia which relate to those who need care or care for a family member or loved one who is living with Dementia.

Friday 24 March 10:00am - 12:00pm

Location: Parkside Community Hall, Woburn Street, Ampthill MK45 2HX

Tutor(s) Sara McClurg/Moona Karim (Home Instead Care Service)



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our
partners
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Developing CVs and Covering Letters



Explore the latest tips and strategies for creating and maintaining an effective CV and covering letter. Learn how to search for potential job leads and develop strategies for ongoing job-search success.

Half-day course.

To sign up call 01582 726152

academy@noahenterprise.org

Emotional Freedom Technique (EFT)

Working with Music 24 to provide EFT. An evidence based technique which can be used to help many different conditions including anxiety, pain, stress, phobias and many other issues. With the help and guidance of an EFT practitioner anyone can learn to use this technique and start to gain instant benefits. You simply tap lightly with your fingers on acupuncture points, mainly around the area of your head, and repeat phrases relevant to the issue you are addressing.

Friday 27 January 10:00am - 12:00pm

Location: Parkside Community Hall, Woburn Street, Ampthill MK45 2HX

Tutor(s) Sara McClurg/Nathan Clegg (Music24)



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partners
directly



Contact
our
partners
directly

English in the Community



Designed for beginners to improve their English reading, writing, speaking and listening, this course will support learners to gain confidence with language that can be used in everyday life.

6-week course – 2 half days per week

To sign up call 01582 726152

academy@noahenterprise.org





Intensive English for Speakers of Other Languages

Take your English language skills to the next level with this specialist course. Whether it is reading, writing, speaking or listening that you want to improve, this intensive study will allow you to develop your confidence. For those with good conversational English.

To sign up call **01582 726152**
academy@noahenterprise.org



**Contact
our
partners
directly**



**Contact
our
partners
directly**

Interview Skills

Delve into the mind of an employer as you build and develop your interview knowledge and technique. You'll discover tips and strategies for effective preparation, answering different styles of question and improving confidence in body language.

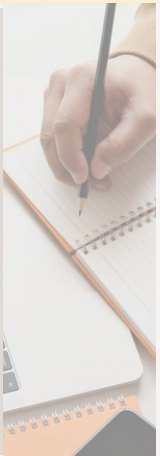
To sign up call **01582 726152**
academy@noahenterprise.org

Self Discovery Through Writing

Join this fun and relaxed short course to explore how creative writing can help to tell your story.

Learn creative techniques that adapt to your own style to produce imaginative and meaningful pieces of writing.

Friday 10 February - 24 February 10:00am - 12:00pm
Location Parkside Community Hall, Woburn Street, Ampthill MK45 2HX
Tutor Sara McClurg



Shabby Chic Crafting for Wellbeing



This is a creative craft course where we will be making shabby chic items for around your home or could make a lovely gift for someone. Each item we will create will have a focus of positivity, wellbeing and gratitude as part of the design.

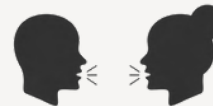
Wednesday 8 March - 29 March 10:00am - 12:00pm
Location: Flitwick Library, 15 Coniston Road, Flitwick MK45 1QL
Tutor(s) Sam Fossey/Fiona Thompson



01234 263 621
01582 708 917



elft.recoverycollege@nhs.net



Sound Baths

Working with Music24 Sound Baths, make yourself comfortable and relax as specially selected instruments are played taking you on a journey through sound into deep relaxation. It can help people with physical, emotional and mental imbalance, bring harmony and greater wellbeing. It can relieve stress, anxiety and depression, boost your immune system, improve sleep, boost energy and improve motivation.

Friday 20 January 10:00am - 12:00pm

Location Parkside Community Hall, Woburn Street, Ampthill. MK45 2HX

Tutor(s) Sara McClurg/Nathan Clegg (Music24)



**Contact
our
partners
directly**



Wellbeing Course - Biggleswade

Are you feeling isolated and would like to develop skills to be more positive? This course will give you the opportunity to interact with others and look at managing your mental health, creating strategies to help build self-confidence and self-esteem, whilst looking for ways to link in with your local community.

Tuesday 24 January - 28 March 10:30am - 12:30pm

Tuesday 24 January - 28 March 1:00pm - 2:30pm

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

Tutor(s) Claire Cooper/Sam Fossey



Wellbeing Course - Shefford

Are you feeling isolated and would like to develop skills to be more positive? This course will give you the opportunity to interact with others and look at managing your mental health, creating strategies to help build self-confidence and self-esteem, whilst looking for ways to link in with your local community.

Monday 6 March - 27 March 1:00pm - 2:30pm

Location: Morrison Community Rooms, High Street, Shefford. SG17 5DZ

Tutor(s) Claire Cooper/Sam Fossey



Wellbeing Course - Stotfold

Are you feeling isolated and would like to develop skills to be more positive? This course will give you the opportunity to interact with others and look at managing your mental health, creating strategies to help build self-confidence and self-esteem, whilst looking for ways to link in with your local community.

Wednesday 25 January - 29 March 1:00pm - 2:30pm

Location: St Mary's Church Hall, 51 Church Road, Stotfold. SG5 4NE

Tutor(s) Claire Cooper/Sam Fossey





Yoga for Eating Disorders

An 8-week yoga course to support your recovery from eating disorders in partnership with the NHS Eating Disorders service in Central Beds. This offers you an opportunity to find a mindful way to connect with your body, which may be alongside your talking therapy. This course is specifically aimed at people who struggle with food and eating, whatever form that takes.

To enrol on the course email: tr.eatingdisorder.service@nhs.net

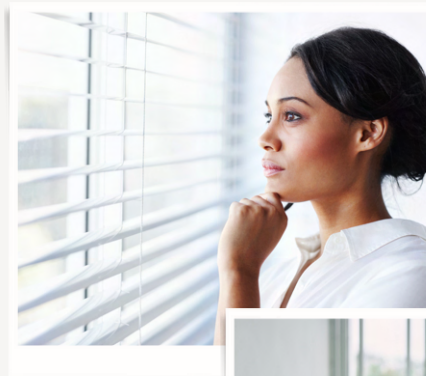
Thursday 12 January - 2 March 6:30pm 8:00pm

Location: Flitwick Football Centre, Ampthill Road, Flitwick, Bedford MK45 1BA

Tutor(s) Alex Flatman Re:Connect Yoga



Contact
our
partners
directly





Connects

Community garden and indoor activities that are 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.

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

To Sign up contact The Disability Resource Centre 01582 470 900
info@drcbeds.org.uk



Contact
our
partners
directly



Creating a Vision Mood Board

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.

Friday 3 March - 23 March 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor, St George's Square, Luton LU1 2NG
Tutor(s) Amit Shenmar/Olayinka Lawal-Kakawa

Digital Learning for Beginners

Designed to support learners with no previous knowledge of computers, this course is a safe space to build confidence with technology. Activities include accessing the internet, how to send and receive emails and creating basic documents on Microsoft Word. 4-week course - 2 mornings a week

To sign up call 01582 726152
academy@noahenterprise.org



Contact
our
partners
directly



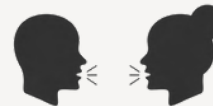
Contact
our
partners
directly

Digital Learning for Life

Expand your skills in a digital world to help improve the quality of your everyday life. Whether you want to connect with friends and family, apply for jobs or just better navigate the internet, you will gain the confidence needed to use technology as part of your routine. 6-week course - 2 mornings a week.

To sign up call 01582 726152
academy@noahenterprise.org





DIY Skills



Learn how to safely make improvements in your own home under the guidance of a highly-experienced multi-trade tutor. Delve into plumbing, electrical and carpentry techniques and increase your confidence with hand tools, power tools and the use of PPE.

1 week course – three days

To sign up call 01582 726152
academy@noahenterprise.org



Contact
our
partners
directly

Duologue Diaries

Using improvisation and pair work in this course, you will write a duologue (a two person) scene or poem for a short performance. We will offer you lots of support and encouragement to explore your creative side and work with someone, while building your confidence and self-esteem. We would love to build towards performing to others in the group or even a wider supportive audience.

Friday 20 January - 31 March 12:00pm - 2:00pm (no session 24 February)

Location: Luton Central Library, 2nd Floor, St George's Square, Luton LU1 2NG

Tutor(s) Dianne Thomas/Tara Curtis/Haneefah Muhammad

Emotional Freedom Technique (EFT)

Working Music 24 to provide EFT, an evidence based technique which can be used to help many different conditions including anxiety, pain, stress, phobias and many other issues. With the help and guidance of an EFT practitioner anyone can learn to use this technique and start to gain instant benefits. You simply tap lightly with your fingers on acupuncture points, mainly around the area of your head, and repeat phrases relevant to the issue you are addressing.

To sign up contact Nathan Clegg - Music24 07591 949 937
nathan@music24.org.uk



Contact
our
partners
directly

Grow Confident

Spend time among nature and improve your gardening skills in a friendly and calming environment. Whether inside with potted plants or outside in the fresh air, you will learn the benefits of gardening on your physical and mental wellbeing.

5-week course – one morning a week

To sign up call 01582 726152
academy@noahenterprise.org



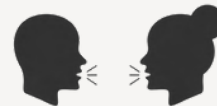
Contact
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01234 263 621
01582 708 917



elft.recoverycollege@nhs.net



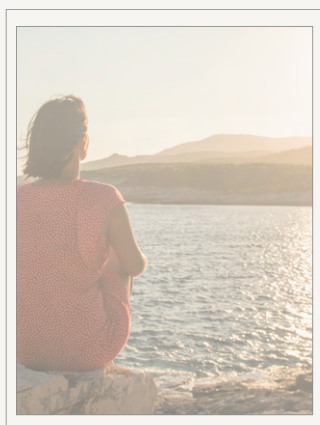
In their Shoes

This interactive course will explore some of the common experiences we may encounter using drama and role play. We will explore alternative methods of reacting to situations and seeing how they could play out. This workshop aims to allow the students to 'take a step back and give space for reflection and develop skills to think before we act.

Thursday 16 February - 30 March 12:00pm - 1:30pm (no session 23 February)

Location: Luton Central Library, 2nd Floor, St George's Square, Luton LU1 2NG

Tutor(s) Dianne Thomas/Caram Jakhu



Our Courses & Workshops



Luton
in person

Let's Talk...Wellbeing

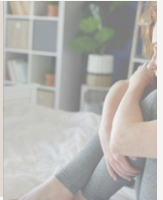
Let's talk... Wellbeing, are one-off workshops which are short interactive sessions. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious, or experiencing the theme, this workshop will provide you with some knowledge and where appropriate techniques to use. There may be a follow on course that provides more in-depth knowledge with an overview and pathways to further information.

Anxiety & Fear

Wednesday 8 March 10:00am - 11:30am

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Amit Shenmar



Budgeting

Monday 30 January 10:00am - 11:30am

Location Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Confidence

Wednesday 1 February 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Cyber Security

Monday 13 February 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Cyber Security

Wednesday 22 March 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Depression

Monday 6 March 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Depression

Wednesday 15 March 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Emotions

Wednesday 29 March 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



01234 263 621
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Our Courses & Workshops



Luton
in person

Let's Talk...Wellbeing

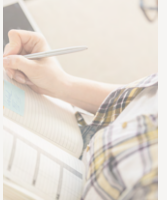
Let's talk... Wellbeing, are one-off workshops which are short interactive sessions. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious, or experiencing the theme, this workshop will provide you with some knowledge and where appropriate techniques to use. There may be a follow on course that provides more in-depth knowledge with an overview and pathways to further information.

Goal Setting

Monday 6 February 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Healthy Eating

Wednesday 1 March 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Memory

Wednesday 25 January 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas

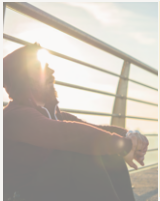


Recovery

Monday 23 January 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas

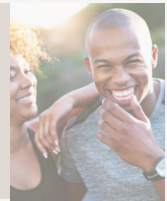


Relationships

Monday 13 March 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Routines

Monday 27 March 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas

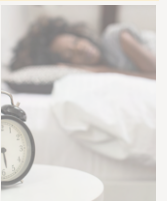


Sleep

Wednesday 15 February 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Sleep

Monday 20 March 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Our Courses & Workshops



Luton
in person

Let's Talk...Wellbeing

Let's talk... Wellbeing, are one-off workshops which are short interactive sessions. They provide the participants with a little insight into the topic area and are suited to anyone interested in the subject. So whether you are a professional, curious, or experiencing the theme, this workshop will provide you with some knowledge and where appropriate techniques to use. There may be a follow on course that provides more in-depth knowledge with an overview and pathways to further information.

Using Zoom and Sending Emails

Wednesday 8 February 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Using Zoom and Sending Emails

Monday 27 February 10:00am - 12:00pm

Location: Mary Brash Court, Lullington Close, Luton. LU2 8QQ

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas

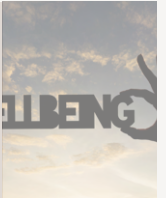


Wellbeing

Wednesday 18 January 10:00am - 12:00pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS

Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



Contact
our
partners
directly

Life Matters with The Disability Resource Centre

Life Matters is a free 8-week course for residents of Luton designed to help participants develop their financial management skills, maximise income and empower them to make positive changes to improve their financial and mental well-being. Participants will recognise their current financial situation and learn new skills and tips to make money-saving changes to their lives.

To Sign up contact The Disability Resource Centre 01582 470 900
info@drcbeds.org.uk

Living Well With Dementia

If you have been diagnosed with dementia you may feel like your life's been turned upside down. We can help. Our sessions are for people in the early stages of dementia with a diagnosis. They aim to increase your confidence in managing day-to-day and help you plan for the future. Throughout the programme, you will gain knowledge and skills to live better with dementia. Book your place today and come along to a friendly place where you can speak to and learn from others in a similar situation to you.

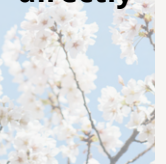
Contact Alzheimer's Society to book a place at 01582 320224
email: luton@alzheimers.org.uk

Tuesday 10 January - 21 February 10:30am - 12:30pm

Location: Betty Dodd Court, 35 Grange Avenue, Luton LU4 9AS



Contact
our
partners
directly



01234 263 621
01582 708 917



elft.recoverycollege@nhs.net

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45



Music Sessions

An innovative project for people looking to use music to explore their creativity whilst supporting their mental health and well-being. No previous experience is required to take part, just a willingness to make live music with others. We provide a range of activities including musical improvisation on a wide range of instruments, and singing/learning songs.

To sign up contact Nathan Clegg - Music24 07591 949 937
nathan@music24.org.uk



Contact
our
partners
directly



Contact
our
partners
directly

Recycle-a-Bike

Upcycling and basic bike maintenance, working with donated bikes.

To sign up contact Samantha Smith 07805739238
samantha.smith@penrose.org.uk
Roots@penrose.org.uk

Roots to Recovery

Nature hub is a large Community garden where individuals can get involved in the gardening or just come along to make new friends and local connections.

To sign up contact Samantha Smith 07805739238
samantha.smith@penrose.org.uk
Roots@penrose.org.uk



Contact
our
partners
directly



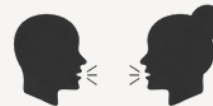
Contact
our
partners
directly

Roots to Success

We teach basic horticulture alongside growing flowers and vegetable plugs learning how to grow your own and build new friendships.

To sign up contact Samantha Smith 07805739238
samantha.smith@penrose.org.uk
Roots@penrose.org.uk





Self Harm Awareness

To improve participants confidence in dealing with disclosures of self-harm

Objectives:

- Define self-harm/self-injury.
- Explore underlying motives.
- Look at the extent of self-harm/self-injury.
- Guidance on responding to disclosure.

Tuesday 14 March 10:00am - 2:00pm

Location: University of Bedfordshire, University Square, Luton LU1 3JU

Tutor(s) Jo Sale/Gill Gale



Contact
our
partners
directly

Sew Mindful

Discover and develop your sewing and crafting skills to enhance your well-being through creativity. The course provides a relaxed and safe environment to explore new techniques and create beautiful pieces of art with like-minded people.

5-week course – one morning a week.

To sign up call **01582 726152**
academy@noahenterprise.org

Sound Baths

Sound Baths, make yourself comfortable and relax as specially selected instruments are played taking you on a journey through sound into deep relaxation. It can help people with a physical, emotional, and mental imbalance, bringing harmony and greater well-being. It can relieve stress, anxiety and depression, boost your immune system, improve sleep, boost energy and improve motivation.

To sign up contact:
Nathan Clegg - Music24 07591 949 937
nathan@music24.org.uk



Contact
our
partners
directly

Suicide Awareness

To improve participants' confidence in dealing with the disclosure of suicidal thoughts and plans. **This is not a therapeutic space.**

Objectives:

Enable participants to identify their attitudes to suicide, explore myths about suicide, give participants skills to help another person and signpost towards support, provide data on suicide

Thursday 2 March 10:00am - 2:00pm

Location: University of Bedfordshire, University Square, Luton LU1 3JU

Tutor(s) Jo Sale/Gill Gale



01234 263 621
01582 708 917



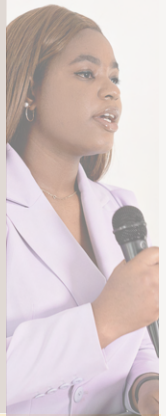
elft.recoverycollege@nhs.net



Three Minute Monologues

Using creative techniques to create your own monologue (a speech/performance by one person) and build your confidence and self-esteem.

Tuesday 24 January - 28 March 2:30pm - 4:30pm (no session on 21 February)
Location: Luton Central Library, 2nd Floor, St George's Square, Luton LU1 2NG
Tutor(s) Dianne Thomas/Sian Hodgkinson



**Contact
our
partners
directly**

Words Unheard

A series of sessions for those with mental health issues or long-term unemployment, and an interest in creativity.

An interactive, engaging course of creative writing for beginners and masters alike.
Location: La Pina Cafe, 84 Old Bedford Road, Luton LU2 7PD

To sign up Contact: Mark Stephenson - Outreach Music Group
Tel: 07946 180 132/email: omgcg@yahoo.com/ www.outreachmusicgroup.co.uk





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 community.

Access Bedford

Tel: **07376 262 873** Website: www.accessbedford.org.uk
Email: info@accessbedford.org.uk



Alzheimer's Society

Tel: **01582 320 224** Website: www.alzheimers.org.uk
Email: luton@alzheimers.org.uk

Autism Bedfordshire

Tel: **0300 111 1919** Website: www.autismbedfordshire.net
Email: enquiries@autismbeds.org



Be Positive

Tel: **07710 672 867** Website: www.bepositivenow.co.uk
Email: info@bepositivenow.co.uk

Carers in Bedfordshire

Tel: **0300 111 1919** Website: www.carersinbeds.org.uk/contact-us/
Email: contact@carersinbeds.org.uk



Community Trust

Tel: **01582 561 622** Website: www.lutontowncommunity.co.uk
Email: community@lutontown.co.uk

Disability Resouce Centre

Tel: **01582 470 900** Website: www.drcbeds.org.uk/contact-us/
Email: info@drcbeds.org.uk



Empowering Learning

Tel: **01582 470 900** Website: www.olivehickmott.co.uk
Email: olive@empoweringlearning.co.uk

Foodetc

Tel: **07970 115 181** Website: www.foodetc.org.uk/
Email: julienmclay@gmail.com



01234 263 621
01582 708 917



elft.recoverycollege@nhs.net



Our Partners



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Groundwork

Tel: 0121 236 8565 Website: www.groundwork.org.uk
Email: info@groundwork.org.uk



Keech Hospice Care

Tel: 01582 492 339 Website: www.keech.org.uk
Email: letmehelp@keech.org.uk

Lets Get Going

Tel: 07763 944 587 Website: www.letsgetgoingcic.com/ Email: info@letsgetgoingcic.com



Luton Adult Learning

Tel: 01582 490 033 Website: www.lutonacl.ac.uk
Email: info@lutonacl.ac.uk

Luton All Women's Centre

Tel: 01582 416 783 Website: www.lutonallwomenscentre.org.uk
Email: support@lawc.org.uk

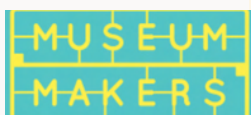


Menopause Alliance Beds and Luton

Tel: Website: www.facebook.com Email:

Mind BLMK

Tel: 0300 330 0648 Website: www.mind-blmk.or.uk
Email: hq@mind-blmk.org.uk



Museum Makers

Website: www.museummakers.co.uk Email: jacqui.harding@culturetrust.com

National Energy Foundation

Tel: 01908 665 555 Website: www.nef.org.uk/contact/
Email: info@nef.org.uk





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 community.

Outreach Music Group

Tel: 07946180 132 Website: www.outreachmusicgroup.co.uk
Email: omgcg@yahoo.com



Penrose Roots

Tel: 01582 343 230 Website: www.facebook.com/PenroseRoots
Email: elizabeth.aldous@penrose.org.uk

The Higgins Bedford

Tel: 01234 718 618 Website: www.thehigginsbedford.org.uk
Email: thehiggins@bedford.gov.uk



The Lighthouse

Website: www.elft.nhs.uk/service Email: elft.thelighthouse@nhs.net

The Noah Academy

Tel: 01582 726152 Website: www.noahenterprise.org Email: academy@noahenterprise.org



Tibbs Dementia Foundation

Tel: 01234 210 993 Website: <https://tibbsdementia.co.uk> Email: contact@tibbsdementia.co.uk

Total Wellbeing Luton

Tel: 0300 555 4152 Website: www.totalwellbeingluton.org
Email: info@totalwellbeingluton.org



University of Bedfordshire

Tel: 01234 400 400 Website www.beds.ac.uk Email: study@beds.ac.uk

Wildlife Trust for Beds, Cambs and Northants

Tel: 07874 895 633 Website: www.wildlifebcb.org
Email: bedfordshire@wildlifebcb.org



Wildlife Trust for
Beds, Cambs
& Northants



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Bedford



Beacon

The Bedford
Beacon out of
hours drop in
service
Come Join Us
Every Thursday
5:30pm to 9:00pm

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

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

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



Volunteers Needed

Veterans Supporting Veterans

***Recovery College is moving forward
in offering information and support
for people who are serving or have
served in the Armed Forces.***

***If you are a Veteran and would like to be
involved in this exciting opportunity, please
contact Sara McClurg at
elft.recoverycollege@nhs.net
or call 01234 263621***



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OUR LOCATIONS

BEDFORD

3 Woburn Road,
Bedford, MK40 1EG

Castle Newnham School,
Polhill Avenue, Bedford.
MK41 9DT

Jubilation Community
Centre, Moulton Avenue,
Bedford, MK42 0HL

University of Bedfordshire,
Polhill Avenue,
Bedford, MK41 9EA

CENTRAL BEDFORDSHIRE

The Lighthouse
Whichellos Wharf,
The Elms, Stoke Road,
Leighton Buzzard,
LU7 2TD

Flitwick Library, 15
Coniston Road, Flitwick,
MK45 1QL

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

Parkside Community
Hall, Woburn Street,
Amphill, Bedfordshire,
MK45 2HX

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

St Marys Church Hall, 51
Church Road, Stotfold,
SG5 4NE

LUTON

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

The Hat Factory
65 - 67 Bute Street,
Luton, LU1 2EY

Betty Dodd Court, 35
Grange Avenue, Luton,
LU4 9AS

Mary Brash Court,
Lullington Close,
Luton, LU2 8QQ

University of Bedfordshire,
University Square,
Luton,
LU1 3JU



More Information



We also are happy to offer you a one-to-one session (ILP) to:

- 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 at elft.recoverycollege@nhs.net or tick the box when you complete the Registration Form. We will contact you to arrange this.

TEAR OFF SLIP



If you have any changes please complete the slip below and post or drop into our office.

Name: _____

Email Address _____

Home number: _____

Mobile number: _____

Address: _____

3 Woburn Road, Bedford MK40 1EG

Luton Central Library, 2nd Floor, St Georges Square, Luton, LU1 2NG



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Our Agreement

To participate you must uphold our agreement to:

1. Maintain confidentiality at all times.
2. What is said in the session, stays in the session.
3. Respect what others have to say and their views.
4. Maintain a non-judgmental culture.
5. Be mindful of each others's feelings.



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