



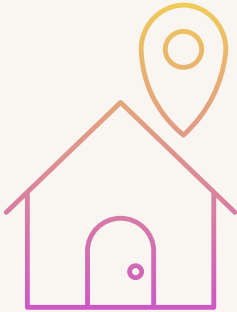
Bedfordshire & Luton Recovery College Prospectus

Summer Term
April - August 2023



How to contact us

Our Address and Contact numbers



Bedford Office: 3 Woburn Road, Bedford.
MK40 1EG
01234 263 621

Luton Office: Luton Central Library, 2nd Floor,
St. George's Square, Luton. LU1 2NG
01582 708 917



Our Email address and Website:

elft.recoverycollege@nhs.net



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



Our Enroment Page:

<https://tinyurl.com/yckmucw5>



Welcome to

T H E R E C O V E R Y C O L L E G E

The Bedfordshire and Luton Recovery College is open to everyone, aged eighteen and over, living, working or studying in Bedfordshire or Luton.

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

The educational workshops and courses we offer are all free and 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.

Table of Contents

How to Contact us	2
Welcome Page	3
Table of Contents	4
Our Locations	5
How to use our Prospectus	6
Five Steps to Mental Wellbeing.....	7
The Mental Wellbeing Toolbox	8
Our Online Courses & Workshops	9 - 18
Our Blended (Online & Face-to-Face) Courses & Workshops	19 - 26
Our Face-to-Face Courses & Workshops	27 - 50
Our Partners Details	51 - 54
Index	55 - 59
Bedford Beacon Information	60
Registration Form	61 - 62
More Information	63 - 64



Our Locations

Venue	Address	County	Postcode
Recovery College 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
The Lighthouse	Whichellos Wharf, The Elms, Stoke Road	Leighton Buzzard	LU7 2TD
The Weatherley Centre	Eagle Farm Road	Biggleswade	SG18 8JH
Parkside Community Hall	Woburn Street	Amphill	MK45 2HX
Flitwick Library	15 Coniston Road	Flitwick	MK45 1QL
St Mary's Church Hall	51 Church Road	Stotfold	SG5 4NE
The Grove Corner Youth and Community Centre	76A High Street North	Dunstable	LU6 1JF
Sandy Baptist Church Hall	1 Kings Road	Sandy	SG19 1EJ
Recovery College 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
Morrisons Supermarket	High Street	Shefford	SG17 5DZ

How to use our Prospectus

Online courses and workshops



This symbol indicates courses and workshops are delivered Online.

Blended courses and workshops



This symbol indicates courses and workshops are delivered In Person and Online.

In Person courses and workshops



This symbol indicates courses and workshops are delivered in person at Bedford, Central Bedfordshire and Luton.

Our Partners



This symbol indicates courses and workshops that need to be booked through our partners directly.

New courses and workshops



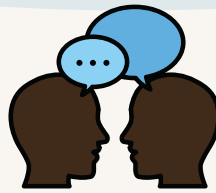
This symbol indicates courses and workshops that are new this term.

5

Steps to Mental Wellbeing

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life

Connect with Other People



Good relationships are important for your mental wellbeing.

Be Physically Active



Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.

Learn New Skills



Research shows that learning new skills can also improve your mental wellbeing.

Give to Others



Research suggests that acts of giving and kindness can help improve your mental wellbeing.

Take Notice



Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

The Mental Wellbeing Toolbox



**Tools and Techniques to help
Individuals and Practitioners deal with everyday life**

Individuals

This toolbox gives you some simple ideas or 'tools' to help you when everyday life gets difficult to cope with. You can use it like a real toolbox that is standing by just in case you need it.



Practitioners

These toolboxes are a resource to help you have conversations with people who may be struggling with their mental wellbeing.



**Download
The Mental Wellbeing Toolbox
on our website below or
scan the QR Code**

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



Our Courses & Workshops



Online

Action on Addiction

Thursday 29 June 3:00pm - 4:30pm

Location: Online

Tutor(s) Tony Isles/Julian Mockridge

What's on offer at P2R?

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

Learn
New Skills



Learn
New Skills



Are you Exhausted

Monday 24 April 12:30pm - 1:30pm

Monday 3 July 12:30pm - 1:30pm

Location: Online

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

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 and empower yourself to manage your wellbeing better.

Autism Bedfordshire



Book your place by contacting our partner directly

[Autism Bedfordshire enquiries@autismbeds.org](mailto:AutismBedfordshireenquiries@autismbeds.org)

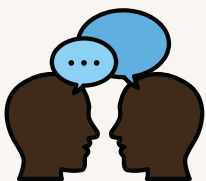
Autism Bedfordshire runs a range of one-off workshops and 6-week skills courses for adults diagnosed with Autism Spectrum Condition.

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

Learn
New Skills



Connect



Being Me! LGBTQ+ and Allies

Monday 24 April 2:30pm - 4:00pm - Trans Safety and Planning.

Monday 22 May 2:30pm - 4:00pm - Sex Education and Parents of LGBTQ+.

Monday 26 June 2:30pm - 4:00pm - Pride and The Trouble with Pronouns.

Monday 31 July 2:30pm - 4:00pm - Non-Binary Through the Ages and Trans Joy.

Location: Online

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

A safe space to discuss issues and share and learn from each other on topics related to being an ally or part of the LGBTQ+ community. Exploring your identity and building confidence in who you are.



01234 263 621 or 01582 708 917

Page 09



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Care Pathways

Monday 24 April 11:00am - 12:30pm

Wednesday 26 July 2:00pm - 3:30pm

Location: Online

Tutor(s) Sara McClurg/Manjeet Gill Saini

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

Learn
New Skills



Take
Notice



Day to Day: Your Activity and Sleep

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

Location: Online

Tutor(s) Sara McClurg/Fiona Thompson

Through learning about sleep and the importance of good sleep, we can understand how activity and sleep impact on each other. This workshop allows space to explore how to achieve a more positive lifestyle and gain control of your life by making meaningful changes.

Dispelling Myths - Bipolar

Friday 16 June 10:00am - 12:00pm

Location: Online

Tutor(s) Tara Curtis

To discuss common myths and facts around this condition. To learn more about this diagnosis and discuss the impact to your life. Also to share what works for you! This session will create connectedness, empowerment!



Connect



Learn
New Skills

Dispelling Myths - Complex Emotional Needs

Friday 23 June 10:00am - 12:00pm

Location: Online

Tutor(s) Tara Curtis

To discuss common myths and facts around this condition. To learn more about this diagnosis and discuss the impact to your life. Also to share what works for you! This session will create connectedness, empowerment and knowledge for all!



Connect



Learn
New Skills



01234 263 621 or 01582 708 917

Page 10



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Dispelling Myths - Growing Older and Mental Health

Tuesday 20 June 2:00pm - 3:30pm

Location: Online

Tutor(s) Sara McClurg/Debbie Brathwaite

There are many myths around Growing Older and associated mental health issues. This workshop aims to discuss these issues and the stigma attached, while using this safe space to think about personal strengths and achieving a positive sense of identity. The session will also look at support and information available for people effected by mental health issues in older age and their families, friends and carers.



Domestic Abuse and Mental Health (Women Only)

Tuesday 16 May 10:00am - 11:30am

Friday 30 June 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre

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.



Finding the Inner Me

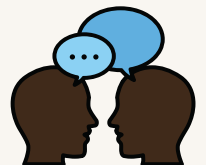
Wednesday 17 May - 7 June 3:00pm - 4:30pm

Location: Online

Tutor(s) Amit Shenmar/Debbie Brathwaite

A course to explore yourself from the perspective of your core values, belief systems, identity and self-belief, hopes and aspirations and planning a positive future. Together in this course we will work to develop a positive sense of identity and plan activities that feel meaningful to you in an open, caring and solution-focused way.

Connect



Finding Your Neurodiverse Strength

Monday 15 May 12:30pm - 1:30pm

Monday 10 July 12:30pm - 1:30pm

Location: Online

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

Did you know that LinkedIn now have an option to list for your skills 'dyslexic thinking'. Working with Olive Hickmott, a Neurolinguistic Practitioner, we will focus on the strengths that neurodiversity may bring to your life. We will also discuss some simple techniques to overcome some of the challenges and empower you to find your unique abilities and identity.



01234 263 621 or 01582 708 917

Page 11



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Healthy Relationships

Tuesday 6 June - 1 August 1:00pm - 2:30pm

Location: 3 Woburn Road/Online

Tutor(s) Carl Ramsey

A nine-week course which explores the complexities of modern-day relationships. We cover the personal, the professional, the familial and the emotional, in terms of relationships.



Connect



Take Notice



Learn New Skills

Learn New Skills



How to cope when you are feeling overwhelmed (Women Only)

Tuesday 25 April 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre

Do you sometimes feel like it's all too much and that you don't know what to do to make it feel any better? This session will help you to think about what helps you when you're down or feel a crisis might be coming on. We will look at tools and resources that have been shown to help, and create a plan of support.

Improving Sleep

Monday 22 May 12:30pm - 1:30pm

Monday 17 July 12:30pm - 1:30pm

Location: Online

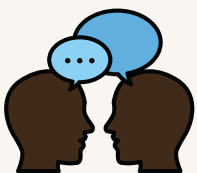
Tutor(s) Dianne Thomas/Olive Hickmott (NLP from Empowering Learning)

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 improve sleep. Learn skills to feel empowered to manage your own wellbeing.

Learn New Skills



Connect



Learn to Love Yourself

Wednesday 19 April - 10 May 2:30pm 4:00pm

Location: Online

Tutor(s) Amit Shenmar/Debbie Brathwaite

Four-week course looking at different ways to uplift yourself, empower, encourage, self-love, and care through honest and open discussion. Let's learn how to love ourselves and use our energies in a positive way.



01234 263 621 or 01582 708 917

Page 12



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Lesbian or Gay in Need of Support (Women Only)

Wednesday 24 May 6:00pm - 7:30pm

Tuesday 20 June 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre

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.

Learn
New Skills



Making Sense of Fear

Wednesday 31 May - 21 June 10:00am - 12:00pm

Location: Online

Tutor(s) Tara Curtis/Jane Jaycock



Connect



Learn
New Skills

To explore and discuss what the causes of fear are and how we can manage it.

Week 1: Causes of Fear and anxiety.

Week 2: Understanding your fears and how fears and phobias develop.

Week 3: How fear can affect your whole way of life.

Week 4: Therapies, strategies and self-help.

Medication and Mental Health (Women Only)

Tuesday 16 May 10:00am - 11:30am

Friday 7 July 12:30pm - 2:00pm

Location: Online

Tutor(s) Luton All Women's Centre

This session looks at medications that are often given to treat, or to help, people with a range of mental health issues. When medication is likely to be helpful; is medication the right option for you; common side effects; how to interact well with your doctor/psychiatrist; changing or coming off your medications.

Learn
New Skills



Meditation with Petar

Friday 21 April - 28 July 1:00pm - 2:00pm

Location: Online

Tutor(s) Claire Cooper/Petar Djukic



Connect



Learn
New
Skills



Give

Do you sometimes feel a bit stressed and would like to learn to relax. This course will provide a weekly opportunity, within a friendly space, to put aside time to relax with guided meditation. The course will be using breathing and mindfulness techniques, with a view to give you the confidence to incorporate the skills learnt into your daily life.



01234 263 621 or 01582 708 917

Page 13



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Men's Health and Wellbeing

Thursday 20 April - 18 May 3:00pm - 4:00pm
Thursday 1 June - 29 June 3:00pm - 4:00pm
Thursday 13 July - 10 August 3:00pm - 4:00pm
Location: Online
Tutor(s) Anthony Barron/Stuart Gill

This course will run over five 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.

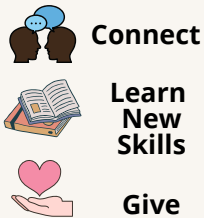


Men's Talk

Monday 17 April 15 May/5 - 26 June/10 - 31 July - 2:00pm - 3:00pm
Location: Online
Tutor(s) Manjeet Gill Saini

Men's weekly workshops with a strong ethos of peer support and peer led sessions. Offering a safe and supportive space to share everyday things in a friendly way. A good place to build confidence and talk through feelings and challenges between us.

These Sessions are facilitated by men and women.



Musical Memories PlaylistforLife Awareness workshop

Book your place by contacting our partner directly

Keech Hospice Care - Email: Karen.Hibbert@keech.org.uk; Tel: 01582 497 815
Webiste: www.keech.org.uk/education
Tuesday 9 May 2:00pm - 3:00pm

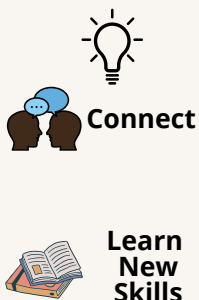
Keech has become a Help Point for PlaylistforLife, to help people make that connection and memories, and provide helpful leaflets and materials to make their own personal playlists. Join us for a short introduction on how sharing personal playlists can help people live well with dementia and other life limiting conditions.



Neurodiversity – What is That?

Tuesday 4 July - 15 August 2:30pm - 4:00pm (**Break 1 August**)
Location: Online
Tutor(s) Dianne Thomas/Pat Moyce

Come and discover what neurodiversity means, everyone's brains work in different ways. Find new ways to deal with daily life when you think and learn differently to others. Through learning about how your uniqueness can be empowered to use your strengths.



Our Courses & Workshops



Online

Positive Thinking

Thursday 25 May 12:00pm - 2:00pm

Location: Online

Tutor(s) Claire Cooper/Fiona Thompson

Do you often think negatively about things and wish that could change? This workshop is 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 to train your brain to think more positively, which will ultimately, make you feel better about how you deal with things in general.



Connect



Take Notice



Learn New Skills



Learn New Skills



Putting Visual Thinking Skills into Action

Monday 14 August 12:30pm - 1:30pm

Location: Online

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

Young children have great visual thinking skills. As they grow up these skills can be used for problem-solving, creativity, visualising, critical thinking etc. We picture words for literacy, picture numbers for numeracy, create pictures for art, imagine scoring goals for sport.... the list goes on. How do you use your visual thinking skills? Find positive meaningful activities to put them into action.

Seven Steps to Self-Belief

Thursday 18 May 1:00pm - 3:00pm

Thursday 27 July 1:00pm - 3:00pm

Location: Online

Tutor(s) Sam Fossey/Fiona Thompson

This workshop aims to explore ways to work on the inner negative voice, turning a weakness into strength; how to be your own motivational coach; and how to get your mind on your side. All with these easy seven steps to self-belief.

Learn New Skills



Sewing Together

Monday 17 April - 22 May 1:30pm - 3:30pm (Break 1 May & 8 May)

Location: Online

Tutor(s) Sam Fossey/Fiona Thompson

Together in a relaxed friendly environment we will follow a step by step pattern to produce a soft toy, learning new skills on the way. You will need small lengths of material, scissors, needle and cotton.



Connect



Learn New Skills



01234 263 621 or 01582 708 917

Page 15



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Six Simple Tips to help Reduce Worry

Thursday 15 June 12:00pm - 2:00pm

Location: Online

Tutor(s) Claire Cooper/Fiona Thompson

Do you worry a lot and wish you didn't? Come along to this workshop 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 a solution focused result.

Learn
New Skills



Sleep, Breathe and Ground

Monday 12 June 12:30pm - 1:30pm

Monday 31 July 12:30pm - 1:30pm

Location: Online

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

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, will explore how to improve sleep, improve our breathing techniques and calming ourselves through grounding. Learn skills to feel empowered to manage your own wellbeing.

Learn
New Skills



Spoken English in the Community

Book your place by contacting our partner directly

Six week course – three half days per week

Bedford and Central Beds learners only

To sign up call 01234 863123 or email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



Struggling with the menopause? (Women Only)

Thursday 27 April 12:30pm - 2:00pm

Wednesday 7 June 4:00pm - 5:30pm

Location: Online

Tutor(s) Luton All Women's Centre

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

Learn
New Skills



01234 263 621 or 01582 708 917

Page 16



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Monday 5 June 12:30pm - 1:30pm

Monday 24 July 12:30pm - 1:30pm

Location: Online

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

Working with Olive Hickmott, 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 and feel empowered by your unique abilities and identity.



Connect



Learn
New
Skills

Thriving with Dyslexia

Monday 7 August 12:30pm - 1:30pm

Location: Online

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

Working with Olive Hickmott, 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 and feel empowered by your unique abilities and identity.



Connect



Learn
New
Skills

Tools to Manage Day to Day Life

Wednesday 7 June - 28 June 11:00am - 12:00pm

Location: Online

Tutor(s) Charlotte Jarvis (Occupational Therapist)Debbie Brathwaite

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!

Week 1: Recovery.

Week 2: Develop your Goals.

Week 3: Resources for Stress and Problem Solving.

Week 4: Managing Routines.

Learn
New
Skills



Uplift - Mindset Movement Course

Book your place by contacting our partner directly

To sign up call Emma Foxley 07763 944 587 or email info@letsgetgoingcic.com

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 thirty minute chair based exercise 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.



Active



01234 263 621 or 01582 708 917

Page 17



elft.recoverycollege@nhs.net

Our Courses & Workshops



Online

Voice Box

Thursday 6 April - 31 August 2:00pm - 3:30pm

Location: Online

Tutor(s) Kyle McDonald/Rosie Rice

Your voice matters, have your say in a safe space discussion forum that encourages all to take part regardless of age, ethnicity or culture. Voice Box is co-produced and topics are agreed monthly between professionals and peers. Topics can include mental health, identity, social/economic issues, gender/LGBTQ+ awareness & relationships. Topic discussions are shared on a weekly bases.



Women's Group with The Diverse Cultures Team

Tuesday 18 April - 15 August 1:00pm - 2:00pm (Break 31 May)

Location: Online

Tutor(s) Manjeet Gill Saini/Malgorzata Lukasik

A regular weekly session to build friendships and offer mutual support through sharing. Join us for conversation, laughter, joy and good company.

Your Digital Memories Matter

Book your place by contacting our partner directly

Keech Hospice Care - Email: Karen.Hibbert@keech.org.uk; Tel: 01582 497 815

Webiste: www.keech.org.uk/education

Thursday 6 April 2:00pm - 3:00pm

What can I gain from attending?

Have you thought about what will happen to your digital footprint? What do we mean by digital assets? This workshop will provide you with an understanding of what your digital legacy means, what your digital assets are, where to go for help and how to turn this into conversation with family and friends.



Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

Alternative ways to De-Stress

Monday 5 June - 19 June 2:30pm - 4:00pm
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s) Amit Shenmar/Caram Jakhu

A three-week course aimed at looking at different ways to unwind, de-stress and encourage hope while empowering people to find and share practices/tips to relax or feel less stressed.



**Learn
New
Skills**



Active



Boost your Self-Motivation

Thursday 20 July 1:00pm - 2:00pm
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s) Sam Fossey/Fiona Thompson

This workshop gives you six tips to feel more motivated for a more meaningful life. We give you six ways to uncover your true grit to help maximise your motivation, determination and perseverance.

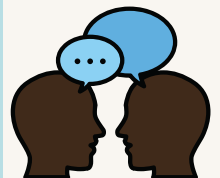
Carers Information and Support Programmes

**Book your place by contacting our partner directly
To sign up call Alzheimer's Society 01582 320224
luton@alzheimers.org.uk**

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.



Connect



Communication 101

Wednesday 26 April - 21 June 1:00pm - 2:30pm
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s) Carl Ramsey/Kyle McDonald/Rosie Rice

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.



Connect



**Take
Notice**



**Learn
New
Skills**



01234 263 621 or 01582 708 917

Page 19



elft.recoverycollege@nhs.net

Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

Expressive Writing – Royal Literary Fund

Thursday 20 April - 11 May 12:00pm - 1:30pm

Location: Luton Library 2nd Floor/Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard, LU7 2TD/Online

Tutor(s) Dianne Thomas/Tara Curtis/Tanveer Siyan/Philip Womack (RLF Writer)

Expressive Writing is a form of self-expression that helps a person to think about their experiences and put their thoughts and feelings into words. This course will aim to help you make sense of yourself through meaningful expressive writing activities.

**Learn
New Skills**



Introduction to Dementia

Wednesday 26 April 10.00am

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

Tutor(s) Tony Isles (Recovery College), Anita Olson (ELFT), Lisa Head (Carers in Bedfordshire, Hilary Tuohy (Age UK Bedfordshire), Sarah Russell (Tibbs Dementia Foundation)

Are you someone living with dementia, a carer concerned about a relative or a professional caring for people with dementia? We are presenting a range of free talks on dementia. Each session will be short and focused with time to ask questions. You can attend as many talks as you wish.

**Learn
New Skills**



Let's Talk Physical Health - Fibromyalgia

Tuesday 9 May 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear/Teresa Williams (Fibromyalgia & ME/CPS Support Group)

This workshop will be an informal discussion about Fibromyalgia. The aim is to explain the cause, the common symptoms and available treatment. This workshop will aim to provide a deeper understanding and provide some hope to manage the condition better. The session is aimed at carers, professionals, the general public, people living with the condition or anyone just interested in learning.

**Learn
New Skills**



Let's Talk Physical Health - Menopause

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

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear

This workshop will be an informal discussion about the menopause. The aim is to explain the cause, the common symptoms and available treatment. This workshop will aim to provide a deeper understanding and provide some hope to manage the condition better. The sessions are aimed at carers, professionals, the general public, people living with the condition or anyone just interested in learning.

**Learn
New Skills**



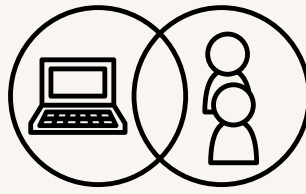
01234 263 621 or 01582 708 917

Page 20



elft.recoverycollege@nhs.net

Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

LET'S TALK WELLBEING

Let's talk... Wellbeing, are one-off workshops which are short interactive session. 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. These courses will provide the participants with the opportunity to connect with others and provides skills, resources, and understanding of the topics to empower them to manage their well-being better, There may be a follow on course which provides more in-depth knowledge with an overview and pathways to further information.

Let's Talk Wellbeing - Anger

Tuesday 4 July 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Amit Shenmar

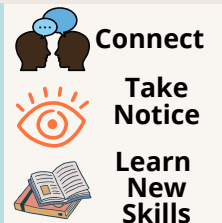


Let's Talk Wellbeing - Budgeting

Friday 7 July 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas

Let's Talk Wellbeing - Wellness Recovery Action Plan

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



Expressive Writing Course with the Royal Literary Fund Student Poems February 2023

A Haiku Poem - Untitled
(An unrhymed poem consisting of 5, 7 and 5 syllables respectively).

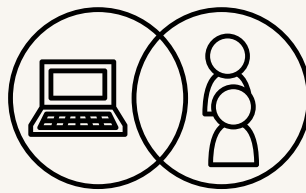
Love, connection: ONE

Dreams, voices and confusion

Lonely shores soothe souls

By Essma Bechkoum

Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

MAKING SENSE OF

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.

Making Sense of Anger

Thursday 20 July - 10 August 12:00pm - 2:00pm
Location: Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard.
LU22TD/Luton Central Library, 2nd Floor/Online
Tutor(s) Tara Curtis/Amit Shenmar



Learn
New Skills



Making Sense of Financial Health

Thursday 8 June - 15 June 2:30pm - 4.00pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear

Making Sense of Menopause

Thursday 18 May - 25 May 2:30pm - 3:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Kirstin Dear

Learn
New Skills



Our Courses & Workshops

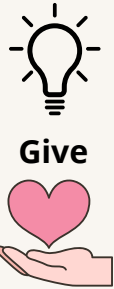


**Blended
Online and
Face-to-Face
You Choose!**

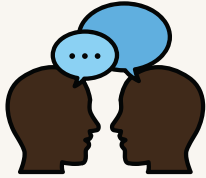
Music Through Memories

Friday 21 April - 12 May 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Amit Shenmar/Fiona Thompson

Join our four-week workshop where we use music, song writing and the creative writing process to empower each other. Also this is an opportunity to focus on how music can aid wellbeing, mental clarity and happiness.



Connect



Music, Comedy and Wellbeing

Tuesday 6 June - 20 June 10:00am - 11:30am
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Amit Shenmar/Adwoa Sarpomaa Date-Bah/Justina Taylor/Tanveer Siyan

Take these three weeks to explore methods to use comedy or music to change your mood or bring you to a more positive thinking space, develop your creativity, and ways to express yourself and connect with others.

Navigating Recovery College and Moving Forward

Tuesday 25 April 11:30am - 1:00pm
Tuesday 25 July 11:30am - 1:00pm
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s) Sara McClurg/Anthony Barron

Join this relaxed workshop to consider your experience of mental health and how recognising your strengths can help you take control of your life and achieve a meaningful lifestyle. This workshop will help you to get the best out of your Recovery College experience and discuss getting involved with meaningful activities that you enjoy.



Learn New Skills

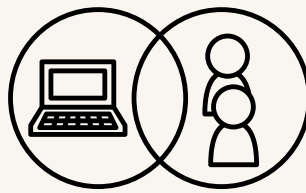


Three Calming Techniques for Anxiety

Thursday 13 July 1:00pm - 2:00pm
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s) Sam Fossey/Fiona Thompson

We will aim to help you turn anxiety into calmness with three calming techniques for Anxiety. We will focus on how feelings will change, and will look at how anxiety is a survival response, not an illness and what we can do about it. Finally, we will look at underlying assumptions and how to chase down logical conclusions.

Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

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. These workshops are designed to connect you to resources in the community and peer support but also empower you to find new ways to manage your wellbeing.

Total Wellbeing - Anxiety and Worry

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

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills



Connect



Learn New Skills

Total Wellbeing - Assertiveness

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

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills

Total Wellbeing - Body Image

Tuesday 16 May 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills



Connect



Learn New Skills

Total Wellbeing - Caring for a Loved One

Tuesday 13 June 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills

Total Wellbeing - Coping with Grief

Tuesday 20 June 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

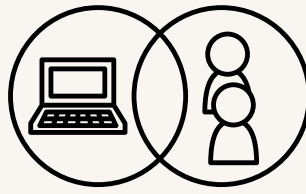
Tutor(s) Total Wellbeing Luton IAPT services/Kirstin Dear/Amit Shenmar/Dianne Thomas



01234 263 621 or 01582 708 917




Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

Total Wellbeing - Depression and Anxiety

Tuesday 4 July 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas


 When booking please choose if you wish to join online or face-to-face

 Connect
 Learn New Skills

 Connect
 Learn New Skills


Total Wellbeing - Employment Anxiety

Tuesday 27 June 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas

 When booking please choose if you wish to join online or face-to-face

Total Wellbeing - Exam Stress

Tuesday 18 April 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas


 When booking please choose if you wish to join online or face-to-face

 Connect
 Learn New Skills

 Connect
 Learn New Skills


Total Wellbeing - Financial Worries

Tuesday 25 April 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas

 When booking please choose if you wish to join online or face-to-face

Total Wellbeing - Food for Thought

Tuesday 25 July 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas


 When booking please choose if you wish to join online or face-to-face

 Connect
 Learn New Skills

 Connect
 Learn New Skills

Total Wellbeing - Loneliness and Isolation

Tuesday 23 May 12:00pm - 1:30pm
Location: Luton Central Library, 2nd Floor/Online
Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas

 When booking please choose if you wish to join online or face-to-face

Our Courses & Workshops



**Blended
Online and
Face-to-Face
You Choose!**

Total Wellbeing - Mindfulness

Tuesday 15 August 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills



Connect



Learn New Skills

Total Wellbeing - Needle Phobia

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

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills

Total Wellbeing - Panic Attacks

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

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills



Connect



Learn New Skills

Total Wellbeing - Post Traumatic Stress Disorder

Tuesday 18 July 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills

Total Wellbeing - Self-Acceptance

Tuesday 6 June 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



When booking please choose if you wish to join online or face-to-face



Connect



Learn New Skills



Connect



Learn New Skills

Total Wellbeing - Self-Esteem

Tuesday 9 May 12:00pm - 1:30pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Total Wellbeing Luton IAPT Services/Kirstin Dear/Amit Shenmar/Dianne Thomas



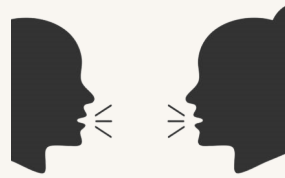
When booking please choose if you wish to join online or face-to-face



01234 263 621 or 01582 708 917



Our Courses & Workshops



Bedford
Face-to-Face

Active Outdoors

Tuesday 6 June - 4 July 12:00pm - 2:00pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Joginder Khinder

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.



Connect



Learn
New
Skills



Active

Art and Craft Co-Operative

Monday 17 April - 31 July 10:00am - 12:30pm (**Break 1 May/8 May/29 May**)
Location: Jubilation Community Centre, Moulton Avenue, Bedford. MK42 0HL
Tutor(s) Sam Fossey/Claire Cooper

This course offers a space for like-minded people to enjoy many 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.

Learn
New Skills



Art and it's Creative Outlet for Good Mental Health

Thursday 27 April - 18 May 11:30am - 1:30pm
Thursday 8 June - 29 June 11:30am - 1:30pm
Thursday 13 July - 3 August 11:30am - 1:30pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Anthony Barron/Geoff Benett

A course to develop skills in a variety of art mediums in a friendly and supportive environment. This course aims to encourage engagement in art related activity, improve self-confidence, wellbeing, and practice good mental health.



Connect



Take
Notice



Learn
New
Skills



Give



Active

Art Led Peer Support

Monday 17 April - 14 August 9:30am - 11:30am
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Heidi Quinn/Janet Goodman

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 permanent staff support to promote confidence, social skills and also enjoy the sessions.



Connect



Learn
New
Skills



Give



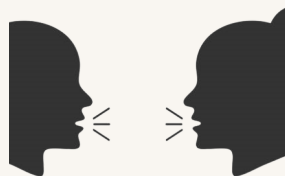
01234 263 621 or 01582 708 917

Page 27



elft.recoverycollege@nhs.net

Our Courses & Workshops

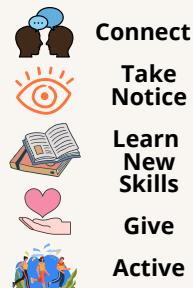


Bedford
Face-to-Face

Art Movements Throughout History

Tuesday 18 April - 9 May 1:30pm - 3:30pm
Tuesday 30 May - 20 June 1:30pm - 3:30pm
Tuesday 4 July - 25 July 1:30pm - 3:30pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Anthony Barron

This course will demonstrate art movements throughout history, encompassing diversity, marginalisation and innovation. Active participation is required, involving painting and drawing .



Learn
New Skills



Autism Bedfordshire

Book your place by contacting our partner directly
[Autism Bedfordshire enquiries@autismbeds.org](mailto:AutismBedfordshireenquiries@autismbeds.org)

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

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



Computer Skills for Beginners

Book your place by contacting our partner directly
Four week course – two half days per week
To sign up call 01234 863 123 or
email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



Take
Notice

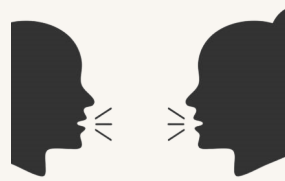


Day to Day: Your Activity and Sleep

Wednesday 7 June 11:00am - 12:30pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Sara McClurg/Fiona Thompson

Through learning about sleep and the importance of good sleep, we can understand how activity and sleep impact on each other. This workshop allows space to explore how to achieve a more positive lifestyle and gain control of your life by making meaningful changes.

Our Courses & Workshops



Bedford
Face-to-Face

Developing CV's and Covering Letters

Book your place by contacting our partner directly

Half day course

To sign up call 01234 863 123 or
email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



Dispelling Myths - Growing Older and Mental Health

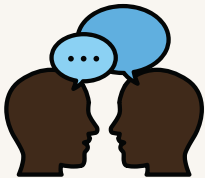
Wednesday 31 May 12:00pm - 1:30pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sara McClurg/Debbie Brathwaite

There are many myths around Growing Older and associated mental health issues. This workshop aims to discuss these issues and the stigma attached, while using this safe space to think about personal strengths and achieving a positive sense of identity. The session will also look at support and information available for people effected by mental health issues in older age and their families, friends and carers.

Connect



Dispelling Myths - Understanding Hearing Voices

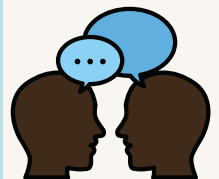
Wednesday 7 June 2:00pm - 4:00pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sara McClurg/Fiona Thompson

Through learning, sharing and supporting others, this workshop provides a safe and friendly environment to consider Voice Hearing: What it is, where it may come from, associated stigma and the impact it can have in life. Discussing these issues and sharing ways to manage can help to consider personal strengths and achieve meaningful life and social goals. This workshop may benefit people who have experience of Voice Hearing, families, friends, care givers and professionals.

Connect



English in the Community

Book your place by contacting our partner directly

Six week course – two half days per week

To sign up call 01234 863 123 or
email bedfordacademy@noahenterprise.org

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.

Learn
New Skills



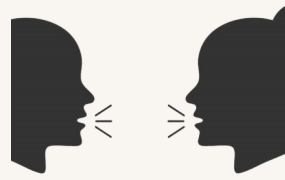
01234 263 621 or 01582 708 917

Page 29



elft.recoverycollege@nhs.net

Our Courses & Workshops



Bedford
Face-to-Face

English Skills for Life

Book your place by contacting our partner directly

Twelve week course – two half days per week

To sign up call 01234 863123 or

email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



For the Love of Light: Photographic Portraits

Monday 5 June - 17 July 12:00pm - 1:30pm (Break 3 July)

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sara McClurg/Mark DeGietelink

Throwing light on a subject can make it more beautiful. Accepting the light in yourself and in others can be empowering and help us to connect to others and enhance our relationships. This course offers a safe space to find realness over fakeness through taking portraits in photo form. If you have the willingness to do something different and can bring your own smart phone, please join us for this experience.



Learn
New Skills



Gratitude Scrapbook

Monday 12 June - 26 June 1:00pm - 4:00pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sam Fossey/Fiona Thompson

This Gratitude Scrapbooking art and craft course is designed to focus on being thankful for what we have, the big things in life, as well as the simple joys. If you start each day by writing down three things you are thankful for - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note, each and every day.

Give



Interview Skills

Book your place by contacting our partner directly

Half day course

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



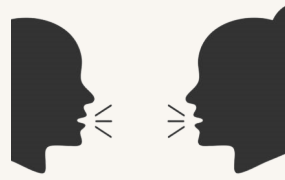
01234 263 621 or 01582 708 917

Page 30



elft.recoverycollege@nhs.net

Our Courses & Workshops



Bedford
Face-to-Face

Introduction to Home Art

Monday 5 June - 10 July 2:00pm - 4:00pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Caram Jakhu/Geoff Bennett

A course to develop skills with a variety of art mediums and encourage participants to expand their creative interests at home.

By way of encouraging engagement in an art related activity, the course aims to improve self confidence, motivation and social interaction within a friendly and supportive environment.



Learn
New Skills



Connect



Take
Notice



Learn
New
Skills



Give



Active

Learn to Play Brass

Monday 17 April - 17 July 6:15pm - 7:15pm
Location: Castle Newnham School, Polhill Avenue, Bedford. MK41 9DT
Tutor(s) Martin Orr (Mid Bedfordshire Community Mental Health)

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

Men's Forum for Mental Health

Monday 17 April - 15 May 2:00pm - 3:30pm
Monday 5 June - 26 June 2:00pm - 3:30pm
Monday 10 July - 31 July 2:00pm - 3:30pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Anthony Barron/Geoff Bennett

A safe place where men can discuss ongoing mental health issues with a topic based led debate to understand, improve self esteem, confidence, social skills and pathways to sustain good mental health.



Connect



Learn
New
Skills



Give

Men's Group - The Diverse Culture Team

Monday 17 April - 14 August 11:00am - 12:30pm
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s) Manjeet Gill Saini/Abul Subhan

Facilitator led, 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. You may choose to bring in a project from home to work on e.g. poetry, writing, sketching, drawing, games to play. A positive introduction into a Men's group to support wellbeing.



Connect



Learn
New
Skills



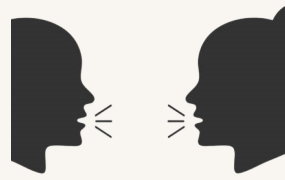
Give



01234 263 621 or 01582 708 917



Our Courses & Workshops



Bedford
Face-to-Face

Movement for Wellbeing - The Diverse Culture Team

Wednesday 19 April - 16 August 1:30pm - 3:00pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Manjeet Gill Saini/Jasswinder Gill

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.



Connect



Learn
New
Skills



Active

Learn
New Skills



Multiply - Maths for the Workplace

Book your place by contacting our partner directly

One week course – two half days per week

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

Build your confidence using basic mathematics in the workplace. Focusing on the hospitality and logistics industries, you will learn how to apply maths to solve simple, practical problems in everyday life.



Percussion/Drumming workshop

Wednesday 21 June - 26 July 2:00pm - 3:00pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Kirstin Dear/Nathan Clegg (Music24)

Ten minutes drumming a day helps relieve stress and anxiety!!! During this workshops we will share out drums, tambourines and shakers and make simple beats and allow time for creative playing, allowing you to let loose and play what your heart feels and release dopamine the "feel good" hormone for the brain.

Learn
New Skills



Connect



Learn
New
Skills

Self Discovery Through Writing

Tuesday 9 May and Wednesday 10 May 1:30pm - 3:30pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sara McClurg

Creative Writing can be a useful way of expressing yourself and telling your story through creative techniques. Join this friendly short course to connect with others to produce creative pieces which can promote a positive sense of identity.



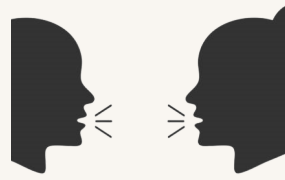
01234 263 621 or 01582 708 917

Page 32



elft.recoverycollege@nhs.net

Our Courses & Workshops



Bedford
Face-to-Face

Self-Harm Awareness

Tuesday 11 July 10:00am - 1:00pm

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

Tutor(s) Jo Sale/Gill Gale

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.



Learn
New Skills



Sounds Baths

Wednesday 21 June - 26 July 3:30pm - 4:30pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Kirstin Dear/Nathan Clegg (Music24)

Sit back or lay down and relax as I play a specially chosen set of unique instruments leaving you in a floaty bliss. Sound Baths help to slow down the natural vibration of the body, bringing deep relaxation. Scientifically proven to help in many areas of health and well-being. Whether for stress and anxiety relief, PTSD, Trauma relief, re-balancing emotions, deep relaxation for people with physical and mental health conditions.

Suicide Awareness

Tuesday 21 July 10:00am - 1:00pm

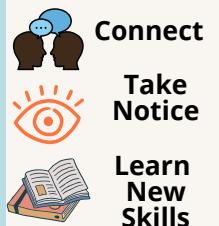
Location: University of Bedfordshire, Polhill Avenue, Bedford. MK41 9EA

Tutor(s) Jo Sale/Gill Gale

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 the skills to help them signpost others towards support, including providing data on suicide.



The Benefits of Knitting and Crochet for Mental Health and Wellbeing

Monday 17 April - 14 August 11:30am - 1:00pm

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Heidi Quinn/Janet Goodman

This Course aims to improve skills, dexterity, 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.



Connect



Learn
New
Skills



Give



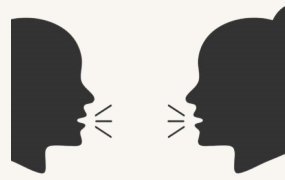
01234 263 621 or 01582 708 917

Page 33



elft.recoverycollege@nhs.net

Our Courses & Workshops



Bedford
Face-to-Face

Walking with Purpose

Tuesday 4 July - 29 August 11:00am - 12:30pm

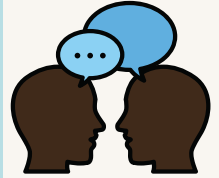
Location: Embankment

***Meet outside The Olive Tree Restaurant, Riverside Square, Bedford. MK40 1AS**

Tutor(s) Rosie Rice

A fantastic opportunity to exercise, connect with others and boost your mood at our weekly walk around Bedford.

Connect



Wellness Recovery Action Planning (WRAP) Create your own Plan

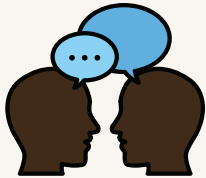
Wednesday 14 June - 19 July 11:00am - 1:00pm (Break 5 July)

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sara McClurg/Fiona Thompson

Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. This four week course explores WRAP planning and how it can support you to discover simple, safe, and effective tools to create a daily plan to maintain wellness.

Connect



Women's Group - The Diverse Culture Team

Wednesday 19 April - 16 August 11:00am - 12:30pm (Break 31 May)

Location: 3 Woburn Road, Bedford. MK40 1EG

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

Weekly session 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, eg knitting, crochet, drawing, writing etc.



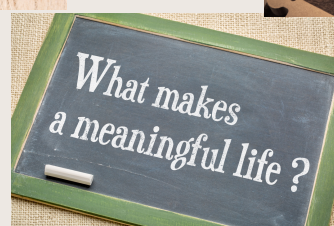
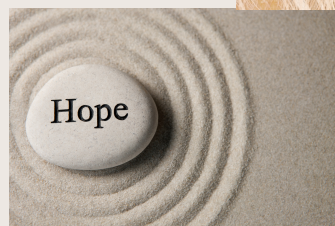
Connect



Learn
New
Skills



Give



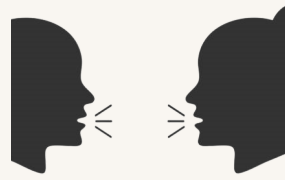
01234 263 621 or 01582 708 917

Page 34



elft.recoverycollege@nhs.net

Our Courses & Workshops



Central
Bedfordshire
Face-to-Face

Computer Skills for Beginners

Book your place by contacting our partner directly

Four week course – two half days per week

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



Learn
New Skills



Developing CV's and Covering Letters

Book your place by contacting our partner directly

Half day course

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

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.



English in the Community

Book your place by contacting our partner directly

Six week course – two half days per week

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



Learn
New Skills



English Skills for Life

Book your place by contacting our partner directly

Twelve week course – two half days per week

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

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.



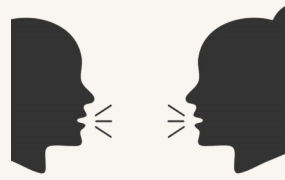
01234 263 621 or 01582 708 917

Page 35



elft.recoverycollege@nhs.net

Our Courses & Workshops



Central
Bedfordshire
Face-to-Face

Interview Skills

Book your place by contacting our partner directly

Half day course

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

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.



Learn
New Skills



Making Sense Of Anger

Tuesday 23 May - 13 June 10:00am - 12:00pm

Location: Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s) Tara Curtis

This workshop covers:

- **Recognising why you get angry.**
- **Controlling anger safely.**
- **Keeping an anger diary.**
- **Dealing with triggers.**
- **Resolving issues and problem solving.**
- **How to change how you deal with anger.**

Learn
New Skills



Multiply - Maths for the Workplace

Book your place by contacting our partner directly

One week course – two half days per week

To sign up call 01234 863 123 or

email bedfordacademy@noahenterprise.org

Build your confidence using basic mathematics in the workplace. Focusing on the hospitality and logistics industries, you will learn how to apply maths to solve simple, practical problems in everyday life.



Learn
New Skills



Percussion/Drumming workshop

Wednesday 19 April - 24 May 2:00pm - 3:00pm

Location: Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s) Tara Curtis/Nathan Clegg (Music24)

Ten minutes drumming a day helps relieve stress and anxiety!!! During these workshops we will share out drums, tambourines and shakers and make simple beats and allow time for creative playing, allowing you to let loose and play what your heart feels and release dopamine the "feel good" hormone for the brain.

Learn
New Skills



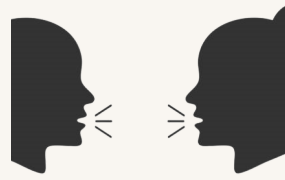
01234 263 621 or 01582 708 917

Page 36



elft.recoverycollege@nhs.net

Our Courses & Workshops



Central
Bedfordshire
Face-to-Face

Shabby Chic Crafting for Wellbeing

Friday 21 July - 11 August 10:00am - 12:00pm

Location: Parkside Community Hall, Woburn Street, Amptill. MK45 2HX

Tutor(s) Sam Fossey/Sara McClurg/Fiona Thompson

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

Learn
New Skills



Sound Baths

Wednesday 19 April - 24 May 1:00pm - 2:00pm

Location: Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tutor(s) Tara Curtis/Nathan Clegg (Music24)

Sit back or lie down and relax as I play a specially chosen set of unique instruments leaving you in a floaty bliss. Sound Baths help to slow down the natural vibration of the body, bringing deep relaxation. Scientifically proven to help in many areas of health and well-being. Whether for stress and anxiety relief, PTSD, trauma relief, re-balancing emotions, deep relaxation for people with physical and mental health conditions.

Learn
New Skills



Wellbeing Course - Biggleswade

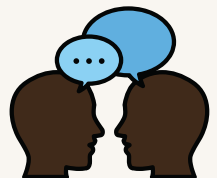
Tuesday 18 April - 25 July 10:30am - 12:30pm

Location: St Andrews Church, 45 Shortmead Street, Biggleswade. SG18 0AT

Tutor(s) Sam Fossey/Claire Cooper

Are you feeling isolated? 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.

Connect



Wellbeing Course - Sandy

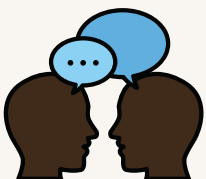
Tuesday 18 April - 25 July 1:00pm - 2:30pm

Location: Sandy Baptist Church Hall, 1 Kings Road, Sandy. SG19 1EJ

Tutor(s) Sam Fossey/Claire Cooper

Are you feeling isolated? 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.

Connect



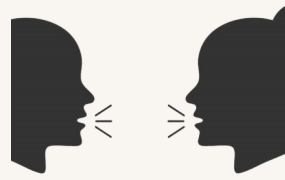
01234 263 621 or 01582 708 917

Page 37



elft.recoverycollege@nhs.net

Our Courses & Workshops



Central
Bedfordshire
Face-to-Face

Wellbeing Course - Stotfold

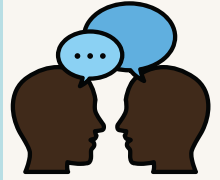
Wednesday 19 April - 26 July 1:00pm - 2:30pm

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

Tutor(s) Sam Fossey/Claire Cooper

Are you feeling isolated? 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.

Connect



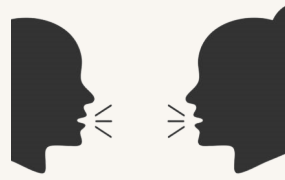
01234 263 621 or 01582 708 917

Page 38



elft.recoverycollege@nhs.net

Our Courses & Workshops



Luton
Face-to-Face

Art Therapy Butterfly Project (Women Only)

Thursday 27 April - 20 July 10:00am - 11:30pm (Break 1 June)

Location: To be confirmed on registration

Tutor(s) Moriam Grillo (Art Psychotherapist)

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.



Connect



Take Notice



Learn New Skills



Give



Active

Learn
New Skills



Autism Bedfordshire

Book your place by contacting our partner directly

[Autism Bedfordshire enquiries@autismbeds.org](mailto:Autism_Bedfordshire_enquiries@autismbeds.org)

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

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



Basic IT Skills with NOAH Enterprise

Wednesday 19 April - 7 June 10:00am - 1:00pm

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

Tutor(s) Kirstin Dear/NOAH Enterprise

Working in partnership with NOAH Enterprise, we are working to help people feel more confident using computers and technology.



Learn
New Skills



Learn
New Skills



Basic IT Skills with NOAH Enterprise

Thursday 15 June - 3 August 10:00am - 1:00pm

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

Tutor(s) Kirstin Dear/NOAH Enterprise

Working in partnership with NOAH Enterprise, we are working to help people feel more confident using computers and technology.



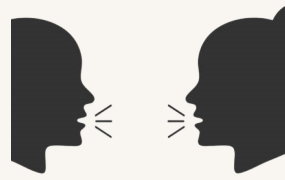
01234 263 621 or 01582 708 917

Page 39



elft.recoverycollege@nhs.net

Our Courses & Workshops



Luton
Face-to-Face

Building Better Opportunities-Open up your possibilities



Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@ltonacl.ac.uk

**Are you unemployed, aged 19 or over and looking to:
Focus on increasing self-confidence, challenge yourself, consider how to
develop a positive mind-set, identifying your strengths, build up your
confidence, reduce any barriers into employment, improve your English and
Maths?**



Connect



Take
Notice



Learn
New
Skills



Active

Learn
New Skills



Compassionate Friends Skills Workshop



Book your place by contacting our partner directly

Keech Hospice Care

email: Karen.Hibbert@keech.org.uk; Tel: 01582 497 815

Webiste: www.keech.org.uk/education

Wednesday 24 May 10:00am - 12:00pm - Luton Central Library

**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.**

Connects



Book your place by contacting our partner directly

Email: samantha.smith@penrose.org.uk Tel: 07805 739 238

<https://socialinterestgroup.org.uk/our-services/roots-to-recovery/>

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

**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.**

Learn
New Skills



Learn
New Skills



Cooking on a Budget



Book your place by contacting our partner directly

Course dates are dependent on demand.

Five week course – one half day per week

To register interest call 01582 726 152 or
email lutonacademy@noahenterprise.org

**Give your weekly menu a creative boost with this welcoming cooking class.
Encouraging you to explore new techniques, you will learn how to safely
prepare food that makes the most of the ingredients you have at home.**



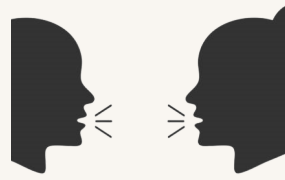
01234 263 621 or 01582 708 917

Page 40



elft.recoverycollege@nhs.net

Our Courses & Workshops



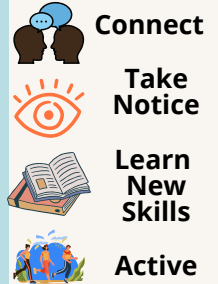
Luton
Face-to-Face

Crafts and Maths

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutonacl.ac.uk

Luton residents who are over 19 years old and unemployed. Would you like to try new crafts and improve your maths at the same time? Then Craft with Maths is for you! Have fun on this relaxed and friendly course, and make cards and gifts to take home.



Learn
New Skills



Digital Learning for Beginners

Book your place by contacting our partner directly

Four week course – two half days per week
To register interest call 01582 726 152 or
email lutonacademy@noahenterprise.org

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 in Microsoft Word.



Digital Learning for Life

Book your place by contacting our partner directly

Six week course – two half days per week
To register interest call 01582 726 152 or
email lutonacademy@noahenterprise.org

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.



Learn
New Skills



Learn
New Skills



Duologue Diaries

Friday 21 April - 16 June 12:00pm - 2:00pm

Location: Luton Central Library, 2nd Floor, St George's Square, Luton. LU1 2NG
Tutor(s) Dianne Thomas

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 and working to connect with others.



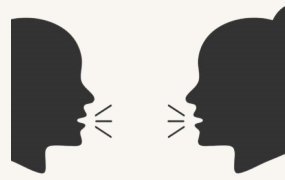
01234 263 621 or 01582 708 917

Page 41



elft.recoverycollege@nhs.net

Our Courses & Workshops



**Luton
Face-to-Face**

English for Beginners

Book your place by contacting our partner directly

Ten week course – two half days per week
Cohorts start in May & September
To register interest call 01582 726 152 or
email lutonacademy@noahenterprise.org

This creative and interactive course will boost the confidence of new English speakers, and support learners to apply practical reading, writing and conversational skills in everyday life.



**Learn
New Skills**



-  Connect
-  Learn
New Skills
-  Active

Employability Workshops

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutonacl.ac.uk

Do you live in Luton? Are you over 19? Are you unemployed, looking to upskill? Why not join one of our many Employability Workshops and take a positive step towards your future. Subjects include: Identifying skills, CV writing, and many more subjects to help you move closer to the jobs market.



Get Into Volunteering

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutonacl.ac.uk

Have you ever thought about volunteering? If yes, why not join one of our workshops to find out more. Volunteering can make a real difference to your own life and the lives of those around you. Giving some of your time to help others can be empowering. Join one of our 'Get Into' workshops to find out more, explore how to find a volunteering opportunity that is right for you, you may even choose to join our team of volunteers and become an Adult Learning Volunteer.



-  Connect
-  Learn
New Skills
-  Give
-  Active

-  Connect
-  Learn
New Skills
-  Active

ICT (Computer Classes) The Basics

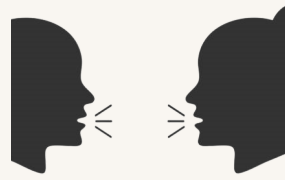
Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutonacl.ac.uk

Meeting weekly over a period of five or six weeks, our exciting course will help you with the basics and beyond, creating word documents, emails, internet searches, staying safe online and so much more.



Our Courses & Workshops



Luton
Face-to-Face

ICT (Computer Classes) Practical and Intermediate

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutonac.ac.uk

This course will provide learners with the knowledge and skills to use digital and mobile devices to stay connected and embrace technology trends to enhance the quality of personal and work life. Learners will be equipped with hands-on practical skills to manage data and information, understand cyber risks and security, and be ready for the increasingly digital workplace and life.



Connect



Learn
New Skills



Active

Expressive Writing Course with the Royal Literary Fund Student Poems February 2023

PROUD OF ME

You may have brainwashed and lied to
those I love.
You may start smear campaigns but I'll
always rise above.
Does my happiness upset you because your
life is full of gloom?
I don't care because I'm dancing on the
moon.
I'm not sorry that I have found the one.
And I'm the glowing star that has shone.
Jealousy is a bad trait
But I will rise above.
I know you could never feel proud of me or
fill me with love.
But I don't really care because I'll always
rise above.
I'm surrounded by love from others I know,
and they are the ones that have made me
glow.
I have drive, I have passion it's not you that
made that happen.
I know my glow and smiling face upsets you
I'm not sorry, I'm proud of who I am and love
who I've become and don't really give a
damn.

By: Emma Burkinshaw

WHATEVER

Whatever you think
Whatever you feel
You'll find in the end
That love makes you real
People are people
They ebb and they flow
We don't always know
Which way life will go
Don't give up
Don't give in
You're learning to fly
It isn't a sin
The seeds that you sow
As ideas or for real
Are a binding commitment
Which teach us to feel
Your loved ones are with you
In those that are around
You're not in the shadows
You have been found

By: Kathy Keely



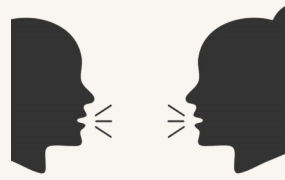
01234 263 621 or 01582 708 917

Page 43



elft.recoverycollege@nhs.net

Our Courses & Workshops



Luton
Face-to-Face

LET'S TALK WELLBEING

Let's Talk... Wellbeing, are one-off workshops which are short interactive session. 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. These courses will provide the participants with the opportunity to connect with others and provides skills, resources, and understanding of the topics to empower them to manage their well-being better, There may be a follow on course which provides more in-depth knowledge with an overview and pathways to further information.

Let's Talk Anger

Monday 22 May 10:00am - 11:30am

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Budgeting

Monday 5 June 10:00am - 11:30am

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

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

Let's Talk Emotions

Monday 15 May 10:00am - 11:30am

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Food and Wellbeing

Monday 24 July 10:00am - 11:30am

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

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

Let's Talk Goal Setting

Monday 24 April 10:00am - 11:30am

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Journaling

Monday 17 July 10:00am - 11:30am

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

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

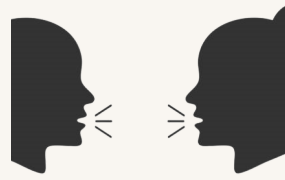


01234 263 621 or 01582 708 917

Page 44



elft.recoverycollege@nhs.net



Let's Talk Long Term Health Condition

Monday 26 June 10:00am - 11:30am

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Motivation

Monday 14 August 10:00am - 11:30am

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

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

Let's Talk Preserving Memories

Monday 3 July 10:00am - 11:30am

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Relationships

Monday 7 August 10:00am - 11:30am

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

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

Let's Talk Scrap Booking

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

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Sleep

Monday 12 June 10:00am - 11:30am

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

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

Let's Talk Stress

Monday 19 June 10:00am - 11:30am

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

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



Connect



Learn
New Skills



Connect



Learn
New Skills

Let's Talk Thinking Creatively

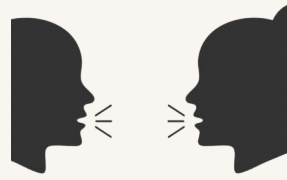
Monday 17 April 10:00am - 11:30am

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

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



Our Courses & Workshops



Luton
Face-to-Face

Living Well with Dementia

Book your place by contacting our partner directly

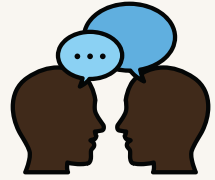
Contact Alzheimer's Society to book a place at 01582 320 224

email: luton@alzheimers.org.uk

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. You will gain knowledge and skills to live better with dementia. Come along to a friendly place where you can speak to and learn from others in a similar situation to you.



Connect



Lost Stories

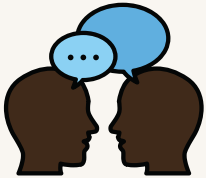
Wednesday 2 August - 23 August 10:00am - 11:30am

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

Tutor(s) Dianne Thomas

Bedfordshire has an extremely rich cultural heritage with people from all sorts of backgrounds who have great stories and histories. Come join, share with us and learn together about our cultural history in this student led friendly workshop that will explore some of these stories of days gone and connect to others, all welcome!

Connect



Luton Language Café

Book your place by contacting our partner directly

Drop-in session – one morning per week

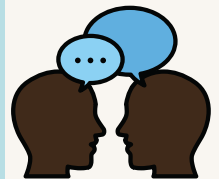
To register interest call 01582 726 152 or

email lutonacademy@noahenterprise.org

A safe and welcoming place to practice your English language skills in the community, alongside others on the same journey. There will be activities and books to encourage conversation, as well as a free tea or coffee! Children welcome if supervised.



Connect



Money Matters

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or

email passport@lutonac.ac.uk

Do you live in Luton? Are you over 19?

In these ever changing and challenging times we are all finding it difficult to manage our budgets and meet the rising cost of living. Join this workshop to get some practical tips on why money matters, how to budget better, spend smarter and wise ways to save.



Connect



Learn
New Skills



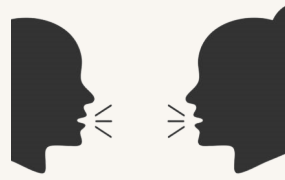
01234 263 621 or 01582 708 917

Page 46



elft.recoverycollege@nhs.net

Our Courses & Workshops



**Luton
Face-to-Face**

Passport to Childcare

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutaocl.ac.uk

Are you 19 or over living in Luton? Do you want to work in the childcare sector or in a childcare setting? Passport to childcare is a six-hour course.



Connect



Learn
New Skills



Active



Connect



Learn
New Skills



Active

Passport to Supporting in Schools

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@lutaocl.ac.uk

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



Percussion/Drumming workshop

Wednesday 21 June - 26 July 10:00am - 11:00am

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

Tutor(s) Kirstin Dear/Nathan Clegg (Music24)

Ten minutes drumming a day helps relieve stress and anxiety!!!

During this workshops we will share out drums, tambourines and shakers and make simple beats and allow time for creative playing, allowing you to let loose and play what your heart feels and release dopamine the "feel good" hormone for the brain.

Learn
New Skills



Learn
New Skills



Recycle-a-Bike

Book your place by contacting our partner directly

Email: samantha.smith@penrose.org.uk Tel: 07805 739 238

<https://socialinterestgroup.org.uk/our-services/roots-to-recovery/>

Upcycling and basic bike maintenance, working with donated bikes.



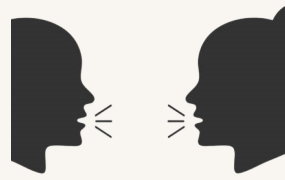
01234 263 621 or 01582 708 917

Page 47



elft.recoverycollege@nhs.net

Our Courses & Workshops



**Luton
Face-to-Face**

Roots to Recovery

Book your place by contacting our partner directly

Email: samantha.smith@penrose.org.uk Tel: 07805 739 238

<https://socialinterestgroup.org.uk/our-services/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.



**Learn
New Skills**



**Learn
New Skills**



Roots to Success

Book your place by contacting our partner directly

Email: samantha.smith@penrose.org.uk Tel: 07805 739 238

<https://socialinterestgroup.org.uk/our-services/roots-to-recovery/>

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



Self-Harm Awareness

Tuesday 25 July 10:00am - 1:00pm

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

Tutor(s) Jo Sale/Gill Gale

This workshop aims to improve participants confidence in dealing with disclosures of self-harm.

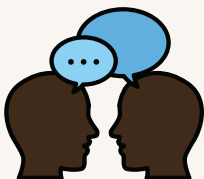
Objectives:

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

**Learn
New Skills**



Connect



Sew Mindful

Book your place by contacting our partner directly

Course dates are dependent on demand.

Five week course – one half day per

To register interest call 01582 726 152 or

email lutonacademy@noahenterprise.org

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



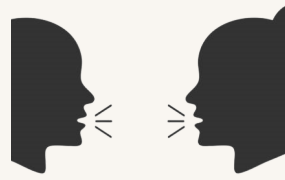
01234 263 621 or 01582 708 917

Page 48



elft.recoverycollege@nhs.net

Our Courses & Workshops



Luton
Face-to-Face

Sewing and Maths

Book your place by contacting our partner directly

Contact: Luton Adult Learning 01582 490 033 or
email passport@luttonacl.ac.uk

Luton residents who are over 19 years' old and unemployed. Learn new sewing skills and improve your maths at the same time! Use maths to make and sew, use a sewing machine, make and take home.



Connect



Take
Notice



Learn
New
Skills



Active

Learn
New Skills



Sounds Baths

Wednesday 21 June - 26 July 11:30am - 12:30pm

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

Tutor(s) Kirstin Dear/Nathan Clegg (Music24)

Sit back or lay down and relax as I play a specially chosen set of unique instruments leaving you in a floaty bliss. Sound Baths help to slow down the natural vibration of the body, bringing deep relaxation. Scientifically proven to help in many areas of health and well-being. Whether for stress and anxiety relief, PTSD, Trauma relief, re-balancing emotions or deep relaxation. For people with physical and mental health conditions.

Suicide Awareness

Tuesday 1 August 10:00am - 1:00pm

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

Tutor(s) Jo Sale/Gill Gale

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.

Learn
New Skills



Three Minute Monologues

Thursday 22 June - 17 August 2:30pm - 4:30pm

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

Tutor(s) Dianne Thomas

Using creative techniques to create your own monologue (a speech/performance by one person) and build your confidence and self-esteem. The course aims are to develop yourself through peer work, creative writing and learning performance techniques to build self-confidence, self-esteem, self-image and learn new skills.



Connect



Learn
New Skills

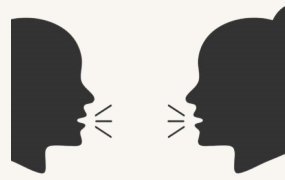


01234 263 621 or 01582 708 917

Page 49



elft.recoverycollege@nhs.net



Walking with a Purpose

Tuesday 4 July - 29 August 11:00am - 12:30pm

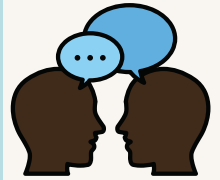
Location: Wardown Park, Old Bedford Road, Luton. LU2 7HA

(Meet outside Wardown Museum)

Tutor(s) Kyle McDonald

A fantastic opportunity to exercise, connect with others and boost your mood at our weekly walk around Luton.

Connect



Learn
New Skills



Words Unheard - Creative Writing Course

Tuesday 21 February - 2 May 6:00pm - 8:00pm (Break 7 March)

Location: La Pina Cafe, 84 Old Bedford Road, Luton. LU2 7PD

Tutor(s) Dianne Thomas/Mark Stephenson (Outreach Music Group)

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

Some things just shouldn't have to happen.....

Could there be demons among us? I'm sure... no...I know this is true.

Rising in their cruelty in their 5th and 6th years or was it straight from their mother's womb?

Whichever shape or form they come however evil too. We the pure of heart through struggle and self-love have to rise above... it's so unfair but true.

We're not just talking of stealing sweets and locking us in the loo, it's about crushing every bit of light twisting our souls until we turn blue, seeping into our hearts until we no longer feel alive or live normal as normal do.

We rise above as best we can feeling unloved...

We rise above feeling we don't belong...

We rise above feeling such pain...

We rise above, we rise above, the damage is done. We fall again and again.

We rise above.

This life is so intense... We fall again let the devil end, we rise above again and again and again.

R.I.P sweet dear soul let's hope you're reborn and feel nothing but love over and over and over again, but for now like the sun and the moon we rise again and again and again.

By: Emma Burkinshaw



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 Resource Centre

Tel: 01582 470 900

Website: www.drcbeds.org.uk/contact-us/

Email: info@drcbeds.org.uk



01234 263 621 or 01582 708 917



elft.recoverycollege@nhs.net

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.

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

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@letsgetgoingcis.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



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.

Menopause Alliance Beds and Luton

Tel: Website: www.facebook.com

MENOPAUSE ALLIANCE
BEDFORDSHIRE AND LUTON

Mind BLMK

Tel: 0300 330 0648 Website: www.mind-blmk.or.uk

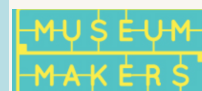
Email: hq@mind-blmk.org.uk



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



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



01234 263 621 or 01582 708 917



elft.recoverycollege@nhs.net

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.

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

THE NOAH ACADEMY
TRAINING AND EMPLOYMENT

Tibbs Dementia Foundation

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

Email: contact@tibbsdementia.co.uk



Total Wellbeing
Luton

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
& Northants

Wildlife Trust for Beds, Cambs and Northants

Tel: 07874 895 633 Website: www.wildlifebcn.org

Email: bedfordshire@wildlifebcn.org



Titan PCN in partnership with
Dunstable Town Football club
and Stevenage Leisure Ltd



Wheatfield Surgery
Houghton Regis Medical Centre
Toddington Medical Centre

Dunstable Town Football Club



01234 263 621 or 01582 708 917

Page 54



elft.recoverycollege@nhs.net

Index

TITLE	Contact	Delivered How?	Delivered Where?	Page
Action On Addiction	Recovery College	Zoom	Online	9
Active Outdoors	Recovery College	Face-to-Face	Bedford	27
Alternative ways to De-Stress	Recovery College	Blended	Bedford/Online	19
Anger - Let's Talk	Recovery College	Blended	Luton Library/ Whichellos Wharf/Online	21
Anger - Let's Talk	Recovery College	Face-to-Face	Mary Brash	44
Anxiety and Worry - Total Wellbeing	Recovery College	Blended	Luton Library/Online	24
Are you Exhausted	Recovery College	Zoom	Online	9
Art and Craft Co-operative	Recovery College	Face-to-Face	Bedford	27
Art and it's Creative Outlet for Good Mental Health	Recovery College	Face-to-Face	Bedford	27
Art Led Peer Support	Recovery College	Face-to-Face	Bedford	27
Art Movements Throughout History	Recovery College	Face-to-Face	Bedford	28
Art Butterfly Project (Women Only)	Recovery College	Face-to-Face	Luton	39
Assertiveness - Total Wellbeing	Recovery College	Blended	Luton Library/Online	24
Autism Bedfordshire	Autism Bedfordshire	Zoom	Online	9
Autism Bedfordshire	Autism Bedfordshire	Face-to-Face	Bedford	28
Autism Bedfordshire	Autism Bedfordshire	Face-to-Face	Luton	39
Basic IT Skills with NOAH	Recovery College	Face-to-Face	Betty Dodd	39
Basic IT Skills with NOAH	Recovery College	Face-to-Face	Luton Library	39
Being Me	Recovery College	Zoom	Online	9
Body Image - Total Wellbeing	Recovery College	Blended	Luton Library/Online	24
Boost Your Self-Motivation	Recovery College	Blended	Bedford/Online	19
Budgeting - Let's Talk	Recovery College	Face-to-Face	Mary Brash	44
Building Better Opportunities Open up your possibilities	Luton Adult Learning	Face-to-Face	Luton	40
Care Pathways	Recovery College	Zoom	Online	10
Carers Information and Support Programmes	Alzheimer's Society	Blended	Bedfordshire	19
Caring for a Loved One - Total Wellbeing	Recovery College	Blended	Luton Library/Online	24
Communication 101	Recovery College	Blended	Bedford/Online	19
Compassionate Friends Skills workshop	Keech Hospice Care	Face-to-Face	Luton Library	40
Computer Skills for Beginners	NOAH Enterprise	Face-to-Face	Bedford	28
Computer Skills for Beginners	NOAH Enterprise	Face-to-Face	Cental Bedfordshire	35
Connects	Penrose	Face-to-Face	Luton	40
Cooking on a Budget	NOAH Enterprise	Face-to-Face	Luton	40
Coping with Grief - Total Wellbeing	Recovery College	Blended	Luton Library/Online	24
Crafts and Maths	Luton Adult Learning	Face-to-Face	Luton	41



Index

TITLE	Contact	Delivered How?	Delivered Where?	Page
Day to Day: Your Activity and Sleep	Recovery College	Zoom	Online	10
Day to Day: Your Activity and Sleep	Recovery College	Face-to-Face	Bedford	28
Depression and Anxiety - Total Wellbeing	Recovery College	Blended	Luton Library Online	25
Developing CVs and Covering Letters	NOAH Enterprise	Face-to-Face	Bedford	29
Developing CVs and Covering Letters	NOAH Enterprise	Face-to-Face	Cental Bedfordshire	35
Digital Learning for Beginners	Luton Adult Learning	Face-to-Face	Luton	41
Digital Learning for Life	Luton Adult Learning	Face-to-Face	Luton	41
Dispelling Myths Bipolar	Recovery College	Zoom	Online	10
Dispelling Myths - Complex Emotional Needs	Recovery College	Zoom	Online	10
Dispelling Myths - Growing Older and Mental Health	Recovery College	Zoom	Online	11
Dispelling Myths - Growing Older and Mental Health	Recovery College	Face-to-Face	Bedford	29
Dispelling Myths - Understanding Hearing Voices	Recovery College	Face-to-Face	Bedford	29
Domestic Abuse and Mental Health (Women only)	Recovery College	Zoom	Online	11
Duologue Diaries	Recovery College	Face-to-Face	Luton	41
Emotions - Let's Talk	Recovery College	Face-to-Face	Mary Brash	44
Employment Anxiety - Total Wellbeing	Recovery College	Blended	Luton Library/Online	25
English for Beginners	NOAH Enterprise	Face-to-Face	Luton	42
English in the Community	NOAH Enterprise	Face-to-Face	Bedford	29
English in the Community	NOAH Enterprise	Face-to-Face	Cental Bedfordshire	35
English Skills for Life	NOAH Enterprise	Face-to-Face	Bedford	30
English Skills for Life	NOAH Enterprise	Face-to-Face	Cental Bedfordshire	35
Exam Stress - Total Wellbeing	Recovery College	Blended	Luton Library/Online	25
Expressive Writing - Royal Literary Fund	Recovery College	Blended	Luton Library Whichellos Wharf Online	20
Fibromyalgia - Let's Talk	Recovery College	Blended	Luton Library/Online	20
Financial Worries - Total Wellbeing	Recovery College	Blended	Luton Library/Online	25
Finding the Inner Me	Recovery College	Zoom	Online	11
Finding Your Neurodiverse Strength	Recovery College	Zoom	Online	11
Food and Wellbeing - Let's Talk	Recovery College	Face-to-Face	Mary Brash	44
Food for Thought - Total Wellbeing	Recovery College	Blended	Luton Library/Online	25
For the Love of Light: Photographic Potraits	Recovery College	Face-to-Face	Bedford	30
Free Employability Workshops	Luton Adult Learning	Face-to-Face	Luton	42
Get into Volunteering	Luton Adult Learning	Face-to-Face	Luton	42
Goal Setting - Let's Talk	Recovery College	Face-to-Face	Mary Brash	44
Gratidute Scrapbook	Recovery College	Face-to-Face	Bedford	30
Healthy Relationships	Recovery College	Blended	Bedford/Online	12
How to cope when you are feeling overwhelmed (Women Only)	Recovery College	Zoom	Online	12



Index

TITLE	Contact	Delivered How?	Delivered Where?	Page
ICT (Computer Classes) The Basics	Luton Adult Learning	Face-to-Face	Luton	42
ICT (Computer Classes) Practical and Immediate	Luton Adult Learning	Face-to-Face	Luton	43
Improving Sleep	Recovery College	Zoom	Online	12
Interview Skills	NOAH Enterprise	Face-to-Face	Bedford	30
Interview Skills	NOAH Enterprise	Face-to-Face	Cental Bedfordshire	36
Introduction to Dementia	Recovery College	Blended	Central Beds/Online	20
Introduction to Home Art	Recovery College	Face-to-Face	Bedford	31
Journaling - Let's Talk	Recovery College	Face-to-Face	Mary Brash	44
Learn to Love Yourself	Recovery College	Zoom	Online	12
Learn to Play Brass	Recovery College	Face-to-Face	Bedford	31
Lesbian or Gay in Need of Support (Women only)	Recovery College	Zoom	Online	13
Living Well with Dementia	Alzheimer's Society	Face-to-Face	Luton	46
Loneliness and Isolation - Total Wellbeing	Recovery College	Blended	Luton Library/Online	25
Long Term Health Conditions - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Lost Stories	Recovery College	Face-to-Face	Betty Dodd	46
Luton Language Café	NOAH Enterprise	Face-to-Face	Luton	46
Making Sense of Anger	Recovery College	Blended	Luton Library/Online	22
Making Sense of Anger	Recovery College	Face-to-Face	Leighton Buzzard	36
Making Sense of Fear	Recovery College	Zoom	Online	13
Making Sense of Financial Health	Recovery College	Blended	Luton Library/Online	22
Making Sense of Menopause	Recovery College	Blended	Luton Library/Online	22
Medication and Mental Health (Women only)	Recovery College	Zoom	Online	13
Meditation with Petar	Recovery College	Zoom	Online	13
Menopause - Let's Talk	Recovery College	Blended	Luton Library/Online	20
Men's Forum for Mental Health	Recovery College	Face-to-Face	Bedford	31
Men's Group with the Diverse Culture Team	Recovery College	Face-to-Face	Bedford	31
Men's Health and Wellbeing	Recovery College	Zoom	Online	14
Men's Talk	Recovery College	Zoom	Online	14
Mindfulness - Total Wellbeing	Recovery College	Blended	Luton Library/Online	26
Money Matters	Luton Adult Learning	Face-to-Face	Luton	46
Motivation - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Movement for Wellbeing - The Diverse Culture Team	Recovery College	Face-to-Face	Bedford	32
Multiply - Maths for the Workplace	NOAH Enterprise	Face-to-Face	Bedford	32
Multiply - Maths for the Workplace	NOAH Enterprise	Face-to-Face	Cental Bedfordshire	36
Music Through Memories	Recovery College	Blended	Luton Library/Online	23
Music, Comedy and Wellbeing	Recovery College	Blended	Luton Library/Online	23
Musical Memories Playlist For Life Awareness workshop	Keech Hospice Care	Zoom	Online	14
Navigating Recovery College and Moving Forward	Recovery College	Blended	Bedford/Online	23
Needle Phobia - Total Wellbeing	Recovery College	Blended	Luton Library/Online	26



Index

TITLE	Contact	Delivered How?	Delivered Where?	Page
Neurodiversity - What is That?	Recovery College	Zoom	Online	14
Panic Attacks - Total Wellbeing	Recovery College	Blended	Luton Library/Online	26
Passport to Childcare	Luton Adult Learning	Face-to-Face	Luton	47
Passport to Supporting in Schools	Luton Adult Learning	Face-to-Face	Luton	47
Percussion/Drumming workshop	Recovery College	Face-to-Face	Bedford	32
Percussion/Drumming workshop	Recovery College	Face-to-Face	Leighton Buzzard	36
Percussion/Drumming workshop	Recovery College	Face-to-Face	Betty Dodd	47
Positive Thinking	Recovery College	Zoom	Online	15
Post Traumatic Stress Disorder - Total Wellbeing	Recovery College	Blended	Luton Library/Online	26
Preserving Memories - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Putting Visual Thinking Skills into Action	Recovery College	Zoom	Online	15
Recycle-a-Bike	Penrose	Face-to-Face	Luton	47
Relationships - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Roots to Recovery	Penrose	Face-to-Face	Luton	48
Roots to Success	Penrose	Face-to-Face	Luton	48
Scrap Booking - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Self Discovery Through Writing	Recovery College	Face-to-Face	Bedford	32
Self-Harm Awareness	Recovery College	Face-to-Face	Bedford	33
Self-Harm Awareness	Recovery College	Face-to-Face	Luton	48
Self-Acceptance - Total Wellbeing	Recovery College	Blended	Luton Library/Online	26
Self-Esteem - Total Wellbeing	Recovery College	Blended	Luton Library/Online	26
Seven Steps to Self-Belief	Recovery College	Zoom	Online	15
Sew Mindful	NOAH Enterprise	Face-to-Face	Luton	48
Sewing and Maths	Luton Adult Learning	Face-to-Face	Luton	49
Sewing Together	Recovery College	Zoom	Online	15
Shabby Chic Crafting for Wellbeing	Recovery College	Face-to-Face	Ampthill	37
Six Simple Tips to help Reduce Worry	Recovery College	Zoom	Online	37
Sleep - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Sleep Breathe and Ground	Recovery College	Zoom	Online	37
Sounds Baths	Recovery College	Face to Face	Bedford	33
Sounds Baths	Recovery College	Face-to-Face	Leighton Buzzard	37
Sounds Baths	Recovery College	Face-to-Face	Betty Dodd	49
Spoken English in the Community	NOAH Enterprise	Zoom	Online	16
Stress - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Struggling with the menopause? (Women Only)	Recovery College	Zoom	Online	16
Suicide Awareness	Recovery College	Face-to-Face	Bedford	33
Suicide Awareness	Recovery College	Face-to-Face	Luton	49
The Benefits of Knitting & Crochet for Mental Health & Wellbeing	Recovery College	Face-to-Face	Bedford	33
Thinking Creatively - Let's Talk	Recovery College	Face-to-Face	Mary Brash	45
Three Calming Techniques for Anxiety	Recovery College	Blended	Bedford/Online	23



Index

TITLE	Contact	Delivered How?	Delivered Where?	Page
Three Minute Monologues	Recovery College	Face-to-Face	Luton Library	49
Thriving with Attention Deficit Hyperactivity Disorder (ADHD)	Recovery College	Zoom	Online	17
Thriving with Dyslexia	Recovery College	Zoom	Online	17
Tools to Manage Day to Day Life	Recovery College	Zoom	Online	17
Uplift - Mindset Movement Course	Emma Foxley	Zoom	Online	17
Voice Box	Recovery College	Zoom	Online	18
Walking with Purpose	Recovery College	Face-to-Face	Bedford	34
Walking with Purpose	Recovery College	Face-to-Face	Luton	50
Wellbeing Course - Biggleswade	Recovery College	Face-to-Face	Biggleswade	37
Wellbeing Course - Sandy	Recovery College	Face-to-Face	Sandy	37
Wellbeing Course - Stotfold	Recovery College	Face-to-Face	Stotfold	38
Wellness Recovery Action Plan (Wrap) - Let's Talk	Recovery College	Blended	Luton Library/Online	21
Wellness Recovery Action Planning (WRAP) Create your own Plan	Recovery College	Face-to-Face	Bedford	34
Women's Group with The Diverse Cultures Team	Recovery College	Face-to-Face	Bedford	34
Women's Group with The Diverse Cultures Team	Recovery College	Zoom	Online	18
Words Unheard - Creative Writing Course	Recovery College	Face-to-Face	Luton	50
Your Digital Memories Matter	Keech Hospice Care	Zoom	Online	18



Facebook; @rcluton



Instagram; @Beds&Luton Recovery College



Twitter; @RC_BedsLuton



01234 263 621 or 01582 708 917



elft.recoverycollege@nhs.net

Bedford



Beacon

**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**

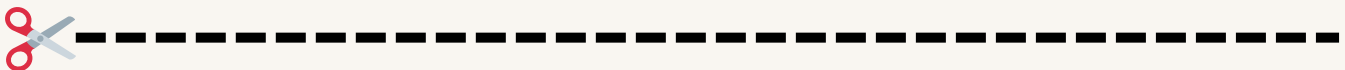
More Information

We are also 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(s).

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

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 feelings.



Facebook; @rcluton



Instagram; @Beds&Luton Recovery College



Twitter; @RC_BedsLuton



01234 263 621 or 01582 708 917

Page 64



elft.recoverycollege@nhs.net