



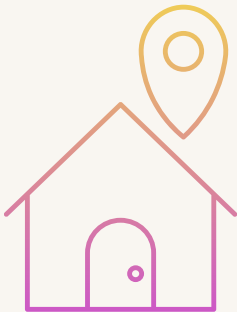
# Bedfordshire & Luton Recovery College Prospectus

Summer Term  
April - August 2023  
Summary Version



# How to contact us

## Our Address and Contact numbers



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

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



## Our Email address and Website

**[elft.recoverycollege@nhs.net](mailto: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 over the age of 18 living, working or studying in Bedfordshire and 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 - 15
Our Blended ( <b>Online &amp; Face-to-Face</b> ) Courses & Workshops .....	16 - 21
Our Face-to-Face Courses & Workshops .....	22 - 39
Our Partners Details .....	40 - 43
Bedford Beacon Informaton.....	44
Notes .....	45 - 46
More Information .....	45 - 46





# 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



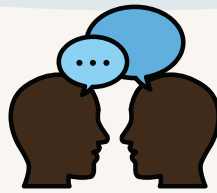
This symbol indicates courses and workshops that are new this term.

# 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

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)



Learn  
New Skills

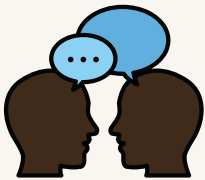
## Autism Bedfordshire

**Book your place by contacting our partner directly**

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



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 the Trans Joy.

Location: Online

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

## 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

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



01234 263 621 or 01582 708 917

Page 09



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops



Online

## Dispelling Myths - Bipolar

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

Location: Online

Tutor(s) Tara Curtis



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## Dispelling Myths - Complex Emotional Needs

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

Location: Online

Tutor(s) Tara Curtis

## Dispelling Myths - Growing Older and Mental Health

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

Location: Online

Tutor(s) Sara McClurg/Debbie Brathwaite



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## 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

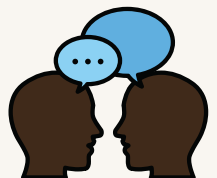
## Finding the Inner Me

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

Location: Online

Tutor(s) Amit Shenmar/Debbie Brathwaite

Connect



Connect



Learn  
New Skills

## 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)



01234 263 621 or 01582 708 917

Page 10



[elft.recoverycollege@nhs.net](mailto: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



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

## Improving sleep

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

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

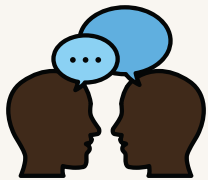
Location: Online

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

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

## 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

Learn New Skills



Connect



Learn New Skills

## Making Sense of Fear

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

Location: Online

Tutor(s) Tara Curtis/Jane Jaycock



01234 263 621 or 01582 708 917



# Our Courses & Workshops



Online

## 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

Learn  
New Skills



Connect



Learn  
New  
Skills



Give

## Meditation with Petar

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

Location: Online

Tutor(s) Claire Cooper/Petar Djukic

## 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



Connect



Learn  
New  
Skills



Give



Connect



Learn  
New  
Skills



Give

## Men's Talk

Monday 17 April - 15 May 2:00pm - 3:00pm

Monday 5 June - 26 June 2:00pm - 3:00pm

Monday 10 July - 31 July 2:00pm - 3:00pm

Location: Online

Tutor(s) Manjeet Gill Saini

## Musical Memories PlaylistforLife Awareness Workshop

**Book your place by contacting our partner directly**

Keech Hospice Care - Email: [Karen.Hibbert@keech.org.uk](mailto:Karen.Hibbert@keech.org.uk)

Tel: 01582 497 815

Webiste: [www.keech.org.uk/education](http://www.keech.org.uk/education)

**Tuesday 9 May 2:00pm - 3:00pm**



Learn  
New  
Skills



Give



Connect



Learn  
New  
Skills

## Neurodiversity – What is That?

Tuesday 4 July - 15 August 2:30pm - 4:00pm (**Break 1 August**)

Location: Online

Tutor(s) Dianne Thomas/Pat Moyce



01234 263 621 or 01582 708 917

Page 12



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)



# Our Courses & Workshops



Online

## Positive Thinking

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

Location: Online

Tutor(s) Claire Cooper/Fiona Thompson



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)

## 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

Learn New Skills



Connect



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

## Six Simple Tips to help Reduce Worry

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

Location: Online

Tutor(s) Claire Cooper/Fiona Thompson

Learn New Skills



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)



01234 263 621 or 01582 708 917



# Our Courses & Workshops



Online

## 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](mailto:bedfordacademy@noahenterprise.org)



Learn  
New Skills



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

## 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)



Connect



Learn  
New  
Skills



Connect



Learn  
New  
Skills

## Thriving with Dyslexia

Monday 19 June 12:30pm - 1:30pm

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

Location: Online

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

## 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

Learn  
New Skills



Active



## Uplift - Mindset Movement Course

**Book your place by contacting our partner directly**

To sign up call Emma Foxley 07763 944 587

email [info@letsgetgoingcic.com](mailto:info@letsgetgoingcic.com)



01234 263 621 or 01582 708 917

Page 14



[elft.recoverycollege@nhs.net](mailto: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

-  Connect
-  Learn New Skills
-  Give
-  Take Notice

-  Connect
-  Learn New Skills
-  Give

## 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

## Your Digital Memories Matter

Book your place by contacting our partner directly

Keech Hospice Care - Email: [Karen.Hibbert@keech.org.uk](mailto:Karen.Hibbert@keech.org.uk)

Tel: 01582 497 815

Webiste: [www.keech.org.uk/education](http://www.keech.org.uk/education)

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



-  Connect
-  Learn New Skills
-  Give
-  Take Notice



# 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



**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

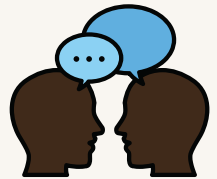
## Carers Information and Support Programmes Book your place by contacting our partner directly

To sign up call Alzheimer's Society 01582 320 224

[luton@alzheimers.org.uk](mailto:luton@alzheimers.org.uk)



## Connect



**Connect**



**Take  
Notice**



**Learn  
New  
Skills**

## 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

## Expressive Writing – Royal Literary Fund

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

Location: Luton Central 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)

**Learn  
New Skills**



**Learn  
New Skills**



## Introduction to Dementia

Wednesday 26 April Time 10am - 3pm

Location: Weatherley Centre, Eagle Farm Road, Biggleswade.

SG18 8JH/Online

Tutor(s) Tony Isles/Stuart Gill



01234 263 621 or 01582 708 917





# Our Courses & Workshops



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

## Let's Talk Physical Health - Fibromyalgia

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

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear

Learn  
New Skills



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

## Let's Talk Wellbeing - Anger

Tuesday 4 July 10:00am - 11:30am

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Amit Shenmar



Connect



Learn  
New  
Skills



Connect



Take  
Notice



Learn  
New  
Skills

## 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



Connect



Take  
Notice



Learn  
New  
Skills



Connect



Learn  
New  
Skills

## Making Sense of Anger

Thursday 20 July - 10 August 12:00pm - 2:00pm

Location: Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD/Luton Central Library, 2nd Floor/Online

Tutor(s) Tara Curtis/Amit Shenmar



01234 263 621 or 01582 708 917

Page 17



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops



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

## **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

Learn  
New Skills



Learn  
New Skills



## **Making Sense of Menopause**

Thursday 18 May - 25 May 2:30pm - 4:00pm

Location: Luton Central Library, 2nd Floor/Online

Tutor(s) Kirstin Dear

## **Music Through Memories**

Friday 21 April - 12 May 10:00am - 11:30am

Location: Luton Central Library, 2nd Floor/Online

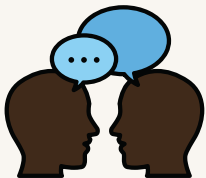
Tutor(s) Amit Shenmar/Fiona Thompson



Give



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 Date-Bah/Justina Taylor

Tanveer Siyan

## **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

Take  
Notice



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



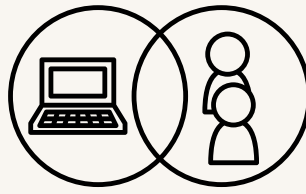
01234 263 621 or 01582 708 917

Page 18




[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops




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

**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



**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

**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



**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

**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

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



**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

# Our Courses & Workshops



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

**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

**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

**Total Wellbeing - Loneliess 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

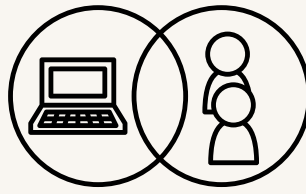
 When booking please choose if you wish to join online or face-to-face



**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

# Our Courses & Workshops



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

## 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



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

## 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

## 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



Connect



Learn  
New  
Skills



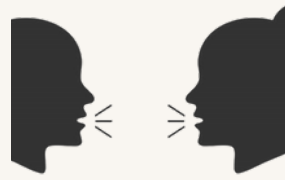
01234 263 621 or 01582 708 917



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)



# 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



Connect



Learn  
New  
Skills



Active

Learn  
New Skills



## 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

## 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



Connect



Take  
Notice



Learn  
New  
Skills



Give



Active



Connect



Learn  
New  
Skills



Give

## 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

## 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



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:AutismBedfordshireenquiries@autismbeds.org)**



01234 263 621 or 01582 708 917

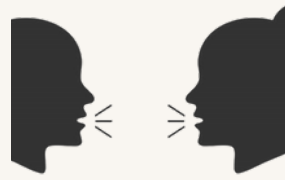
Page 22



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)



# Our Courses & Workshops



**Bedford  
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 863123 or  
email [bedfordacademy@noahenterprise.org](mailto:bedfordacademy@noahenterprise.org)



**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

## **Developing CV's and Covering Letters**

**Book your place by contacting our partner directly**

Half day course

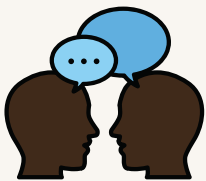
To sign up call 01234 863123 or  
email [bedfordacademy@noahenterprise.org](mailto:bedfordacademy@noahenterprise.org)



**Learn  
New Skills**



**Connect**



## **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

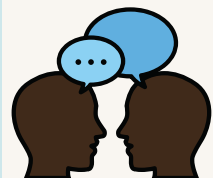
## **Dispelling Myths - Understanding Hearing Voices**

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

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sara McClurg/Fiona Thompson

**Connect**



**Learn  
New Skills**



## **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](mailto:bedfordacademy@noahenterprise.org)



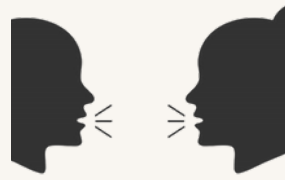
01234 263 621 or 01582 708 917

Page 23



[elft.recoverycollege@nhs.net](mailto: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](mailto:bedfordacademy@noahenterprise.org)



Learn  
New Skills



Learn  
New Skills



## For the Love of Light: Photographic Potraits

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

## Gratitude Scrapbook

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

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s) Sam Fossey/Fiona Thompson

Give



Learn  
New Skills



## Interview Skills

**Book your place by contacting our partner directly**

Half day course

To sign up call 01234 863123 or

email [bedfordacademy@noahenterprise.org](mailto:bedfordacademy@noahenterprise.org)



## 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



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)



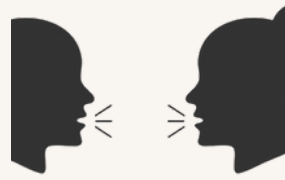
01234 263 621 or 01582 708 917

Page 24



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops



**Bedford  
Face-to-Face**

## 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



Connect



Learn  
New  
Skills



Give



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

## 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



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 863123 or

email [bedfordacademy@noahenterprise.org](mailto:bedfordacademy@noahenterprise.org)



## 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)

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



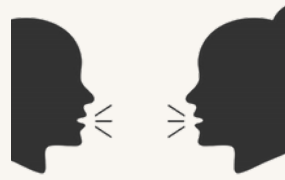
01234 263 621 or 01582 708 917

Page 25



[elft.recoverycollege@nhs.net](mailto: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



Connect



Take  
Notice



Learn  
New  
Skills

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)

## Suicide Awareness

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

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

Tutor(s) Jo Sale/Gill Gale



Connect



Take  
Notice



Learn  
New  
Skills



Connect



Learn  
New  
Skills



Give

## 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

## Walking with Purpose

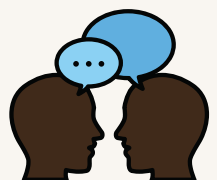
Tuesday 4 July - 29 August 11:00am - 12:30pm

Location: Embankment

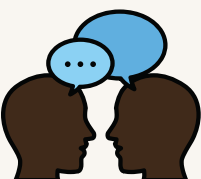
**\*Meet outside The Olive Tree Restaurant, Riverside Square,  
Bedford. MK40 1AS**

Tutor(s) Rosie Rice

Connect



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



01234 263 621 or 01582 708 917

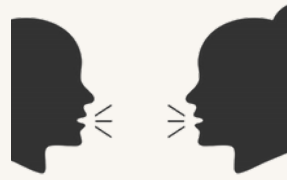
Page 26



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)



# Our Courses & Workshops



Bedford  
Face-to-Face

## 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



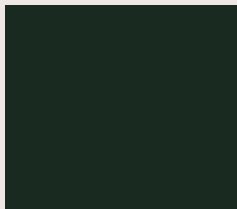
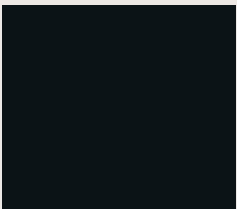
Connect



Learn  
New  
Skills

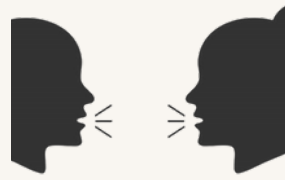


Give





# 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](mailto:bedfordacademy@noahenterprise.org)



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](mailto:bedfordacademy@noahenterprise.org)



## 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](mailto:bedfordacademy@noahenterprise.org)



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](mailto:bedfordacademy@noahenterprise.org)



## 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](mailto:bedfordacademy@noahenterprise.org)



Learn  
New Skills



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



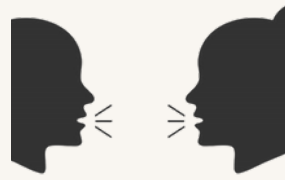
01234 263 621 or 01582 708 917

Page 28



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops



Central  
Bedfordshire  
Face-to-Face

## 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](mailto:bedfordacademy@noahenterprise.org)



Learn  
New Skills



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)

Learn  
New Skills



## 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

Learn  
New Skills



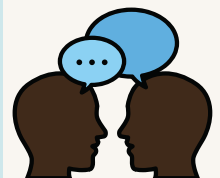
## Sound Baths

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)

Connect



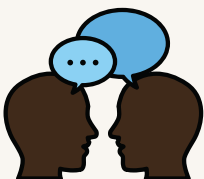
## Wellbeing Course - Biggleswade

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

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



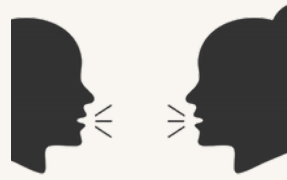
01234 263 621 or 01582 708 917

Page 29



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops



Central  
Bedfordshire  
Face-to-Face

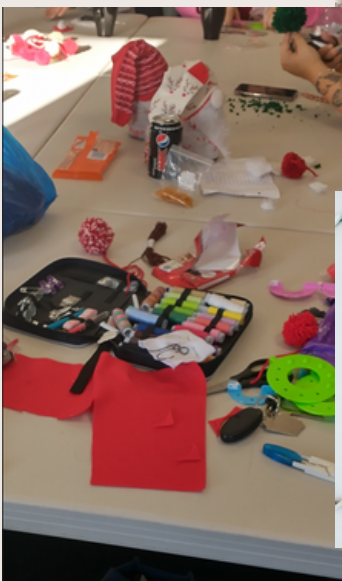
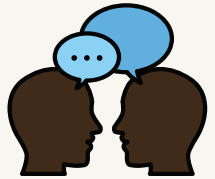
## Wellbeing Course - Stotfold

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

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

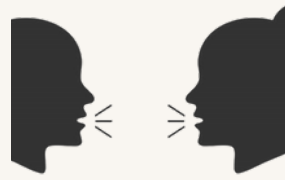
Tutor(s) Sam Fossey/Claire Cooper

Connect





# Our Courses & Workshops



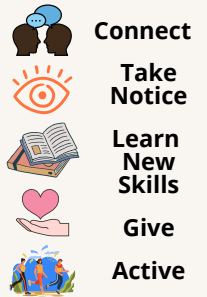
Luton  
Face-to-Face

## 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)



Learn  
New Skills



## Autism Bedfordshire

Book your place by contacting our partner directly

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



## 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

Learn  
New Skills



Learn  
New Skills



## Basic IT Skills with NOAH Enterprise

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

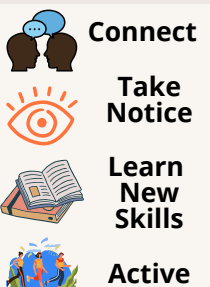
Location: Luton Central Library, 2nd Floor, St George's Square, Luton. LU1 2NG

Tutor(s) Kirstin Dear/NOAH Enterprise

## Building Better Opportunities - Open up your possibilities

Book your place by contacting our partner directly

Contact: [Luton Adult Learning 01582 490 033](tel:01582490033) or  
[email passport@lutonac.ac.uk](mailto:passport@lutonac.ac.uk)



Learn  
New Skills



## Compassionate Friends Skills workshop

Book your place by contacting our partner directly

Keech Hospice Care

email: [Karen.Hibbert@keech.org.uk](mailto:Karen.Hibbert@keech.org.uk); Tel: 01582 497 815

Webiste: [www.keech.org.uk/education](http://www.keech.org.uk/education)

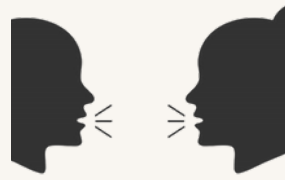
Wednesday 24 May 10:00am - 12:00pm - Luton Central Library



01234 263 621 or 01582 708 917



# Our Courses & Workshops



Luton  
Face-to-Face

## Connects

**Book your place by contacting our partner directly**

Email: [samantha.smith@penrose.org.uk](mailto: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



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](mailto:lutonacademy@noahenterprise.org)



## Crafts and Maths

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or

email [passport@lutonac.ac.uk](mailto:passport@lutonac.ac.uk)



Connect

Take  
Notice

Learn  
New  
Skills

Active

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](mailto:lutonacademy@noahenterprise.org)



## 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](mailto:lutonacademy@noahenterprise.org)



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



01234 263 621 or 01582 708 917

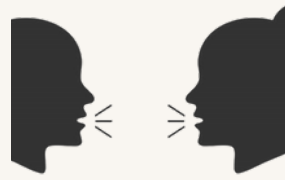
Page 32



[elft.recoverycollege@nhs.net](mailto: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](mailto:lutonacademy@noahenterprise.org)



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@lutonac.ac.uk](mailto:passport@lutonac.ac.uk)



## Get into Volunteering

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or email [passport@lutonac.ac.uk](mailto:passport@lutonac.ac.uk)



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@lutonac.ac.uk](mailto:passport@lutonac.ac.uk)



## ICT (Computer Classes) Practical and Immediate

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or email [passport@lutonac.ac.uk](mailto:passport@lutonac.ac.uk)



Connect



Learn  
New Skills



Active



Connect



Learn  
New Skills

## Let's Talk Anger

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

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

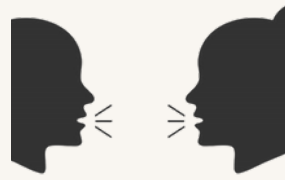
Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



01234 263 621 or 01582 708 917



# Our Courses & Workshops



Luton  
Face-to-Face

## 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



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## 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

## 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



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## 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

## 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



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## Let's Talk Long Term Health Condition

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

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

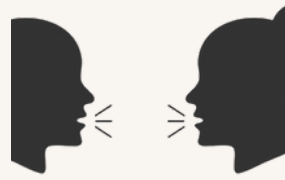
Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



01234 263 621 or 01582 708 917



# Our Courses & Workshops



Luton  
Face-to-Face

## 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



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## 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

## 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



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## 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

## 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



Connect



Learn  
New Skills



Connect



Learn  
New Skills

## Let's Talk Stress

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

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

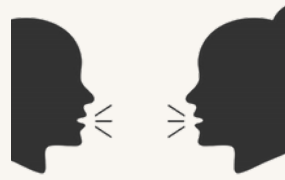
Tutor(s) Kirstin Dear/Amit Shenmar/Dianne Thomas



01234 263 621 or 01582 708 917



# Our Courses & Workshops



Luton  
Face-to-Face

## 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

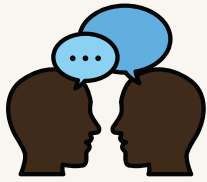


Connect



Learn  
New Skills

Connect



## 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](mailto:luton@alzheimers.org.uk)



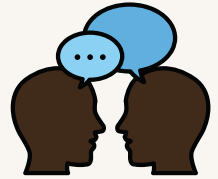
## Lost Stories

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

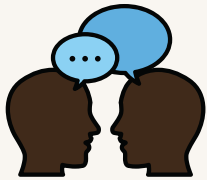
Location: Betty Dodd Court, 35 Grange Avenue, Luton. LU4 9AS

Tutor(s) Dianne Thomas

Connect



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](mailto:lutonacademy@noahenterprise.org)



## Money Matters

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or

email [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk)



Connect



Learn  
New Skills



Connect



Learn  
New Skills



Active

## Passport to Childcare

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or

email [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk)



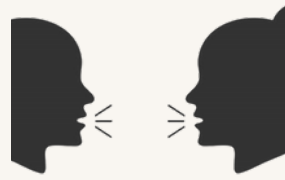
01234 263 621 or 01582 708 917

Page 36



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

# Our Courses & Workshops



Luton  
Face-to-Face

## Passport to Supporting in Schools

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or  
email [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk)



Connect



Learn  
New Skills



Active

Learn  
New Skills



## 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)

## Recycle-a-Bike

**Book your place by contacting our partner directly**

Email: [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk)

Tel: 07805 739 238

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



Learn  
New Skills



Learn  
New Skills



## Roots to Recovery

**Book your place by contacting our partner directly**

Email: [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk)

Tel: 07805 739 238

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



Learn  
New Skills



## Roots to Success

**Book your place by contacting our partner directly**

Email: [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk)

Tel: 07805 739 238

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



Learn  
New Skills



## 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



01234 263 621 or 01582 708 917

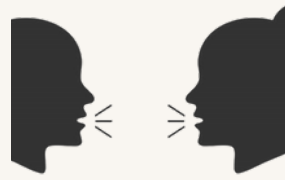
Page 37



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)



# Our Courses & Workshops



Luton  
Face-to-Face

## Sew Mindful

**Book your place by contacting our partner directly**

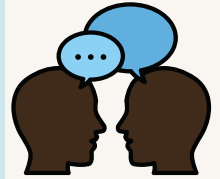
Course dates are dependent on demand.

Five week course – one half day per

To register interest call 01582 726 152 or email [lutonacademy@noahenterprise.org](mailto:lutonacademy@noahenterprise.org)



Connect



Connect



Take  
Notice



Learn  
New  
Skills



Active

## Sewing and Maths

**Book your place by contacting our partner directly**

Contact: Luton Adult Learning 01582 490 033 or email [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk)



## 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)

Learn  
New Skills



Learn  
New Skills



## Suicide Awareness

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

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

Tutor(s) Jo Sale/Gill Gale

## 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

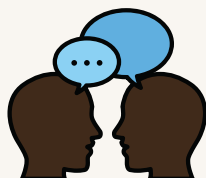


Connect



Learn  
New Skills

Connect



## Walking with 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

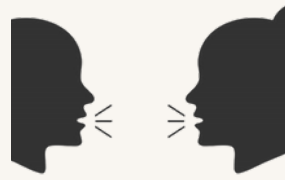


01234 263 621 or 01582 708 917

Page 38



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)



## 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)

Learn  
New Skills



## 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



# 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.or.uk](http://www.accessbedford.or.uk)  
Email: [info@accessbedford.org.uk](mailto:info@accessbedford.org.uk)



**Alzheimer's Society**  
Tel: **01582 320 224**  
Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
Email: [luton@alzheimers.org.uk](mailto:luton@alzheimers.org.uk)

**Autism Bedfordshire**  
Tel: **0300 111 1919**  
Website: [www.autismbedfordshire.net](http://www.autismbedfordshire.net)  
Email: [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)



**Be Positive**  
Tel: **07710 672 867**  
Website: [www.bepositivenow.co.uk](http://www.bepositivenow.co.uk)  
Email: [info@bepositivenow.co.uk](mailto:info@bepositivenow.co.uk)

**Carers in Bedfordshire**  
Tel: **0300 111 1919**  
Website: [www.carersinbeds.org.uk/contact-us/](http://www.carersinbeds.org.uk/contact-us/)  
Email: [contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk)



**Community Trust**  
Tel: **01582 561 622**  
Website: [www.lutontowncommunity.co.uk](http://www.lutontowncommunity.co.uk)  
Email: [community@lutontown.co.uk](mailto:community@lutontown.co.uk)

**Disability Resource Centre**  
Tel: **01582 470 900**  
Website: [www.drcbeds.org.uk/contact-us/](http://www.drcbeds.org.uk/contact-us/)  
Email: [info@drcbeds.org.uk](mailto:info@drcbeds.org.uk)

disability  
resource  
centre



01234 263 621 or 01582 708 917

Page 40



[elft.recoverycollege@nhs.net](mailto: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](http://www.olivehickmott.co.uk)

Email: [olive@empoweringlearning.co.uk](mailto:olive@empoweringlearning.co.uk)



## Foodetc

Tel: **07970 115 181**

Website: [www.foodetc.org.uk/](http://www.foodetc.org.uk/)

Email: [julienmclay@gmail.com](mailto:julienmclay@gmail.com)

## Groundwork

Tel: **0121 236 8565**

Website: [www.groundwork.org.uk](http://www.groundwork.org.uk)

Email: [info@groundwork.org.uk](mailto:info@groundwork.org.uk)



## Keech Hospice Care

Tel: **01582 492 339**

Website: [www.keech.org.uk](http://www.keech.org.uk)

Email: [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk)

## Lets Get Going

Tel: **07763 944 587**

Website: [www.letsgetgoingcic.com/](http://www.letsgetgoingcic.com/)

Email: [info@letsgetgoingcis.com](mailto:info@letsgetgoingcis.com)



## Luton Adult Learning

Tel: **01582 490 033**

Website: [www.lutonacl.ac.uk](http://www.lutonacl.ac.uk)

Email: [info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk)

## Luton All Women's Centre

Tel: **01582 416 783**

Website: [www.lutonallwomenscentre.org.uk](http://www.lutonallwomenscentre.org.uk)

Email: [support@lawc.org.uk](mailto:support@lawc.org.uk)



01234 263 621 or 01582 708 917



[elft.recoverycollege@nhs.net](mailto: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.

**Menopause Alliance Beds and Luton**  
Website: [www.facebook.com](http://www.facebook.com)



**Mind BLMK**  
Tel: 0300 330 0648  
Website: [www.mind-blmk.or.uk](http://www.mind-blmk.or.uk)  
Email: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

**Museum Makers**  
Website: [www.museummakers.co.uk](http://www.museummakers.co.uk)  
Email: [jacqui.harding@culturetrust.com](mailto:jacqui.harding@culturetrust.com)



**National Energy Foundation**  
Tel: 01908 665 555  
Website: [www.nef.org.uk/contact/](http://www.nef.org.uk/contact/)  
Email: [info@nef.org.uk](mailto:info@nef.org.uk)

**Outreach Music Group**  
Tel: 07946 180 132  
Website: [www.outreachmusicgroup.co.uk](http://www.outreachmusicgroup.co.uk)  
Email: [omgcg@yahoo.com](mailto:omgcg@yahoo.com)



**Penrose Roots**  
Tel: 01582 343 230  
Website: [www.facebook.com/PenroseRoots](http://www.facebook.com/PenroseRoots)  
Email: [elizabeth.aldous@penrose.org.uk](mailto:elizabeth.aldous@penrose.org.uk)

**The Higgins Bedford**  
Tel: 01234 718 618  
Website: [www.thehigginsbedford.org.uk](http://www.thehigginsbedford.org.uk)  
Email: [thehiggins@bedford.gov.uk](mailto:thehiggins@bedford.gov.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.

## The Lighthouse

Website: [www.elft.nhs.uk/service](http://www.elft.nhs.uk/service)

Email: [elft.thelighthouse@nhs.net](mailto:elft.thelighthouse@nhs.net)



## The NOAH Enterprise

Tel: 01582 726 152

Website: [www.noahenterprise.org](http://www.noahenterprise.org)

Email: [academy@noahenterprise.org](mailto: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](mailto:contact@tibbsdementia.co.uk)



Total Wellbeing  
Luton

## Total Wellbeing Luton

Tel: 0300 555 4152

Website: [www.totalwellbeingluton.org](http://www.totalwellbeingluton.org)

Email: [info@totalwellbeingluton.org](mailto:info@totalwellbeingluton.org)

## University of Bedfordshire

Tel: 01234 400 400 Website

[www.beds.ac.uk](http://www.beds.ac.uk)

Email: [study@beds.ac.uk](mailto:study@beds.ac.uk)



Wildlife Trust for  
Beds, Cambs  
& Northants

## Wildlife Trust for Beds, Cambs and Northants

Tel: 07874 895 633

Website: [www.wildlifebcb.org](http://www.wildlifebcb.org)

Email: [bedfordshire@wildlifebcbn.org](mailto:bedfordshire@wildlifebcbn.org)



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

Wheatfield Surgery  
Houghton Regis Medical Centre  
Toddington Medical Centre



Dunstable Football Club



01234 263 621 or 01582 708 917

Page 43



[elft.recoverycollege@nhs.net](mailto: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**



# Notes





# Planning for the Autumn term !





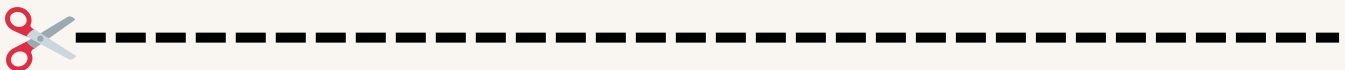
# More Information

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

- Understand your needs and challenges.
- Make a plan to help you access our workshops.
- Support you to make plans for you and your future.

To book your appointment for your ILP contact us at [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) or tick the box when you complete the Registration Form. We will contact you to arrange this.

## TEAR OFF SLIP



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

Name: \_\_\_\_\_

Email Address \_\_\_\_\_

Home number: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Address: \_\_\_\_\_

**3 Woburn Road, Bedford MK40 1EG**

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

# Our Agreement

To participate you must uphold our agreement to:

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



Facebook; @rcluton



Instagram; @Beds&Luton Recovery College



Twitter; @RC\_BedsLuton



01234 263 621 or 01582 708 917

Page 48



[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)