

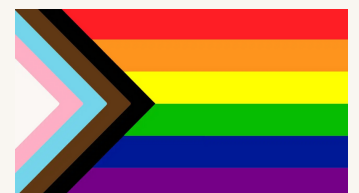


Bedfordshire & Luton Recovery College Prospectus

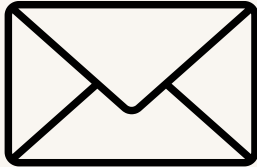
Autumn Term

September - December 2023

Summary Version



How to contact us



If you have previously enrolled, welcome back! Book classroom and online courses and workshops by emailing us at: elft.recoverycollege@nhs.net

If you would like further information or would like to speak to us in person, do call us or visit our offices.



3 Woburn Road, Bedford. MK40 1EG Tel: 01234 263 621
Monday - Friday 9am - 5pm

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

Tuesday 9am - 5pm
Thursday 12pm - 5pm
Friday 9am - 5pm



If you wish to download our prospectus please click this link:
<https://tinyurl.com/44d8hjf2>
or scan the QR Code.

SCAN ME



If you are new to the Recovery College and have never enrolled online before, welcome! Please click this link below to enrol:
<https://tinyurl.com/yckmucw5>
or scan the QR Code.

SCAN ME



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.

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Our Location

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

Castle Newnham School, Polhill Avenue, Bedford. MK41 0DT

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

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

Milner Court, Wenlock Street, High Town, Luton. LU2 0NL

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

Recovery College, 3 Woburn Road, Bedford. MK40 1EG

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

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

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

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

The Grove Corner Youth and Community Centre, 76A High Street North, Dunstable. LU5 1JF

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

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

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

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

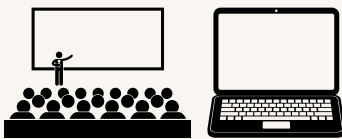


How to use our Prospectus



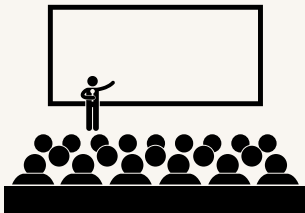
Online Courses & Workshops

This symbol indicates courses are delivered online.



Classroom & Online Courses & Workshops

This symbol indicates courses are delivered in the classroom & online simultaneously.



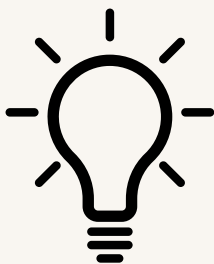
Classroom Courses & Workshops

This symbol indicates the courses are delivered in the classroom.



Our Partners

This symbol indicates courses are delivered by our partners and need to be booked through them directly.



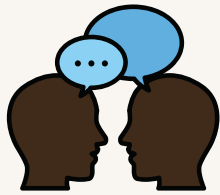
New Courses and Workshops

This symbol indicates our new courses and workshops.

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>



Online Courses & Workshops



Action on Addiction

Wednesday 27 September 14:00 - 15:30

Location: Online

Tutor(s): Tony Isles

Learn
New Skills



Learn
New Skills



Are you Exhausted

Monday 2 October 12:30 - 13:30

Monday 6 November 12:30 - 13:30

Monday 11 December 12:30 - 13:30

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

01234 350 704 or 01234 214 871

www.autismbedfordshire.net

Connect



Learn
New Skills



Care Pathways

Monday 18 September 11:00 - 12:30

Location: Online

Tutor(s): Sara McClurg/Manjeet Gill Saini

Carers Information and Support Programmes



Book your place by contacting our partner directly

Alzheimer's Society

luton@alzheimers.org.uk

01582 320 224

Held at various venues and Online

Learn
New Skills



Compassionate Friends Skills Workshop



Book your place by contacting our partner directly

Keech Hospice Care

Karen.Hibbert@keech.org.uk;

01582 497 815

www.keech.org.uk/education



01234 263 621 or 01582 708 917

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elft.recoverycollege@nhs.net

Online Courses & Workshops



Dispelling Myths - Growing Older and Mental Health

Tuesday 7 November 14:30 - 16:00

Location: Online

Tutor(s): Sara McClurg/Debbie Brathwaite

Learn
New Skills



Connect



Learn
New Skills



Connect



Domestic Abuse and Mental Health (Women Only)

Thursday 5 October 12:30 - 14:00

Tuesday 28 November 10:00 - 11:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Connect



Finding the Inner Me

Wednesday 13 September - 11 October 14:30 - 16:00

Location: Online

Tutor(s): Amit Shenmar/Debbie Brathwaite

Learn
New Skills



Connect



Finding Your Neurodiverse Strength

Monday 25 September 12:30 - 13:30

Monday 30 October 12:30 - 13:30

Monday 4 December 12:30 - 13:30

Location: Online

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

Learn
New Skills



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

Friday 29 September 12:30 - 14:00

Wednesday 6 December 13:00 - 14:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Learn
New Skills



Improving Sleep

Monday 9 October 12:30 - 13:30

Monday 13 November 12:30 - 13:30

Location: Online

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



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Online Courses & Workshops



Journaling for Wellbeing

Tuesday 12 September & Wednesday 13 September 14:30 - 16:00

Tuesday 5 December & Wednesday 6 December 14:30 - 16:00

Location: Online

Tutor(s): Clare Essex

Learn
New Skills



Connect



Take Notice



Learn
New Skills



Connect



Learn to Love Yourself

Tuesday 19 September - 10 October 10:00 - 11:00

Location: Online

Tutor(s): Amit Shenmar/Debbie Brathwaite

Learn
New Skills



Lesbian or Gay in Need of Support (Women Only)

Friday 6 October 12:30 - 14:00

Wednesday 22 November 18:00 - 19:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Connect



LGBTQ+ and Allies - Being Me!

Monday 25 September 14:30 - 16:00 - Being An Ally and Knowing Your Flags

Monday 30 October 14:30 - 16:00 - Bisexuality Awareness and Planning

Monday 27 November 14:30 - 16:00 - Should The 'T' Be Separate? and Trans Safety

Monday 11 December 14:30 - 16:00 - LGBTQ+ in TV & Movies and Short Film/Clip

Location: Online

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

Connect



Take Notice



Active



Living Well with a Long Term Condition

Wednesday 27 September & Thursday 28 September 14:30 - 15.30

Wednesday 11 October & Thursday 12 October 14:30 - 15.30

Location: Online

Tutor(s): Clare Essex

Connect



Living Well with Dementia



Book your place by contacting our partner directly

Alzheimer's Society

luton@alzheimers.org.uk

01582 320 224



01234 263 621 or 01582 708 917

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Online Courses & Workshops



Medication and Mental Health (Women Only)

Wednesday 4 October 18:00 - 19:30

Friday 8 December 12:00 - 13:30

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Learn New Skills



Learn New Skills



Connect



Give



Meditation with Petar

Friday 15 September - 15 December 13:00 - 14:00

Location: Online

Tutor(s): Claire Cooper/Petar Djukic

Men's Health and Wellbeing

Thursday 14 September - 5 October 15:00 - 16:00

Thursday 19 October - 9 November 15:00 - 16:00

Thursday 23 November - 14 December 15:00 16:00

Location: Online

Tutor(s): Anthony Barron/Stuart Gill

Learn New Skills



Connect



Give



Men's Talk Monday - With The Diverse Cultures Team

Monday 18 September - 18 December 14:00 15:30

Location: Online

Tutor(s): Manjeet Gill Saini

No Session On:
9 October
23 October
20 November
27 November

Learn New Skills



Connect



Give



Musical Memories - PlaylistforLife Awareness Workshop



Book your place by contacting our partner directly

Keech Hospice Care

Karen.Hibbert@keech.org.uk

01582 497 815

www.keech.org.uk/education

Learn New Skills



Give



Learn New Skills



Connect



Neurodiversity – What is That?

Tuesday 7 November - 12 December 10:00 - 11:30

Location: Online

Tutor(s): Dianne Thomas/Pat Moyce



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Online Courses & Workshops



Rethinking Your Routine

Wednesday 20 September & Thursday 21 September 14:30 - 16:00

Tuesday 14 November & Wednesday 15 November 14:30 - 16:00

Location: Online

Tutor(s): Clare Essex

Learn New Skills



Connect



Take Notice



Active



Give



Learn New Skills



Shout and Whisper

Wednesday 15 November - 6 December 19:00 - 20:30

Location: Online

Tutor(s): Amit Shenmar/Thomas Irvine

Spoken English in the Community



Book your place by contacting our partner directly

Noah Enterprise

bedfordacademy@noahenterprise.org

01234 863 123

Learn New Skills



Learn New Skills



Struggling with the Menopause? (Women Only)

Wednesday 27 September 18:30 - 20:00

Location: Online

Tutor(s): Luton All Women's Centre/Nicky Pascale

Learn New Skills



Connect



Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Monday 18 September 12:30 - 13:30

Monday 27 November 12:30 - 13:30

Location: Online

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

Learn New Skills



Connect



Thriving with Dyslexia

Monday 11 September 12:30 - 13:30

Monday 16 October 12:30 - 13:30

Monday 20 November 12:30 - 13:30

Location: Online

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



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Online Courses & Workshops



Understanding Anxiety

Tuesday 19 September 14:30 - 16:00
Tuesday 7 November 14:30 - 16:00
Location: Online
Tutor(s): Clare Essex

Learn New Skills



Connect



Take Notice



Active



Uplift - Mindset Movement Course



Book your place by contacting our partner directly

Emma Foxley

info@letsgetgoingcic.com

07763 944 587

Voice Box

Thursday 7 September - 21 December 14:00 - 15:30
Location: Online
Tutor(s): Kyle McDonald/Rosie Rice

Learn New Skills



Connect



Give



Take Notice



Learn New Skills



Connect



Give



Women's Group - With The Diverse Cultures Team

Tuesday 12 September - 12 December 13:00 - 14:00
Location: Online
Tutor(s): Manjeet Gill Saini/Jass Gill

No Session On:
24 October
31 October

Your Digital Memories Matter



Book your place by contacting our partner directly

Keech Hospice Care

Karen.Hibbert@keech.org.uk;

01582 497 815

www.keech.org.uk/education

Learn New Skills



Connect



Give



Take Notice



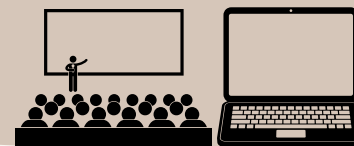
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Classroom & Online Courses & Workshops



Carers Wellbeing Course

Friday 3 November - 17 November 12:00 - 14:00

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

Tutor(s): Dianne Thomas/Catherine Aganoglu



Learn
New Skills



Connect



Connect



Take Notice



Childlessness

Friday 22 September - 13 October 12:00 - 13:30

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

Tutor(s): Dianne Thomas/Haneefah Muhammad

Communication 101

Wednesday 13 September - 8 November 13:00 - 14:30

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Rosie Rice

Learn
New Skills



Connect



Take Notice



Learn
New Skills



Exploring Loss

Tuesday 17 October 13:00 - 15:00

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Tara Curtis/Joginder Khinder

Learn
New Skills



Exploring Loss from a Spiritual Aspect

Tuesday 21 November 13:00 - 15:00

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Tara Curtis/Joginder Khinder

Learn
New Skills



Exploring Loss of a Baby or Child

Tuesday 31 October 13:00 - 15:00

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Tara Curtis/Joginder Khinder



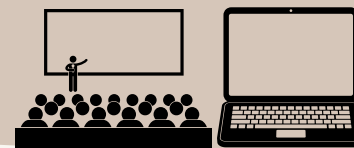
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Classroom & Online Courses & Workshops



Exploring Loss of a Pet

Tuesday 28 November 13:00 - 15:00

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Tara Curtis/Joginder Khinder/Rob Lock



Learn New Skills



Learn New Skills



Expressive Writing – Royal Literary Fund

Thursday 21 September - 12 October 12:00 - 13:30

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

Tutor(s): Dianne Thomas/Tara Curtis/Tanveer Siyan/Anna Reynolds (RLF Writer)



Learn New Skills



Connect



Take Notice



Healthy Relationships

Tuesday 12 September - 7 November 13:00 - 14:30

Location: 3 Woburn Road, Bedford. MK40 1EG/Online

Tutor(s): Carl Ramsey

Learn New Skills



Introduction to Dementia

10:00 - 15:30

Location: TBC

Tutor(s): Tony Isles/Anita Olson/Lisa Head (Carers in Bedfordshire)
Hilary Tuohy (Age UK Bedfordshire)/
Sarah Russell (Tibbs Dementia Foundation)

Let's Talk Physical Health - Asthma

Tuesday 26 September 14:30 - 16:00

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

Tutor(s): Dianne Thomas/Joginder Khinder

Learn New Skills



Learn New Skills



Let's Talk Physical Health - Chronic Obstructive Pulmonary Disease (COPD)

Tuesday 10 October 14:30 - 16:00

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

Tutor(s): Dianne Thomas/Joginder Khinder/Hayley Bradshaw (Community Clinical Nurse Specialist)



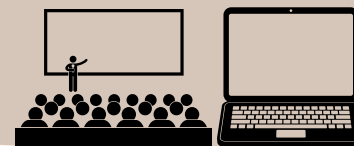
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Classroom & Online Courses & Workshops



Let's Talk Physical Health - Diabetes

Tuesday 17 October 14:30 - 16:00

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

Tutor(s): Dianne Thomas/Joginder Khinder

Learn
New Skills



Learn
New Skills



Let's Talk Physical Health - Fibromyalgia

Tuesday 5 December 14:30 - 16:00

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

Tutor(s): Dianne Thomas

Learn
New Skills



Let's Talk Physical Health - Menopause

Tuesday 3 October 14:30 - 16:00

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

Tutor(s): Dianne Thomas

Learn
New Skills



Rheumatoid Arthritis

Tuesday 12 September 14:30 - 16:00

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

Tutor(s): Dianne Thomas

Learn
New Skills



Seasonal Affective Disorder (SAD)

Thursday 12 October 10:00 - 12:00

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

Tutor(s): Amit Shenmar/Joginder Khinder/Dr Baljit

Learn
New Skills



Let's Talk Physical Health - Sickle Cell

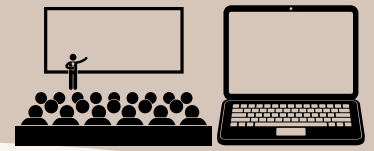
Tuesday 19 September 14:30 - 16:00

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

Tutor(s): Dianne Thomas/Joginder Khinder



Classroom & Online Courses & Workshops



Let's Talk Physical Health - Tinnitus

Tuesday 14 November 14:30 - 16:00

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

Tutor(s): Dianne Thomas/Joginder Khinder/Kate Lawson



Learn
New Skills



Learn
New Skills



Connect



Take Notice



Let's Talk Wellbeing - Wellness Recovery Action Plan

Monday 18 September 14:30 - 16:00

Location: Online

Tutor(s): Sally Wilkin/Nicky Pascale

Making Sense of Anger

Tuesday 31 October - 28 November 14:30 - 16:00

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

Tutor(s): Tara Curtis/Amit Shenmar

Learn
New Skills



Connect



Learn
New Skills



Connect



Making Sense of Emotions

Friday 15 September - 13 October 10:00 - 11:30

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

Tutor(s): Amit Shenmar

Learn
New Skills



Making Sense of Financial Health

Thursday 30 November - 7 December 12:00 - 13:00

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

Tutor(s): Nicky Pascale

Give



Music Through Memories

Wednesday 1 November - 15 November 10:00 - 11:30

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

Tutor(s): Amit Shenmar/Fiona Thompson



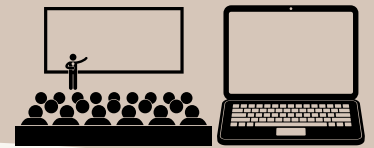
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Classroom & Online Courses & Workshops



Music, Comedy and Wellbeing

Tuesday 31 October - 14 November 10:00 - 11:30
Location: Luton Central Library, 2nd Floor, St George's Square,
Luton. LU1 2NG/Online
Tutor(s): Amit Shenmar/Adwoa Sarpomaa Date-Bah/Tanveer Siyan



Take Notice



Navigating Recovery College and Moving Forward

Tuesday 19 September 11:30 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG/Online
Tutor(s): Sara McClurg/Anthony Barron

Poetry in Emotions

Friday 3 November - 8 December 10:00 - 12:00
Location: Luton Central Library, 2nd Floor, St George's Square,
Luton. LU1 2NG/The Lighthouse, Whichellos Wharf, The Elms, Stoke
Road, Leighton Buzzard. LU7 2TD/Online
Tutor(s): Dianne Thomas/Tara Curtis/Haneefah Muhammad



Learn New Skills



Connect

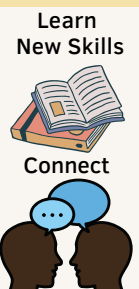


Total Wellbeing - Assertiveness

Tuesday 3 October 12:00 - 13:00
Location: Luton Central Library, 2nd Floor, St George's Square,
Luton. LU1 2NG/Online
Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Total Wellbeing - Coping with Festive Season

Tuesday 5 December 12:00 - 13:00
Location: Luton Central Library, 2nd Floor, St George's Square,
Luton. LU1 2NG/Online
Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services



Learn New Skills



Connect

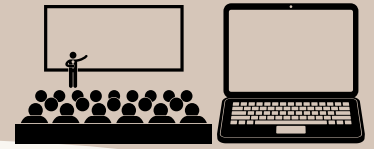


Total Wellbeing - Depression and Anxiety

Tuesday 10 October 12:00 - 13:00
Location: Luton Central Library, 2nd Floor, St George's Square,
Luton. LU1 2NG/Online
Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services



Classroom & Online Courses & Workshops



Total Wellbeing - Employment Anxiety

Tuesday 17 October 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Learn
New Skills



Connect



Total Wellbeing - Grief

Tuesday 21 November 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Total Wellbeing - Loneliness

Tuesday 12 September 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Total Wellbeing - Long Covid

Tuesday 19 September 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Total Wellbeing - Low Mood

Tuesday 26 September 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Total Wellbeing - Mindfulness

Tuesday 31 October 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services



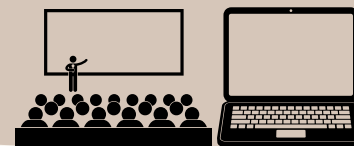
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Classroom & Online Courses & Workshops



Total Wellbeing - Needle Phobia

Tuesday 7 November 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Learn
New Skills



Connect



Total Wellbeing - Panic Attacks

Tuesday 12 December 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Total Wellbeing - Seasonal Affective Disorder (SAD)

Tuesday 28 November 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services

Learn
New Skills



Connect



Total Wellbeing - Self-Esteem

Tuesday 14 November 12:00 - 13:00

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

Tutor(s): Amit Shenmar/Total Wellbeing Luton IAPT Services



Dispelling Myths: Growing Older & Mental Health

I am very thankful as well as learnt so many things which I don't know, all the staff members are very kind, nice. My overall experience with them excellent.



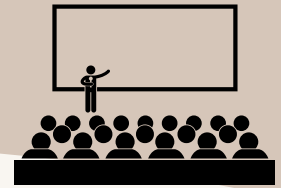
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Classroom Courses & Workshops Bedford



Active Outdoors

Tuesday 12 September - 10 October 12:00 - 14:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Joginder Khinder


No Session On:
19 September



Learn
New Skills



Connect



Activity and Goal Setting

Monday 25 September & Tuesday 26 September 11:30 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg

Art and Craft Co-Operative

Monday 11 September - 11 December 10:00 - 12:30
Location: Jubilation Community Centre, Moulton Avenue,
Bedford. MK42 OHL
Tutor(s): Sam Fossey/Claire Cooper

Learn
New Skills



Learn
New Skills



Connect



Take Notice



Active



Give



Art and it's Creative Outlet for Good Mental Health

Thursday 14 September - 5 October 11:30 - 13:30
Thursday 19 October - 9 November 11:30 - 13:30
Thursday 23 November - 14 December 11:30 - 13:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Anthony Barron/Geoff Benett

Learn
New Skills



Connect



Give



Art Led Peer Support

Monday 18 September - 11 December 09:30 - 11:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Heidi Quinn/Janet Goodman

Learn
New Skills



Connect



Take Notice



Active



Give



Art Movements Throughout History

Tuesday 12 September - 3 October 13:30 - 15:30
Tuesday 17 October - 7 November 13:30 - 15:30
Tuesday 21 November - 12 December 13:30 - 15:30
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Anthony Barron



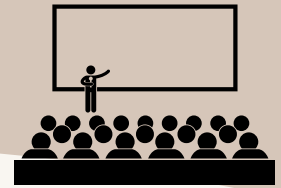
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www.autismbedfordshire.net

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Basic Maths for the Workplace



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01234 863 123

Bedford Food for Thought



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07805 739 238
roots@penrose.org.uk

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Compassionate Friends Skills Workshop



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Karen.Hibbert@keech.org.uk;
01582 497 815
www.keech.org.uk/education

Computer Skills for Beginners



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Take Notice



Active



Give



Dementia Friends

Wednesday 4 October 11:30 - 13:00
Location: 3 Woburn Road, Bedford. MK40 1EG
Tutor(s): Sara McClurg



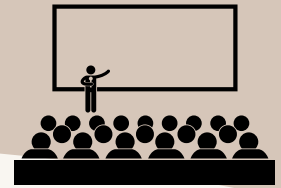
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Dispelling Myths - Growing Older and Mental Health

Wednesday 8 November 12:00 - 14:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg

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New Skills



Dispelling Myths - Understanding Hearing Voices

Wednesday 11 October 13:30 - 16:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg

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English in the Community



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For the Love of Light - Photographic Portraits

Monday 30 October - 4 December 12:00 - 13:30

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg/Mark De Gietelink

Learn
New Skills



Get Outdoors, Get Active

Tuesday 7 November - 21 November 10:00 - 14:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Kealey Henderson (Groundwork East)



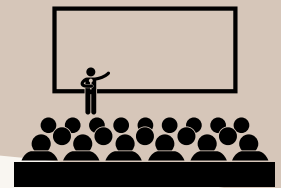
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Classroom Courses & Workshops Bedford



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Active



Learn
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Take Notice



Active



Give



Learn to Play Brass

Monday 11 September - 11 December 18:15 - 19:15

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

Tutor(s): Martin Orr (Mid Bedfordshire Community Mental Health)



No Session On:
23 October

Men's Forum for Mental Health

Monday 11 September - 2 October 14:00 - 15:30

Monday 16 October - 6 November 14:00 - 15:30

Monday 20 November - 11 December 14:00 - 15:30

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Anthony Barron/Geoff Bennet

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New Skills



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Give



Learn
New Skills



Connect



Give



Men's Group - With The Diverse Culture Team

Monday 11 September - 18 December 11:00 - 12:30

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Manjeet Gill Saini/Abul Subhan



New

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New Skills



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Take Notice



Active



Give



Model Making

Wednesday 20 September - 25 October 10:00 - 12:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Rob Lock/Geoff Bennett

Learn
New Skills



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Active



Movement for Wellbeing - With The Diverse Culture Team

Wednesday 13 September - 13 December 13:30 - 15:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Manjeet Gill Saini/Jasswinder Gill



No Session On:
25 October



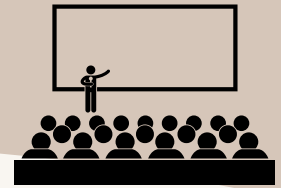
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Classroom Courses & Workshops Bedford



Self Discovery Through Writing

Monday 2 October & Tuesday 3 October 11:30 - 13:30

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg/Debbie Brathwaite

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New Skills



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Learn
New Skills



Connect



Take Notice



Self-Belief

Tuesday 3 October 10:30 - 12:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Clare Essex

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New Skills



Connect



Give



The Benefits of Knitting and Crochet for Mental Health and Wellbeing

Monday 18 September - 11 December 11:30 - 13:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Heidi Quinn/Janet Goodman

Connect



Wellness Recovery Action Planning (WRAP) Create your own Plan

Wednesday 20 September - 1 November 11:00 - 13:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Sara McClurg/Fiona Thompson



No Session On:
4 October

Women's Group - with The Diverse Culture Team

Wednesday 13 September - 13 December 11:00 - 13:00

Location: 3 Woburn Road, Bedford. MK40 1EG

Tutor(s): Manjeet Gill Saini/Jass Gill



No Session On:
25 October

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Give



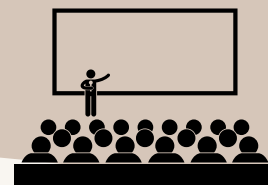
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Basic Maths for the Workplace



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Chums and Crumbs



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Vicky 07305 178 465 (Social Prescribers)



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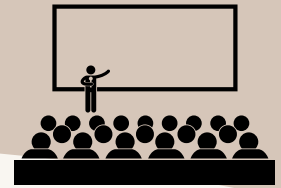
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Classroom Courses & Workshops Central Bedfordshire



Get Outdoors, Get Active

Wednesday 11 October - 1 November 10:00 - 14:00

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

Tutor(s): Tara Curtis/Kealey Henderson (Groundwork East)

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Pain Management

Date and Time TBC

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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S.O.U.L - Support, Optimism, Understanding, Laughter



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Shelley Willingale

sawillingale@gmail.com

07367 580 390

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Sphere at the Glider



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Angie Mills

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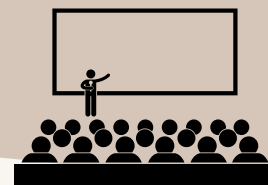
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Classroom Courses & Workshops Central Bedfordshire



Talking Therapies - Anxiety

Wednesday 20 September 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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Talking Therapies - Coping with the Festive Season

Wednesday 13 December 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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Talking Therapies - Loneliness

Wednesday 18 October 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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Talking Therapies - Long Covid

Wednesday 8 November 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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New Skills



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Talking Therapies - Low Mood

Wednesday 6 September 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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Talking Therapies - Mindfulness

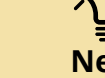
Wednesday 6 December 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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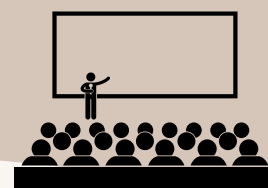
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Classroom Courses & Workshops Central Bedfordshire



Talking Therapies - Panic Attacks

Wednesday 4 October 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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Talking Therapies - Post Traumatic Stress Disorder (PTSD)

Wednesday 15 November 10:00 - 11:00

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

Tutor(s): Tara Curtis/Charlotte Beck (Talking Therapies)



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Walking Football Wednesday's



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walkingfootball.dunstabletownfc@gmail.com



Learn
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Connect



Walking Football Friday's



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Connect



Wellbeing Course - Biggleswade

Tuesday 12 September - 12 December 10:30 - 12:30

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

Tutor(s): Sam Fossey/Claire Cooper

Connect



Wellbeing Course - Sandy

Tuesday 12 September - 12 December 13:00 - 14:30

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

Tutor(s): Sam Fossey/Claire Cooper



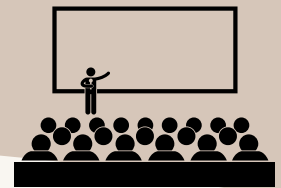
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Classroom Courses & Workshops Central Bedfordshire



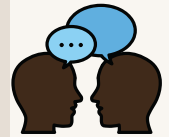
Wellbeing Course - Stotfold

Wednesday 13 September - 13 December 13:00 - 14:30

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

Tutor(s): Sam Fossey/Claire Cooper

Connect



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Active



Yoga for Chronic Pain



Book your place by contacting our partner directly

Alex Flatman

info@reconnectyoga.co.uk

www.reconnectyoga.co.uk/



Expressive Writing – Royal Literary Fund

This Course has honestly been so brilliant and I have thoroughly enjoyed every moment. I really was not sure what to expect when I signed up, I thought it would be a good way to help better articulate myself, but it has given me so much more than that. Each and every week I've been looking forward to these sessions and I am gutted that it has now come to an end. It has really shown me something so simple can take you imaginatively away from the world for an hour and a half each week. It's been so delightful to hear everyone's take on such a simple 'Seasons' concept. I

can not thank each and everyone enough that was a part of producing and delivering this course to us. I definitely will be signing up for any future ones that should occur.



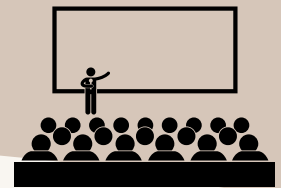
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Classroom Courses & Workshops Luton



Art Therapy Butterfly Project

Thursday 14 September - 14 December 10:00 - 11:30

Location: To be confirmed on registration

Tutor(s): Moriam Grillo (Art Psychotherapist)



No Session On:
28 September
26 October

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Alzheimer's Society

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01582 320 224

Held at various venues and Online

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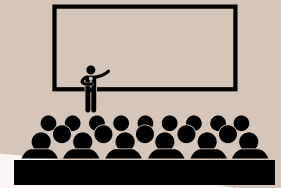
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Cooking on a Budget



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Take Notice



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Crafts and Maths



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Drama Course - Three Minute Monologues

Thursday 28 September - 7 December 14:30 - 16:30
Location: Luton Central Library, 2nd Floor, St.George's Square,
Luton. LU1 2NG
Tutor(s): Dianne Thomas



No Session On:
26 October
2 November

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English for Beginners



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Five ways to wellbeing



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New

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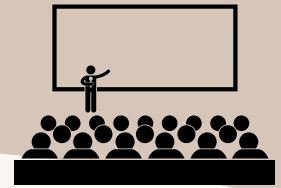
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Learn
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Connect



Active



Give



Learn
New Skills



Connect



Active



Get Outdoors, Get Active

Monday 11 September - 2 October 10:00 - 14:00

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

Tutor(s): Amit Shenmar/Kealey Henderson (Groundwork East)

Learn
New Skills



Connect



Active



ICT Computer Classes The Basics



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Let's Talk Wellbeing - Anger

Monday 30 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Budgeting

Monday 11 September 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar



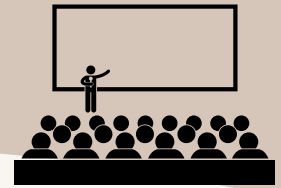
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Classroom Courses & Workshops Luton



Let's Talk Wellbeing - Emotions

Monday 18 September 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

Learn
New Skills



Learn
New Skills



Let's Talk Wellbeing - Food and Wellbeing

Monday 25 September 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

Learn
New Skills



Let's Talk Wellbeing - Goal Setting

Monday 2 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Journalling

Monday 9 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Long Term Health Conditions

Monday 16 October 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Motivation

Monday 6 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar



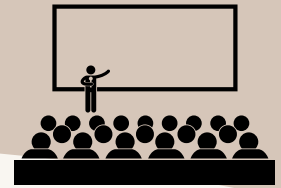
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Classroom Courses & Workshops Luton



Let's Talk Wellbeing - Relationships

Monday 13 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Scrap Booking

Monday 11 December 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Sleep

Monday 20 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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Let's Talk Wellbeing - Stress

Monday 27 November 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

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New Skills



Let's Talk Wellbeing - Thinking Creatively

Monday 4 December 12:00 - 13:30

Location: Milner Court, Wenlock Street, High Town, Luton. LU2 ONL

Tutor(s): Amit Shenmar

Connect



Living Well with Dementia



Book your place by contacting our partner directly

Alzheimer's Society

luton@alzheimers.org.uk

01582 320 224



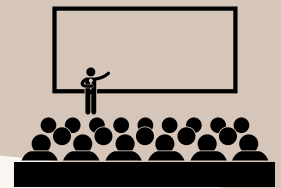
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Classroom Courses & Workshops Luton



Luton Language Café



Book your place by contacting our partner directly
Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152

Connect



Learn
New Skills



Managing Your Mental Health for the Workplace



Book your place by contacting our partner directly
Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152



Managing Your Mental Health in Difficult Times



Book your place by contacting our partner directly
Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152



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New Skills



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Money Matters



Book your place by contacting our partner directly
Luton Adult Learning
passport@lutonac.ac.uk
[01582 490 033](tel:01582490033)
www.lutonac.ac.uk

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New Skills



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Active



Passport to Childcare



Book your place by contacting our partner directly
Luton Adult Learning
passport@lutonac.ac.uk
[01582 490 033](tel:01582490033)
www.lutonac.ac.uk

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Passport to Supporting in Schools



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passport@lutonac.ac.uk
[01582 490 033](tel:01582490033)
www.lutonac.ac.uk



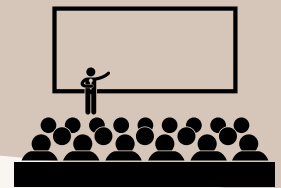
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Classroom Courses & Workshops Luton



Recycle-a-Bike



Book your place by contacting our partner directly
Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

Learn
New Skills



Learn
New Skills



Roots to Recovery



Book your place by contacting our partner directly
Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

Roots to Success



Book your place by contacting our partner directly
Penrose - Roots to Recovery
samantha.smith@penrose.org.uk
07805 739 238
roots@penrose.org.uk

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Sew Mindful



Book your place by contacting our partner directly
Noah Enterprise
lutonacademy@noahenterprise.org
01582 726 152

Sewing and Maths



Book your place by contacting our partner directly
Luton Adult Learning
passport@lutonac.ac.uk
01582 490 033
www.lutonac.ac.uk

Learn
New Skills



Connect



Take Notice



Active



Learn
New Skills



Skills and CV



Book your place by contacting our partner directly
Luton Adult Learning
passport@lutonac.ac.uk
01582 490 033
www.lutonac.ac.uk



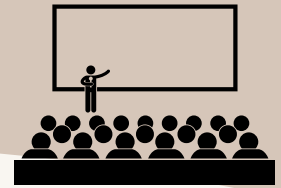
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Classroom Courses & Workshops Luton



Staying safe online



Book your place by contacting our partner directly

Luton Adult Learning
passport@lutonacl.ac.uk
[01582 490 033](tel:01582490033)
www.lutonacl.ac.uk

Learn
New Skills



Learn
New Skills



Struggling with the menopause? (Women Only)

Tuesday 28 November 12:30 - 14:00

Location: Suite 2, The Spires, 1 Adelaide Street, Luton. LU1 5BB

Tutor(s): Luton All Women's Centre



New

Your Digital Memories Matter



Book your place by contacting our partner directly

Keech Hospice Care
Karen.Hibbert@keech.org.uk;
[01582 497 815](tel:01582497815)
www.keech.org.uk/education

Learn
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Active



Give



Hearing Voices

It was very good to hear more information about hearing voices and to have an opportunity to speak to others who have been through similar experience. Very well facilitated giving people time to talk whilst also navigating through a lot of material.



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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

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



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Dunstable Football Club
Stevenage Leisure Ltd
Tel: 01438 353 241
Website: www.sll.co.uk
Email: enquiries@sll.co.uk



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

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



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The Higgins Bedford

Tel: 01234 718 618

Website: www.thehigginsbedford.org.uk

Email: thehiggins@bedford.gov.uk



The Lighthouse

Website: www.elft.nhs.uk/service

Email: elft.thelighthouse@nhs.net

The Noah Academy

Tel: 01582 726152

Website: www.noahenterprise.org

Email: academy@noahenterprise.org



Tibbs Dementia Foundation

Tel: 01234 210 993

Website: <https://tibbsdementia.co.uk>

Email: contact@tibbsdementia.co.uk

Total Wellbeing Luton

Tel: 0300 555 4152

Website: www.totalwellbeingluton.org

Email: info@totalwellbeingluton.org



University of Bedfordshire

Tel: 01234 400 400

Website www.beds.ac.uk

Email: study@beds.ac.uk

Wildlife Trust for Beds, Cambs and Northants

Tel: 07874 895 633

Website: www.wildlifebcb.org

Email: bedfordshire@wildlifebcb.org



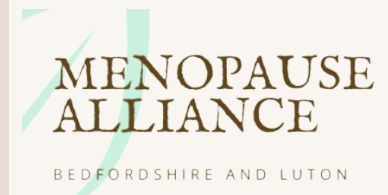
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Menopause Alliance Beds and Luton

Website: www.facebook.com



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



improving the use of energy in building.

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

Reconnect

Website: www.reconnectyoga.co.uk/

Email: info@reconnectyoga.co.uk



Supported by the
Central Bedfordshire Council
Active Communities
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Notes



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THURSDAYS

5.30pm to 9pm



The Bedford Beacon is our out of hours drop in space where all are welcome!

- **Games & activities**
- **Arts & crafts**
- **Creative writing**
- **Drama sessions**
- **Quiz nights**
- **Chilled out space**
- **One-to-one support**
- **Friendly atmosphere**
- **Hot drinks & snacks**

@ THE RECOVERY COLLEGE
3 WOBURN ROAD, BEDFORD MK40 1EG



East London 
NHS Foundation Trust

DO YOU KNOW ANYONE WITH A LEARNING DISABILITY?

Services for People with a Learning Disability (SPLD) are based at Twinwoods and we support people on a referral basis, who might not be able to access mainstream services across Bedfordshire and Luton.

As a service, we are made up of various teams including occupational therapy, physiotherapy, psychology, psychiatry, arts therapy; Sight and hearing, health facilitation, acute liaison and the intensive support team who provide 24/7 support to people with a learning disability experiencing a mental health crisis.

- We know that very often people with a learning disability can struggle to access health care services and face more barriers than others.
- One way to keep people healthy is to encourage them to attend their GP for an Annual Health Check. This is a free health check that someone with a learning disability over the age of 14 can have.

First check that the person is on the Learning Disability Register at their GP Practice, and then request the annual health check.

This link helps to explain more about an annual health check

<https://www.mencap.org.uk/advice-and-support/health/annual-health-checks>

- It is also really important for someone with a learning disability to engage in the national screening programmes which exist.
- We know that very often people with a learning disability are more prone to living with obesity and diabetes, so it is really important to accept any chance to be checked out for these conditions as well as cancer related issues, including bowel, breast and cervical.

**We know that it is often hard to talk about these issues sometimes so if you would like any support then please feel free to contact:
Health Facilitation Team on 01234 310 589**



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



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