



AUTUMN TERM PROSPECTUS

October - December 2023



**Beds and Luton
Discovery College**

"We rise again to see our curiosity emerge as a super power so that the comeback is greater than the setback."



CONTENTS

- ✦ **Our Journey 4**
- ✦ **The Discovery College 5**
- ✦ **Co-Production 6**
- ✦ **Collaboration 7**
- ✦ **Our Agreement 8**
- ✦ **Our Students 9**
- ✦ **Gallery 10**
- ✦ **How to sign up 11**
- ✦ **Courses 12 - 21**
- ✦ **Our Partnerships 22**
- ✦ **Resources 23**
- ✦ **Contact Details 24**

OUR JOURNEY

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

The Discovery College is an NHS service that promotes mental health and wellbeing for young people. We run on a strengths-based model, looking to build on what's strong, rather than focusing on what's wrong.

Encouraging young people's growth is achieved through constant support, trust and relationship building. We have seen young people who start off shy during workshops to then blossoming and engaging freely. Through reflection and co-production we flourish together with the young people.



THE DISCOVERY COLLEGE



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

This Autumn Term the workshops will focus on various themes from Personal Growth, Healthy Relationships, Mental Health and Wellbeing, Life Skills to Creativity.

We welcome carers, relatives, professionals, and friends to join this fantastic opportunity and support young people explore their potential, learn new skills and flourish within their community.

All our workshops will be done in groups either face to face or online. The Discovery College cultivates a non-judgemental environment and allows everyone to share their voice.

CO-PRODUCTION

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

Our **Peer Mentors** are volunteers or young people who may have used services in the past or are currently using some form of support. One of the many skills they possess is the ability to share their lived experience, which will empower other young people, instil optimism and help them to take control of their life.

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



COLLABORATION



The **DisCo School Project** aims to integrate Discovery College work within schools/colleges across Bedfordshire through a series of bespoke face-to-face workshops designed to address the students' needs.

The **Transitions Open Day** is a collaboration with the Beds & Luton Recovery College which welcomes 16 to 25 year olds in Bedfordshire. The event showcases a great opportunity to connect and seek out available resources within the NHS and other services in the community. It is also aimed for professionals to learn from young people's experiences in an attempt to improve the seamless transition from CAMHS to Adult Mental Health Services.

A partnership with Stockwood Academy in Luton has also blossomed with supporting students during their work experience week. This project is in line with the **Raising Aspirations Programme** that enables young people to improve self-worth and wellbeing.

OUR AGREEMENT

TO PARTICIPATE YOU MUST UPHOLD OUR AGREEMENT TO:

- **Maintain confidentiality at all times**
- **Respect what others have to say and their views**
- **Maintain a non-judgemental culture**
- **Be mindful of each others' feelings**

THE DISCOVERY COLLEGE TEAM WILL:

- **Allow space if you need some timeout**
- **Make sure you are comfortable**
- **Create a fair environment**
- **Help you to explore other options**



OUR STUDENTS



"Being part of the Protecting my Bubble Workshop has made me more aware that discussions on boundaries and consent need to be part of our relationships. It has opened my curiosity."

Alexandra - CAMHS professional.

"Participating in the DisCo wellbeing sessions gave me more confidence to engage with people."

Freya, 15 - DisCo student.

"I felt comfortable so felt able to participate more, to speak my mind without judgement. Everyone was able to express their opinions while also accepting others and did not feel that they needed to be influenced by others. It was a friendly environment."

Students at Wixams Academy.

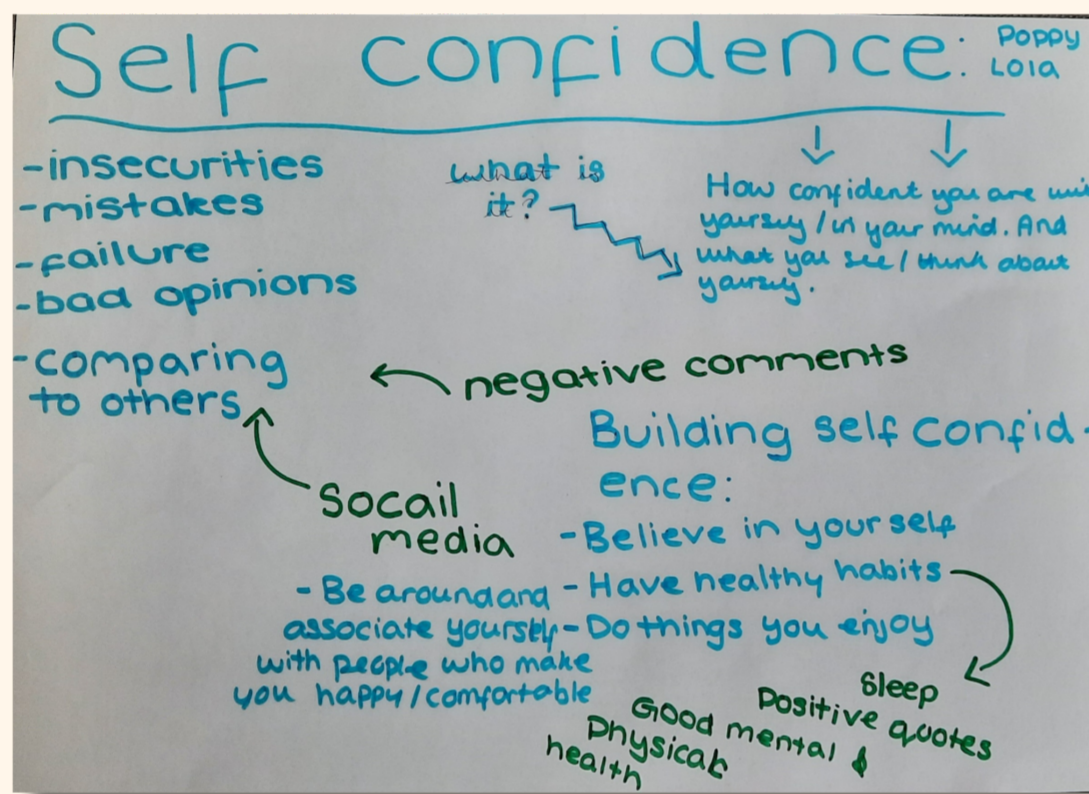
GALLERY



I AM bracelets for the Transitions Open Day, Luton , August 2023



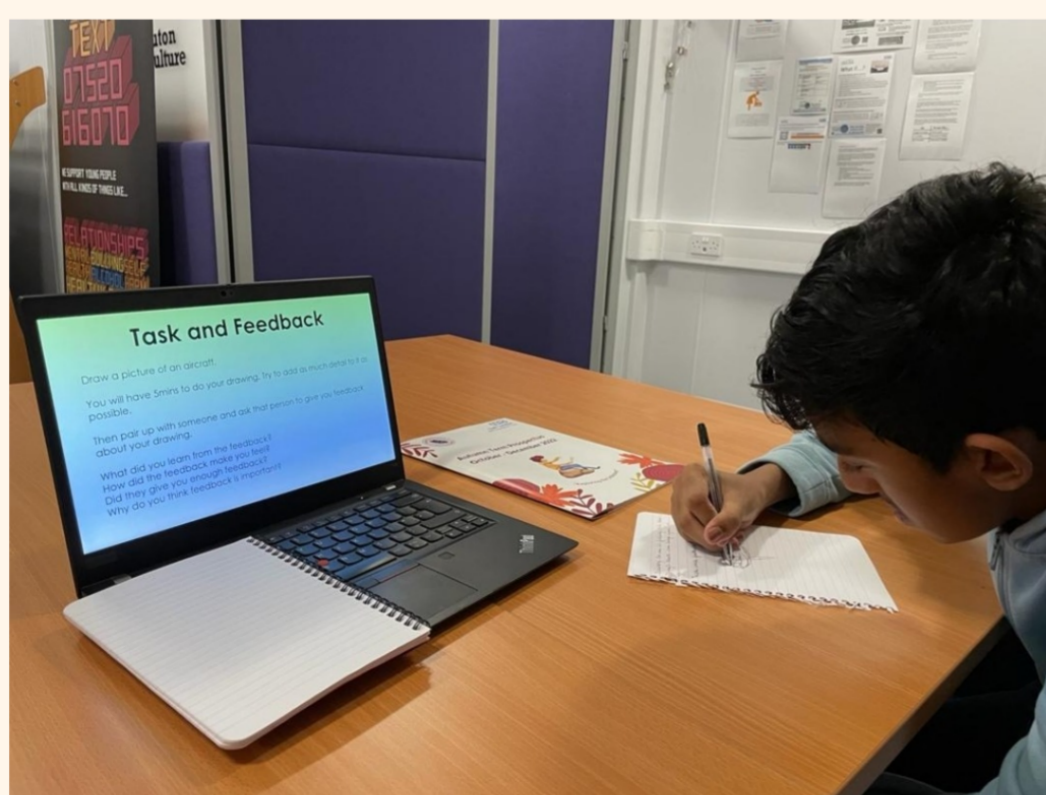
The DisCo Team - Mind the Gap Event, Luton, August 2023



The School Project - Increasing Confidence Workshop, Castle Newnham School, June 2023



Students' creations - Creative Jewellery Workshop, Luton Central Library, August 2023



Leadership Workshop, Luton Central Library, November 2022



The School Project Workshop, Wootton Upper, July 2023

HOW TO SIGN UP

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

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

What's next?

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



Use this QR code to sign up or follow this link:

mindrecovery.net.org.uk/providers_profile/bedford-and-luton-discovery-college/



BUILDING RESILIENCE WORKSHOP

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

The learning process of becoming resilient gives us the knowledge and skills we need to pick ourselves up off the ground if we fall again.

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



Date:

Thursday

12th October

Venue:

Online - Zoom

Time:

5-6.30pm

Facilitators:

Marianne Bahadur

Mihaela Iancu



COMMUNICATING CONFIDENTLY WORKSHOP



Say what you mean, mean what you say, but don't say it mean!

Communicating assertively enables you to respect everyone's needs and rights, including your own, and to maintain boundaries in relationships while helping others feel respected at the same time.

Learn how to express your needs and wants in a respectful way and how to disagree without judging. Use clear communication to develop and maintain healthy relationships.

**Date:
Wednesday
18th October**

**Time:
5-7pm**

**Venue:
Bedford Learning Centre,
Bedford MK40 1RG**

**Facilitators:
Svetlana Victor
Sarah Bateman**





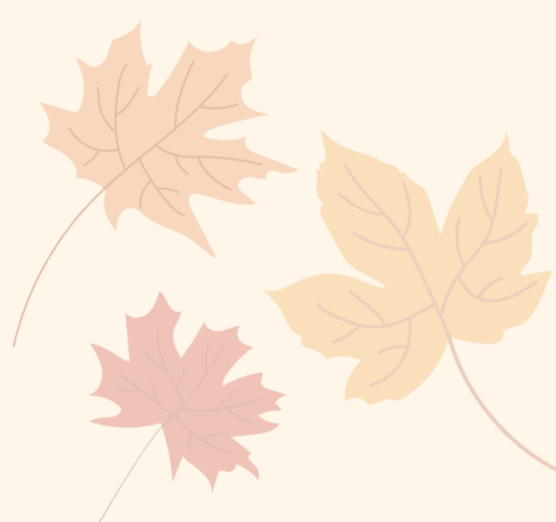
REACHING YOUR POTENTIAL WORKSHOP

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

The process towards achieving a goal is just as important and enjoyable as actually accomplishing the goal.

Learn why it is beneficial to set smaller goals as stepping stones to your destination. Finding meaning is vital for our wellbeing, regardless how big or small our purpose is!

**Date:
Wednesday
25th October**



**Time:
1-3pm**

**Venue:
Kempston Youth Centre,
Kempston
Bedford MK42 8QP**

**Facilitators:
Sarah Bateman
Mihaela Iancu**



SELF-ESTEEM WORKSHOP

Self-Esteem is the engine of our identity. It is a frame of mind that lets you celebrate your strengths and challenge your weaknesses.

Building self-confidence can be the first step in improving your overall wellbeing and self-esteem. The way you look at yourself can impact the way you relate to others. Learn how to navigate through negative self-talk to a more healthier outlook.

**Date:
Wednesday
1st November**

**Venue:
Online - Zoom**

**Time:
5-6.30pm**

**Facilitators:
Ocean-Tae
Mckenna
Sarah Bateman**



LET'S GET MOVING!

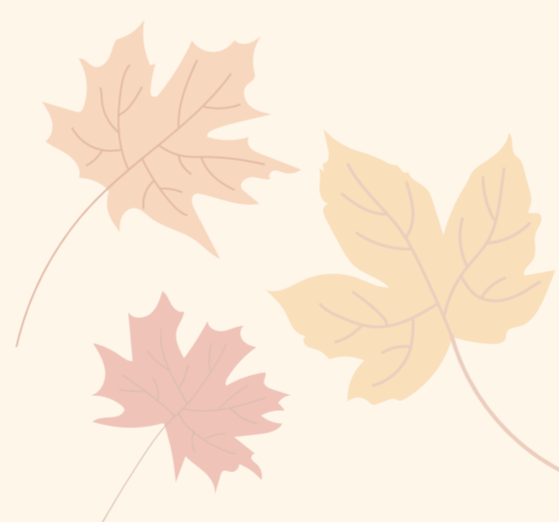
WORKSHOP

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

It decreases stress, boosts a positive state of mind and helps with balancing our emotions.

Join us on this workshop to find out about the benefits of physical activity and how exercising can be a good source of social support.

Date:
Monday
6th November



Time:
5-7pm

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

Facilitators:
Ijaz Rahman
Shiblu Miah



UNDERSTANDING LOW MOOD WORKSHOP



Depression is very present among young people and can impact the way you think, act and feel. While everyone experiences feeling low sometimes, there are tools that can help with improving our mood for a positive outlook on life.

An opportunity to learn about the signs and causes that can lead to low mood. We will also look at different tools to help us manage depression.

**Date:
Wednesday
15th November**

**Venue:
Online - Zoom**

**Time:
5-6.30pm**

**Facilitators:
Jerone Turlunch
Shiblu Miah**





UNDERSTANDING ANXIETY WORKSHOP

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. It can be experienced through our thoughts, feelings and physical sensations.

In this workshop we will gain a deeper understanding on the possible causes of anxiety and how best to manage these feelings. Explore resources that can help you with worries or being fearful of the future.



**Date:
Wednesday
22nd November**

**Time:
5-6.30pm**

**Venue:
Online - Zoom**

**Facilitators:
Rob Bryans
Mihaela Iancu**



CV WRITING AND INTERVIEWING SKILLS WORKSHOP

Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/ working life. An interview gives you the opportunity to set yourself apart from other candidates and expand on the skills that make you the best person for that job.

Explore how enthusiasm, preparation and the STAR model can help you get the job you want.

**Date:
Wednesday
29th November**

**Time:
5-7pm**

**Venue:
Hat Factory Arts Centre
65, 67 Bute St, Luton LU1 2EY**

**Facilitators:
Shana Ryan
Mihaela Iancu**



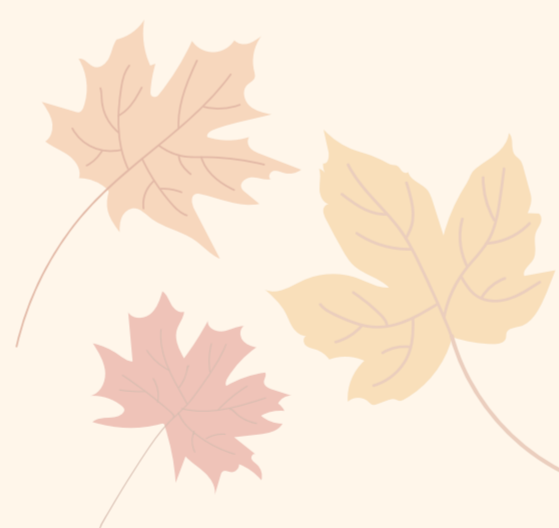
BAKING WORKSHOP

In this workshop we will explore baking as a strategy to look after our wellbeing. It can decrease stress, boost our mood and increase our self-confidence.

Baking is also a great way to connect with others. Food is not just a necessity for survival, it is also an expression of one's self, one's culture and creativity.

You will definitely leave with some tasty treats and a few more skills!

**Date:
Wednesday
6th December**



**Time:
5-7pm**

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

**Facilitators:
Molly Burton
Sarah Bateman**



CREATING JEWELLERY WORKSHOP



This workshop will engage your imagination and develop your dexterity.

Jewellery making can help to alleviate stress by making us focus on the here and now, without worries calling for our attention. It can be seen as an act of self-love because we make time for what nourishes our spirit and relaxes our mind.

Creating jewellery can improve self-awareness, relationships and productivity.

**Date:
Wednesday
13th December**

**Time:
5-7pm**

**Venue:
The Hub (Flitwick Town Council)
Derwent Rise, Flitwick, Bedford
MK45 1QJ**

**Facilitators:
Alexia
Potirniche
Mihaela Iancu**

OUR PARTNERSHIPS

Bedford Learning Centre

Tel no: 01234 291832

bedfordcollegigroup.ac.uk/colleges-and-campuses/the-learning-centres/bedford-learning-centre

Central Bedfordshire College

Tel no: 01582477776

bedfordcollegigroup.ac.uk/central-bedfordshire-college

Hat Factory Arts Centre

Tel no: 01582878100

culturetrust.com/venues/hat-factory-arts-centre

Kempston Youth Centre

Tel no: 01234718667

bedford.gov.uk/social-care-and-health/children-and-families/engagement-and-development/kempston-youth-centre

Link to Change

Tel no: 01480474974

linktochange.org.uk

Luton Central Library

Tel no: 01582 547418

lutonlibraries.co.uk

Recovery College Bedfordshire and Luton

Tel no: 01234 880340

elft.nhs.uk/services/bedfordshire-and-luton-recovery-college

The Hub(Flitwick Town Council)

Tel no: 01525631900

flitwick.gov.uk/living-and-working/youth-hub/

TOKKO Youth Centre

Tel no: 01582 544990

tokko.co.uk



RESOURCES

Be Body Positive

bebodypositive.org.uk

Better Days BLMK

BetterDaysBLMK@hotmail.com

Bedford Local Offer:

localoffer.bedford.gov.uk/kb5/bedford/directory/home.page

Central Bedfordshire SEND Local Offer:

localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page

Luton's Local Offer SEND Information Hub:

directory.luton.gov.uk/kb5/luton/directory/localoffer.page

CHUMS

chums.uk.com/bedfordshire-services

Healthwatch

healthwatchbedfordborough.co.uk

Mind BLMK

mind-blmk.org.uk

Open Door Bedfordshire

bedfordopendoor.org.uk

Samaritans

samaritans.org

The National Self Harm Network

nshn.co.uk

UK Safer Internet Centre

saferinternet.org.uk

Young Person's Sanctuaries in Bedford, Luton and Central Beds

mind-blmk.org.uk/how-we-can-help/crisis-support/young-persons-sanctuary

Wellbeing Apps -Free from Google Play: Calm Harm, Childline, Daylio, Headspace, Youngminds.

CONTACT DETAILS:



For further queries please email:
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Shiblu Miah - Discovery College Lead
shiblu.miah4@nhs.net

Mihaela Iancu - Peer Support Champion
mihaela.iancu1@nhs.net

Sarah Bateman - Peer Support Champion
sarah.bateman6@nhs.net

SEE THE BEAUTY IN CHANGE!



[discoverycollegebedsluton2021](https://www.instagram.com/discoverycollegebedsluton2021)