



East London
NHS Foundation Trust

Bedfordshire and Luton

RECOVERY



College

Rethink
Relearn
Recharge

Prospectus January-March 2024

**Mental health,
recovery &
wellbeing
workshops
and courses**



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download this
prospectus



Your journey starts today

Welcome to Bedfordshire and Luton Recovery College

This prospectus is the
start of your journey
and will cover:

- About us
- How the process works
- How to enrol
- What courses are available

We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

Our courses and workshops focus on mental health well-being and recovery.

They are delivered by people with lived experience and professional experience.

We promote a positive student experience based on the principles of recovery and the values of the University of Bedfordshire and ELFT.

All of our courses and workshops are free of charge.



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Our approach

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

Rethink

Relearn

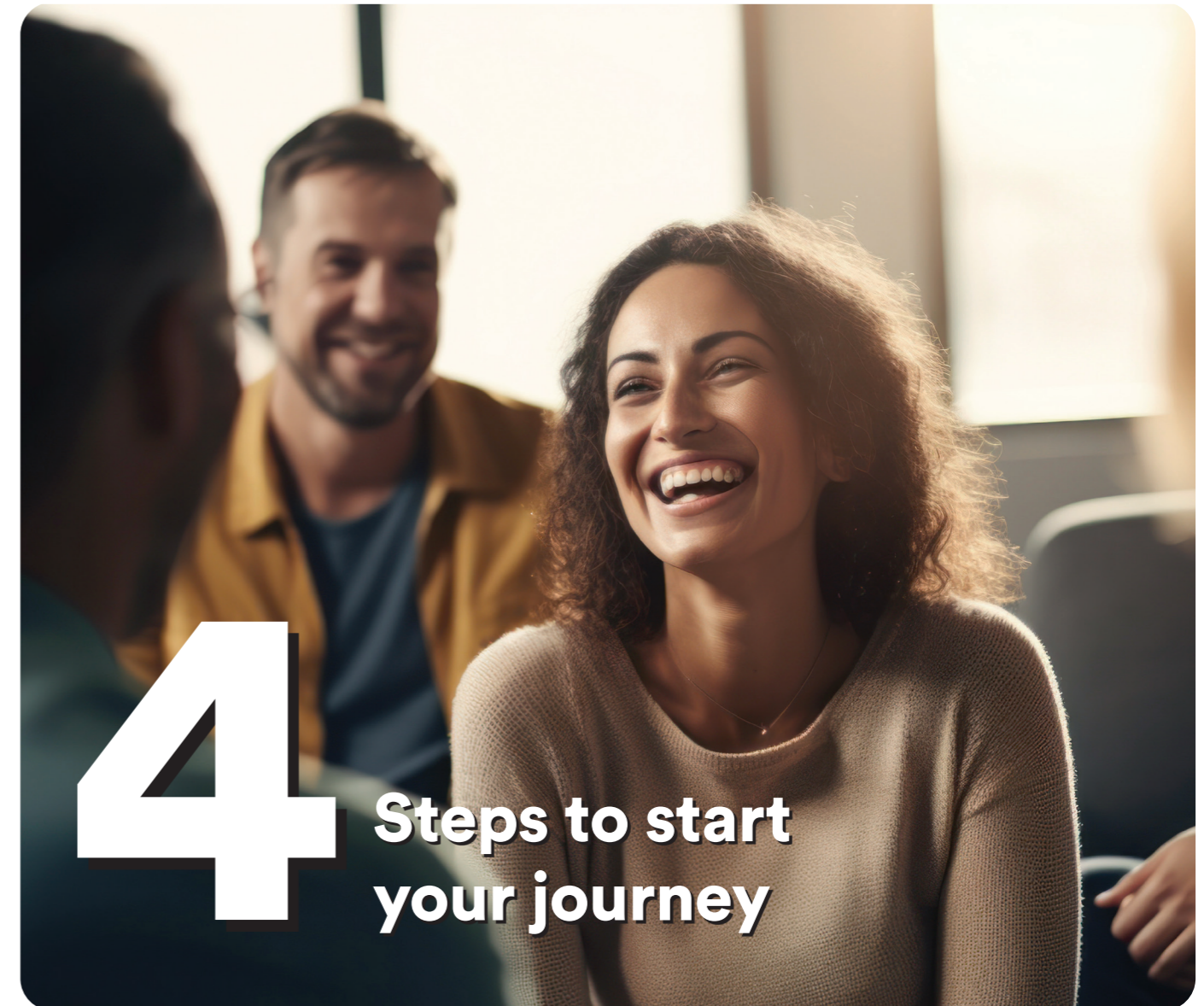
Recharge

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, co-produced and delivered in partnership with people with lived experience and professional experience as co-production is at the heart of everything we do.

Recovery has many definitions and one which resonates with many people is that it is about a deeply personal journey to live as well as possible and have a meaningful and satisfying life.

The tools we share in workshops and courses aim to support people to become an expert in their own recovery and understanding by exploring hope, choice and opportunity. By learning together we can make progress in challenging the stigma surrounding mental illness, and over time we hope to contribute to changing society to be more tolerant, inclusive, accepting and compassionate.

Contact us
elft.recoverycollege@nhs.net
 01234 263 621 or 01582 708917



- 1 Find a course you wish to attend
- 2 Check if you need to contact us directly or through our partners
- 3 Enrol on our website, using the form on p52 or contact the relevant partner
- 4 Begin your journey towards recovery



How to enrol

Our workshops and courses are free of charge and inclusive for all.

How to register

If you are new to the Recovery College you will need to register. You can do this by scanning the QR code at the top of this page or visiting <http://tinyurl.com/yckmucw5>

Already registered?

Simply send us an email with your chosen course or workshop and specify whether you wish to attend online or classroom and which venue elft.recoverycollege@nhs.net

Further information

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

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

Recovery College Luton
Luton Central Library, 2nd Floor,
St. George's Square, Luton. LU1 2NG
Tel: 01582 708 917
Tuesday 9am - 5pm Thursday 12pm - 5pm
Friday 9am - 5pm

Our values

We promote a positive student experience based on the principles of recovery.

We believe by bringing together the Recovery College principles of recovery, East London Foundation Trust values and the University of Bedfordshire values we encapsulate a meaningful and solid value base that underpins everything we do in the development of the our Recovery College:

Recovery College principles of recovery



East London Foundation Trust values



University of Bedfordshire values

Opportunity: To do things you want to do
Choice: Control of your future
Hope: Believing a meaningful life is possible

We Care
We Respect
We Are Inclusive

Strive to offer transformational educational change for people's lives.

Involvement

Co-production

Co-production is at the heart of what we do at our Recovery College. People with personal and professional experience of mental health problems work together, equally, to design, facilitate and evaluate the courses and workshops. Our workshops and courses are co facilitated by a broad range of professional staff and people with lived experience including: University Lecturers, Doctors, Mental Health Staff, and Student Nurses alongside the expertise from staff from partner organisations.

Become a volunteer for us

Volunteering is a great way to develop your skills and experience to support your career aspirations and to do something meaningful and interesting in your free time to help others. If you are interested please email us at elft.recoverycollege@nhs.net or telephone us on **01234 263 621** or **01582 708917**.

Student charter

You can expect us to:

- Provide information and guidance about our workshops and courses
- Offer high quality workshops and courses that focus on recovery and wellbeing
- Respect you as an individual at all times
- Welcome your ideas about how we might improve and what we offer in the future
- Manage your enquiries and help you with the enrolment process if you need support
- Deliver workshops and courses in welcoming, accessible and positive environments which are free from discrimination and stigma
- Support your recovery journey with compassion and respect

We will expect you to:

- Be prepared to give something new a try
- Be respectful of fellow students and staff views, opinions and beliefs
- Commit to attending courses and workshops you have enrolled
- Inform us if you can't attend workshops or courses you have enrolled on
- Provide relevant details such as emergency contact information
- Give us feedback on how we are doing
- Share any ideas / suggestions you have about the Recovery College
- Ask the Recovery College staff or facilitator if you are unsure about anything

Confidentiality

As part of enrolment, students are asked to provide personal information and to agree to purposes it can be used.

Personal information that will be passed to the workshop / course facilitator includes:

- Student's name
- Student's phone number
- Details of person to contact in case of an emergency
- Specific support and / or learning needs

We will not share any information that you give us without discussing this with your first and asking for your consent. The only exception to this is if we consider that your life or wellbeing of someone else could be at risk.



Contact us with any questions
elft.recoverycollege@nhs.uk



FAQs

Who facilitates the workshops?

Workshops and courses are co-produced with people with lived experience of mental health problems and people with professional experience. The professionals include staff and students from the University of Bedfordshire, NHS staff and staff from partner organisations.

Who can enrol?

- People who use ELFT services
- People who are living with mental health problems
- Carers, family, friends, neighbours and general public (a few workshops related to employment may have some specific criteria)
- Volunteers
- Staff from ELFT, University of Bedfordshire and local partner organisations
- People age 18 and over

Do I need to be referred to attend a workshop / course?

No one needs a referral to become a student – please contact us if you would like to enrol to attend a workshop or course

Do you provide refreshments?

Most if not all the venues we use offer tea, coffee (depending on the venues facilities) We are not able to provide lunch but you are welcome to bring something with you.

Do you pay travel costs for students?

We cannot reimburse you for any travel costs.

Will I get a place on the workshop / course I want?

The student places on our workshops / courses are allocated on a first come first served basis.

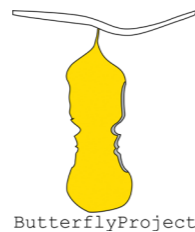
If there is particularly high demand for a workshop we will endeavour to facilitate an additional workshop

Do you provide child care?

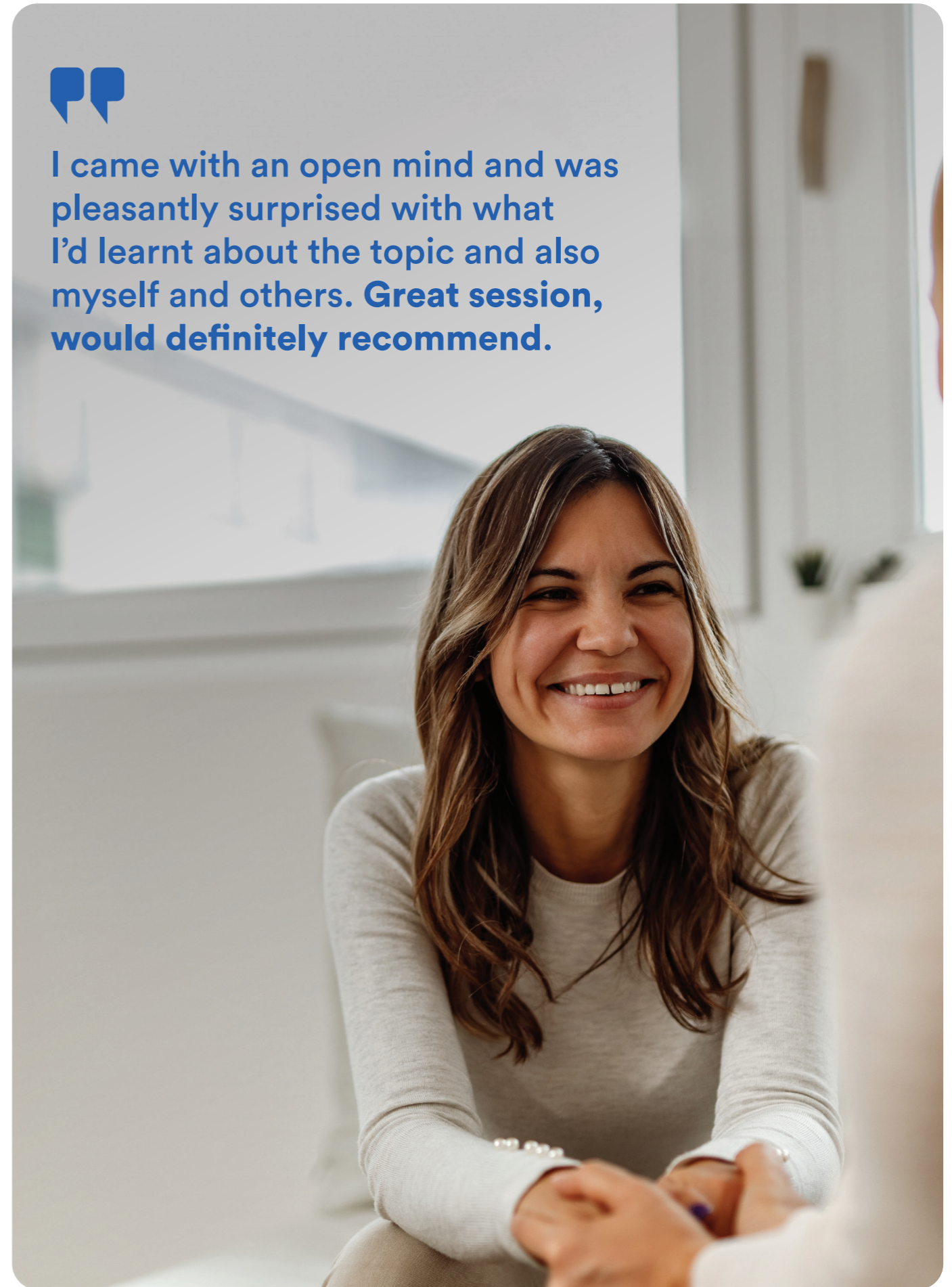
You would need to make your own child care arrangements.

Our partners

Thank you to all our volunteers, service users, carers, students, staff, partners and everyone who has given time and shared ideas to develop the Bedfordshire and Luton Recovery College. We are delighted to have been able to work in partnership with local organisations to deliver high quality workshops and courses. Our partner list is growing as we further develop the range of courses and workshops for the next Recovery College prospectus.



I came with an open mind and was pleasantly surprised with what I'd learnt about the topic and also myself and others. Great session, would definitely recommend.



Learning to suit you

We have four categories to ensure you can easily find the perfect course for you.

Recovery & Wellbeing

These courses develop your understanding and explore mood, thinking and behaviours which over time can improve your recovery and wellbeing.

Getting Involved

These are courses, workshops, and activities that you can physically take part in. They might take place in a classroom or outside in a park or garden.

Building on Knowledge & Skills

These courses and workshops are designed to increase knowledge and skills on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

Creativity & Self Expression

These courses and workshops have positive effects on mental, emotional and physical health, as they can relieve stress, anxiety, depression, anger and improve wellbeing.

Ways of learning



Online

Online learning gives you the flexibility to study from anywhere and the freedom to shape your learning experience on your terms.

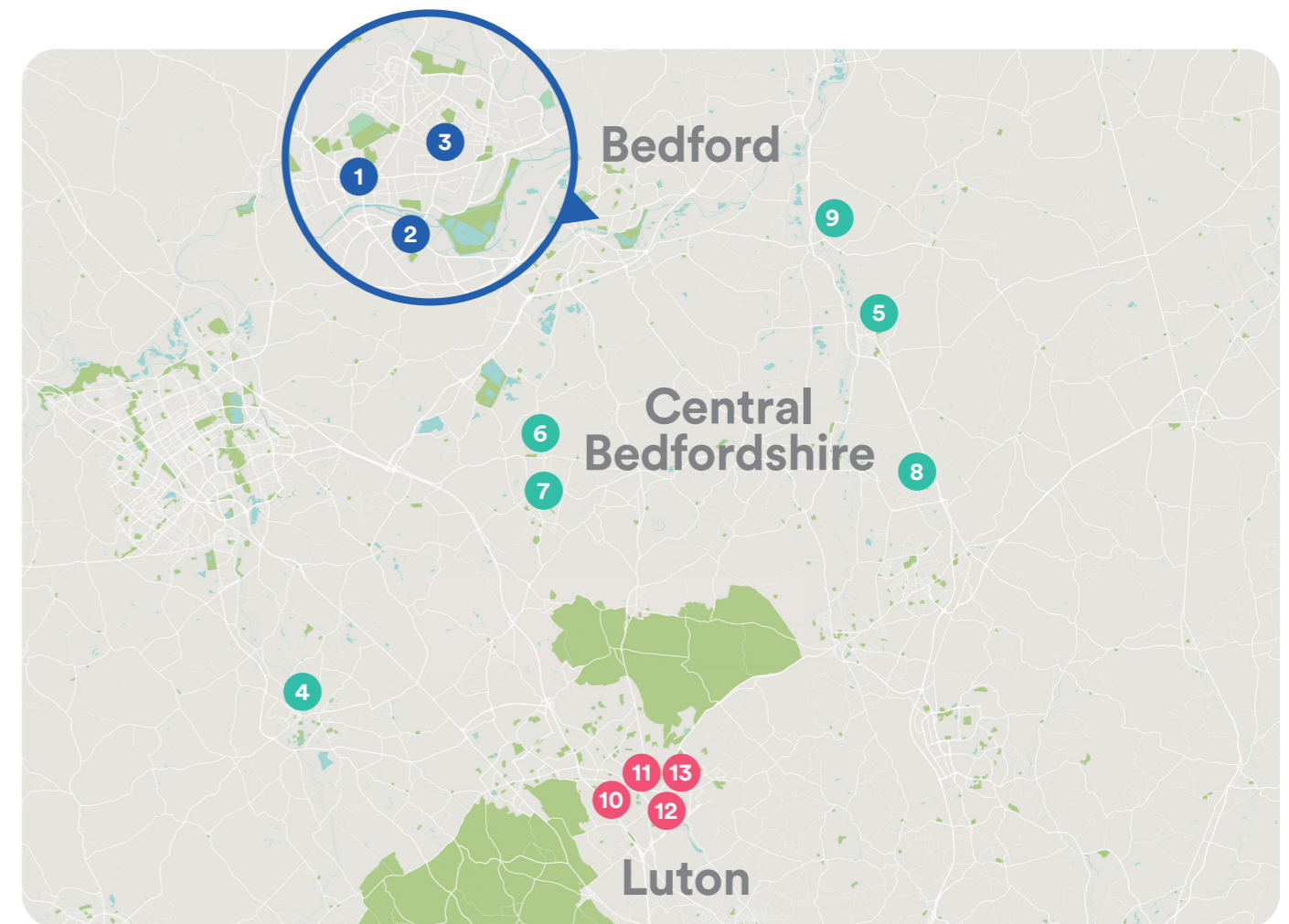


Classroom

Classroom learning offers real-time discussions, and face-to-face interactions, which is suited to those who prefer a hands-on experience.

Individual learning plans

An Individual Learning Plan (IPL) is an informal meeting where we can get to know you and let you know more about the Recovery College. We support you to identify your short term goals and longer term aspirations and, where possible, how the college can support these.



Our venues

Bedford

- 1 Recovery College Bedford 3 Woburn Road, Bedford. MK40 1EG
- 2 Jubilation Community Centre Moulton Avenue, Bedford. MK42 0HL
- 3 University of Bedfordshire, Polhill Avenue, Polhill Avenue, Bedford. MK41 9EA

Central Bedfordshire

- 4 The Lighthouse Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD
- 5 The Weatherley Centre Eagle Farm Road, Biggleswade. SG18 8JH
- 6 Parkside Community Hall Woburn Street, Ampthill. MK45 2HX
- 7 Flitwick Library 15 Coniston Road, Flitwick. MK45 1QL
- 8 St Mary's Church Hall 51 Church Road, Stotfold. SG5 4NE
- 9 Sandy Baptist Church Hall 1 Kings Road, Sandy. SG19 1EJ

Luton

- 10 Recovery College Luton Luton Central Library, Second Floor, St George's Square, Luton. LU1 2NG
- 11 The Hat Factory 65 - 67 Bute Street, Luton. LU1 2EY
- 12 University of Bedfordshire University Square, Luton. LU1 3JU
- 13 Milner Court Wenlock Street, High Town, Luton, LU2 0NL

Our Students

What our students have to say about their experiences at the college.



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.



The tutor navigated the various contributions sensitively and compassionately, keeping everyone acknowledged, and gently co-ordinating any tensions. She is a true professional in this difficult field of delicate but feisty mental health.



A positive experience supporting me to develop new skills as well as improve confidence.



This course was life changing for me it helped me to understand who I am and how to cope with life.



Each time this facilitator runs these groups, I know it will be informative and fun. He is fair and gives us all the space to feel comfortable to speak. Well done.

Find a course or workshop

P19 Recovery & Wellbeing

P29 Building on Knowledge & Skills

P43 Getting Involved

P47 Creativity & Self Expression

Recovery & Wellbeing

These courses, develop your understanding and explore mood, thinking and behaviour's which over time can improve your recovery and wellbeing.

Anxiety & Fear

Classroom ⌚ 1.5 hours

📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 ONL**

Timings 12:00 - 13:30
Date Monday, 15 January 2024
Tutor Amit Shenmar

Anxiety and Fear can have a crippling effect on everyday life! This workshop will be looking at valuable tips for how to calm the nervous system and sharing valuable coping strategies.

Assertiveness – Total Wellbeing

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
Date Tuesday, 16 January 2024
Tutor Amit Shenmar

The aim of this workshop is to learn what assertiveness is and then to practice behaving and communicating more assertively, while reducing communicating in passive and aggressive ways. People who are unassertive usually have low self-esteem, so it is important to restore some sense of worth back to yourself. Therapy will help you to feel in control, more confident and less anxious. Being assertive helps you to gain more respect from others, satisfy your needs, resolve conflicts, feel better about yourself and achieve your goals.

Asthma

Classroom & **Online** ⌚ 1.5 hours

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 14:30 - 16:00
Date Tuesday, 20 February 2024
Tutors Joginder Khinder, Dianne Thomas

In this workshop you will be learning more about Asthma and its effects, and how to cope with and manage your symptoms.

Autism Bedfordshire

Classroom & **Online**

📍 **Zoom, Bedford, Central Bedfordshire and Luton**

Tutor Emily Cullum (Autism Bedfordshire)

Autism Bedfordshire runs a range of one-off workshops and six-week skills courses for adults diagnosed with Autism Spectrum Condition. Courses cover topics such as communication, wellbeing, cooking, budgeting, and building resilience.

📄 For more information contact
Autism Bedfordshire
enquiries@autismbeds.org
01234 350 704 or 01234 214 871
www.autismbedfordshire.net

Boundaries

Classroom ⌚ 1.5 hours

📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 ONL**

Timings 12:00 - 13:30
Date Monday, 22 January 2024
Tutor Amit Shenmar

'Boundaries' are an important marker for any relationship and help shape the way in which people behave in a positive way.

Budgeting

Classroom ⌚ 1.5 hours

📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 ONL**

Timings 12:00 - 13:30
Date Monday, 29 January 2024
Tutor Amit Shenmar

'Budgeting' – making the best use of finances and being more frugal is the order of the day.

Creating a Vision Mood Board

Classroom ⌚ 2 hours per week | 4 weeks

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

Timings 13:00 - 15:00
Start Date Thursday, 29 February 2024
End Date Thursday, 21 March 2024
Tutors Sara McClurg, Olayinka Lawal-Kakawa (Specialist Occupational Therapist)

Creating a mood board can be a therapeutic exercise, helping us visualise and articulate life goals or emotions we're struggling with. It can be a messy collection of clippings, or a highly curated and carefully designed piece, but the goal is to keep it based on our own vibes, emotions and / or a vision of where you would like to be.

Depression and Anxiety – Total Wellbeing

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
Date Tuesday, 23 January 2024
Tutor Amit Shenmar

This workshop will improve understanding of what makes us vulnerable to depression and anxiety. It will explore some CBT techniques and practical strategies that will help break the cycle of depression and anxiety.

Diabetes

Classroom & **Online** ⌚ 1.5 hours

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 14:30 - 16:00
Date Tuesday, 5 March 2024
Tutors Joginder Khinder, Dianne Thomas

In this workshop we will be focusing on the different ways we can look at physical health/Diabetes and its impact.

Finding the Inner Me

Online ⌚ 1.5 hours per week | 5 weeks

📍 **Zoom**

Timings 14:30 - 16:00
Start Date Wednesday, 17 January 2024
End Date Wednesday, 14 February 2024
Tutors Amit Shenmar, Debbie Brathwaite

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

Food and Wellbeing

Classroom ⌚ 1.5 hours

📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 ONL**

Timings 12:00 - 13:30
Date Monday, 5 February 2024
Tutor Amit Shenmar

'Food and Wellbeing' – 'food for mood' is the order of the day.

Grief – Total Wellbeing

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
Date Tuesday, 30 January 2024
Tutor Amit Shenmar

Any loss is difficult and personal, whether it may be the death of someone we love, a pet, relationship breakup, loss of health, a job, a miscarriage, retirement or friendships. We all deal with loss in different ways and there is no right way to grieve. This workshop is designed to help you have a better understanding of what grief is and the grieving process. This workshop will also provide self care strategies and information on when it would be necessary to seek further help.

Healthy Eating

Classroom ⌚ 1.5 hours

📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 0NL**

Timings 12:00 - 13:30
Date Monday, 12 February 2024
Tutor Amit Shenmar

What we nibble, consume or graze on is a key factor in health and wellbeing.

Journaling For Wellbeing

Online ⌚ 1.5 hours a day | 2 days

📍 **Zoom**

Timings 14:00 - 15:30
Start Date Wednesday, 24 January 2024
End Date Thursday, 25 January 2024
Tutors Clare Essex, Fiona Thompson

Are you feeling anxious? Sad? Angry? Happy? Excited? Bored? Writing down what's going on in your life can help to change your mood and even improve your health; please enrol to find out more. Please bring a pen and paper to each session.

Journey to Self-Respect

Classroom & **Online**

⌚ 1.5 hours per week | 4 weeks

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 13:30 - 15:00
Start Date Tuesday, 13 February 2024
Break Tuesday, 20 February 2024
End Date Tuesday, 12 March 2024
Tutors Amit Shenmar, Karen Mcleggan

The road to self-respect can be tough. Let us honour our journeys and look at how our self-perception i.e. the way we talk, carry ourselves and the language we use can shape our sense. Our sense of 'self'. An open mind, perhaps a notepad! Willingness to change may be useful.

Loneliness and Isolation - Total Wellbeing

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
Date Tuesday, 6 February 2024
Tutor Amit Shenmar

This workshop will explore what it means to feel lonely and isolated. Desiring contact and feelings of closeness with others is a normal human desire; we are a social species and are programmed to be around others. Loneliness is the feeling we get when our need for rewarding social contact and relationships is not met. Do you sometimes feel lonely and isolated? Then join us for an interactive talk on ways to overcome feelings of loneliness and isolation.

Long Term Health Conditions

Classroom ⌚ 1.5 hours

📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 0NL**

Timings 12:00 - 13:30
Date Monday, 26 February 2024
Tutor Amit Shenmar

Looking after our Health is important and managing our symptoms and our life.

Low Mood and Depression – Total Wellbeing

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
Date Tuesday, 13 February 2024
Tutor Amit Shenmar

This workshop will explore low mood and depression with the aim of getting a better understanding of what triggers downward spirals in mood that can lead to depression. There will also be a discussion on what maintains depression preventing a person from recovering and returning to healthy levels of functioning.

The workshop will also introduce tools and techniques that are used to tackle low mood and depression, including keeping a diary, learning how to challenge negative thinking, understanding how to find motivation, and activity scheduling to stimulate behavioural activation.

Making Sense of Anger

Online ⌚ 1.5 hours per week | 4 weeks

📍 **Zoom**

Timings 13:00 - 14:30
Start Date Tuesday, 16 January 2024
End Date Tuesday, 6 February 2024
Tutor Tara Curtis

What this workshop covers:

- Recognising why you get angry
- Controlling anger safely
- Dealing with triggers
- Problem solving
- How to change your thought process

Managing Your Mental Health in Difficult Times

Classroom

⌚ 3 hours a day | 2 days per week | 4 weeks

This course is held in small groups to support learners with identifying unhealthy emotions and behaviours, and build coping strategies to safeguard personal wellbeing. It is designed to develop constructive approaches leading to achievable and relevant wellness plans.

📍 For more information contact
Noah Enterprise
01582 726 152
lutonacademy@noahenterprise.org

Meditation with Petar

Online ⌚ 1 hour per week | 8 weeks

📍 **Zoom**

Timings 13:00 - 14:00
Start Date Friday, 26 January 2024
End Date Friday, 15 March 2024
Tutors Claire Cooper, Petar Djukic

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

Men's Group with the Diverse Cultures Team**Classroom** ⌚ 1.5 hours per week | 8 weeks📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 11:00 - 12:30
 Start Date Monday, 15 January 2024
 Break Monday, 19 February 2024
 End Date Monday, 11 March 2024
 Tutors Manjeet Gill Saini, Abul Subhan

Weekly session to build friendships, offer mutual support and encouragement to all who attend. Join us for conversation, laughter, and good company with a cup of tea. A range of games and activities available. You may choose to bring in a project from home to work on e.g. poetry, writing, sketching, drawing, games to play. Build friendships and offer mutual support. A positive introduction into a Men's group to support wellbeing. Facilitator led.

Men's Health and Wellbeing**Online** ⌚ 1 hour per week | 4 weeks📍 **Zoom**

Timings 15:00 - 16:00
 Start Date Thursday, 18 January 2024
 End Date Thursday, 8 February 2024
 Tutors Anthony Barron, Stuart Gill

This course will cover a diverse range of topics relevant to men's physical and mental wellbeing. It will be a safe space for men to listen, share experience and discuss.

Men's Health and Wellbeing**Online** ⌚ 1 hour per week | 4 weeks📍 **Zoom**

Timings 15:00 - 16:00
 Start Date Thursday, 22 February 2024
 End Date Thursday, 14 March 2024
 Tutors Anthony Barron, Stuart Gill

This course will cover a diverse range of topics relevant to men's physical and mental wellbeing. It will be a safe space for men to listen, share experience and discuss.

Men's Talk Monday with the Diverse Cultures Team**Online** ⌚ 1.5 hours per week | 8 weeks📍 **Zoom**

Timings 14:00 - 15:30
 Start Date Monday, 15 January 2024
 Break Monday, 19 February 2024
 End Date Saturday, 11 March 2023
 Tutor Manjeet Gill Saini

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

Neurodiverse Thinking Skills**Online** ⌚ 1 hour📍 **Zoom**

Timings 12:30 - 13:30
 Date Monday, 12 February 2024
 Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

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

Panic Attacks – Total Wellbeing**Classroom** & **Online** ⌚ 1 hour📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
 Date Tuesday, 27 February 2024
 Tutor Amit Shenmar

Anyone who has experienced them will know, panic attacks can be very unpleasant and distressing. A panic attack can be very frightening and you may feel a strong desire to escape the situation or to seek emergency assistance. This workshop helps explain how the physical symptoms of anxiety can come together and create a perfect storm of panic – and more importantly will share with you techniques for overcoming panic attacks.

Post Traumatic Stress Disorder – Total Wellbeing**Classroom** & **Online** ⌚ 1 hour📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
 Date Tuesday, 12 March 2024
 Tutor Amit Shenmar

A person suffering from PTSD frequently relives the traumatic event through nightmares and flashbacks, as well as feelings of isolation, irritability, and guilt. They may also have difficulty sleeping, such as insomnia, and concentrating. These symptoms are frequently severe and persistent enough to have a significant impact on the individual's daily life.

Prostate Cancer**Classroom** & **Online** ⌚ 1.5 hours📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 14:30 - 16:00
 Date Tuesday, 12 March 2024
 Tutors Joginder Khinder, Dianne Thomas, Steve Pearce

In this workshop we will look at Prostate Cancer in a sensitive and understanding way.

Relationships**Classroom** ⌚ 1.5 hours📍 **Milner Court, Wenlock Street, High Town, Luton, LU2 0NL**

Timings 12:00 - 13:30
 Date Monday, 4 March 2024
 Tutor Amit Shenmar

Relationships – be it romantic, platonic or otherwise.

Rheumatoid Arthritis**Classroom** & **Online** ⌚ 1.5 hours📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 14:30 - 16:00
 Start Date Tuesday, 27 February 2024
 Tutors Joginder Khinder, Dianne Thomas

In this workshop we will look at Rheumatoid Arthritis in a sensitive and understanding way.

Self-Belief**Classroom** ⌚ 1.5 hours📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 11:00 - 12:30
 Date Wednesday, 14 February 2024
 Tutor Clare Essex

This workshop aims to explore ways to work on the inner negative voice, turning weakness into strength; how to be your own motivational coach; and how to get your mind on your side.

Self-Esteem – Total Wellbeing**Classroom** & **Online** ⌚ 1 hour📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 12:00 - 13:00
 Date Tuesday, 5 March 2024
 Tutor Amit Shenmar

This workshop will help you understand what low self-esteem is and how it affects our day to day lives. It aims to improve confidence through awareness and practical skills.

Seven Steps to Self-Belief

Online ⌚ 1.5 hours

 **Zoom**

Timings 12:00 - 13:30
Date Thursday, 14 March 2024
Tutors Sam Fossey, Fiona Thompson

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

Six Simple Tips to Help Reduce Worry

Online ⌚ 1.5 hours

 **Zoom**

Timings 12:30 - 14:00
Date Thursday, 22 February 2024
Tutors Sam Fossey, Fiona Thompson

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

Sleep – Breath – Ground

Online ⌚ 1.5 hours


 **Zoom**

Timings 12:30 - 13:30
Date Monday, 22 January 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

Good sleep, good breathing techniques and grounding are excellent ways to manage and improve your wellbeing in all sorts of ways. In this session Olive Hickmott, will explore how to improve sleep, improve our breathing techniques and calming ourselves through grounding. Learn skills to help you feel empowered to manage your own wellbeing.

Stress

Classroom ⌚ 1.5 hours

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

Timings 12:00 - 13:30
Date Monday, 11 March 2024
Tutor Amit Shenmar

Join us for this 'stress busting' session.

Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online ⌚ 1 hour

 **Zoom**

Timings 12:30 - 13:30
Date Monday, 15 January 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

Working with Olive Hickmott, we will focus on ways to live well with ADHD. We will highlight some of the strengths that ADHD may bring and discuss some simple techniques to overcome some of the challenges and help you feel empowered by your unique abilities and identity.

Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online ⌚ 1 hour

 **Zoom**

Timings 12:30 - 13:30
Date Monday, 4 March 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

We will focus on ways to live well with ADHD. We will highlight some of the strengths that ADHD may bring and discuss some simple techniques to overcome some of the challenges and help you feel empowered by your unique abilities and identity.

Thriving with Dyslexia

Online ⌚ 1 hour

 **Zoom**

Timings 12:30 - 13:30
Date Monday, 5 February 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

Working with Olive Hickmott, we will focus on ways to live well with dyslexia. We will highlight some of the strengths that dyslexia may bring and discuss some simple techniques to overcome some of the challenges and help you feel empowered by your unique abilities and identity.

Tinnitus

Classroom & **Online** ⌚ 1.5 hours

 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 14:30 - 16:00
Date Thursday, 21 March 2024
Tutors Joginder Khinder

In this workshop we will be looking at Tinnitus, causes, coping strategies and sharing advice and tips.

Understanding Anxiety

Online ⌚ 1.5 hours

 **Zoom**

Timings 14:00 - 15:30
Date Wednesday, 7 February 2024
Tutor Clare Essex

Most people feel anxious or scared sometimes, but if it's affecting your life there are things you can try that may help. This workshop will provide a safe space to help individuals to recognise signs and symptoms of anxiety and the impact it has on their wider lives. It will provide an opportunity to explore ways to challenge fears and to begin to develop strategies for moving forward.

Understanding Hearing Voices

Classroom ⌚ 2 hours

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

Timings 14:00 - 16:00
Date Wednesday, 31 January 2024
Tutors Sara McClurg, Fiona Thompson

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

Voice Box

Online ⌚ 1.5 hours per week | 9 weeks

 **Zoom**

Timings 14:00 - 15:30
Start Date Thursday, 18 January 2024
End Date Thursday, 14 March 2024
Tutor Kyle McDonald

Your voice matters! Have your say in a safe discussion forum that encourages all to take part regardless of age, ethnicity or culture. Talking points include mental health, identity, social/economic issues, gender/LGBTQ+ awareness and relationships. All sessions are co-produced and topics are agreed monthly between professionals and peers. You also have the opportunity to be added to our weekly email to keep up to date with what will be discussed each week.

Wellness Recovery Action Planning (WRAP): Create your own plan

Classroom ⌚ 1.5 hours per week | 6 weeks

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

Timings 13:30 - 15:00
Start Date Wednesday, 7 February 2024
End Date Wednesday, 13 March 2024
Tutors Sara McClurg, Fiona Thompson

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

Women's Group with the Diverse Cultures Team

Online ⌚ 1 hour per week | 8 weeks

📍 **Zoom**

Timings 13:00 - 14:00
Start Date Tuesday, 16 January 2024
Break Tuesday, 20 February 2024
End Date Tuesday, 12 March 2024
Tutors Manjeet Gill Saini, Jaswinder Gill

A weekly online session to build friendships and offer mutual support by sharing together. Join us for conversation, laughter and good company over a cup of tea.

Women's Group with the Diverse Cultures Team

Classroom ⌚ 1.5 hours per week | 8 weeks

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

Timings 11:00 - 12:30
Start Date Wednesday, 17 January 2024
Break Wednesday, 21 February 2024
End Date Wednesday, 13 March 2024
Tutors Manjeet Gill Saini, Jaswinder Gill

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

Your Digital Memories Matter

Online

📍 **Zoom**

Tutor Karen Hibbert (Keech Hospice Care)

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

Who can attend? Any healthcare professional or member of the public in the Luton, Bedfordshire, and Milton Keynes areas.

📄 For more information contact
Karen Hibbert, Keech Hospice Care
Karen.Hibbert@keech.org.uk 01582 497815
www.keech.org.uk 01582 492339

Your Digital Memories Matter

Classroom

📍 **Luton Central Library, St George's Square, Luton, LU1 2NG**

Tutor Karen Hibbert (Keech Hospice Care)

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

Who can attend? Any healthcare professional or member of the public in the Luton, Bedfordshire, and Milton Keynes areas.

📄 For more information contact
Karen Hibbert, Keech Hospice Care
Karen.Hibbert@keech.org.uk 01582 497815
www.keech.org.uk 01582 492339

Building on Knowledge & Skills

These courses and workshops are designed to increase knowledge and skills on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

Are you Exhausted

Online ⌚ 1 hour

Zoom

Timings 12:30 - 13:30
Date Monday, 26 February 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

Many people find themselves exhausted. There are tools that can assist you to improve your energy levels. Learn about effective techniques covering: Grounding and running positive energy while clearing energies that are not yours, and empowering yourself to better manage your wellbeing.

Basic Maths for the Workplace

Classroom

⌚ 3 hours a day | 2 days per week | 1 week

Bedford

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

i For more information contact
Noah Enterprise
01234 863 123
bedfordacademy@noahenterprise.org

Basic Maths for the Workplace

Classroom

⌚ 3 hours a day | 2 days per week | 1 week

Central Bedfordshire

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

i For more information contact
Noah Enterprise
01234 863 123
bedfordacademy@noahenterprise.org

Become a Savvy Shopper

Classroom ⌚ 2 hours | Fortnightly

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

Timings 13:00 - 15:00
Start Date Wednesday 31 January 2024
End Date Wednesday 13 March 2024
Tutors Holly Keeling, Tara Curtis

This course aims to help save you money with your shopping:

- Identify supermarket tricks that make shoppers spend more
- Plan and estimate a shopping list for food and gifts
- Be able to compare shop prices on food items, and consider the benefits of bulk buying
- Discuss and list retail outlets for buying clothes, gifts, books and home furnishings

Better place to start – open up your possibilities

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

Luton residents who are over 19 years old and unemployed. A Better Place to Start is a short course that empowers learners to identify their own steps for a positive future, with personalised guidance and support.

i For more information contact
Luton Adult Learning
01582 490 033
info@lutonacl.ac.uk

Carers Information and Support Programmes

Online

Zoom

Information sessions for carers of people with dementia with opportunities to meet other carers and share experiences with people who understand.

i For more information contact
Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Carers Information and Support Programmes

Classroom

Information sessions for carers of people with dementia with opportunities to meet other carers and share experiences with people who understand.

i For more information contact
Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Communication 101

Classroom & **Online**

⌚ 1.5 hours per week | 9 weeks

Zoom/3 Woburn Road, Bedford, MK40 1EG

Timings 13:00 - 14:30
Start Date Wednesday, 17 January 2024
Break Wednesday, 21 February 2024
End Date Wednesday, 20 March 2024
Tutors Carl Ramsey, Kat Brkljac

A course designed to help people develop and strengthen their communication skills; personally, professionally and emotionally. To develop communication skills. To be more aware of how others communicate. To explore better ways of communicating on all levels.

Computer Skills for Beginners

Classroom

⌚ 3 hours a day | 2 days per week | 4 weeks

Bedford

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

i For more information contact
Noah Enterprise
01234 863123
bedfordacademy@noahenterprise.org

Computer Skills for Beginners

Classroom

⌚ 3 hours a day | 2 days per week | 4 weeks

Central Bedfordshire

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

i For more information contact
Noah Enterprise
01234 863123
bedfordacademy@noahenterprise.org

Cooking on a Budget

Classroom

⌚ 2.5 hours a day | 3 days per week | 2 weeks

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

i For more information contact
Noah Enterprise
01582 726 152
lutonacademy@noahenterprise.org

Crafts and Maths

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

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

For more information contact
Luton Adult Learning
01582 490 033
info@lutonac.ac.uk

Day to Day – Your Activity and Sleep

Online

1.5 hours

Zoom

Timings 11:00 - 12:30
Date Wednesday, 24 January 2024
Tutors Sara McClurg, Fiona Thompson

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

Day to Day – Your Activity and Sleep

Classroom

2 hours

3 Woburn Road, Bedford, MK40 1EG

Timings 10:30 - 12:30
Date Wednesday, 31 January 2024
Tutors Sara McClurg, Fiona Thompson

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

Death Café

Classroom

1.5 hours

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

Timings 11:00 - 12:30
Date Thursday, 25 January 2024
Tutor Karen Hibbert (Keech Hospice Care)

Thinking about death won't kill you. Come enjoy a slice of cake, tea and group chat where we talk about death, bereavement and the end-of-life. Together, let's shatter the silence around discussing death.

For more information contact
Karen Hibbert, Keech Hospice Care
Karen.Hibbert@keech.org.uk 01582 497815

www.keech.org.uk 01582 492339

Dementia Friends

Classroom

1.5 hours

3 Woburn Road, Bedford, MK40 1EG

Timings 12:30 - 14:00
Date Thursday, 8 February 2024
Tutors Sara McClurg,
Moona Karim (Alzheimer's Society)

Join this friendly session to learn more about all aspects of Dementia which relate to those who need care or care for a family member or loved one who is living with Dementia.

Digital Learning for Beginners

Classroom

3 hours a day | 2 days per week | 4 weeks

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

For more information contact
Noah Enterprise
01582 726 152
lutonacademy@noahenterprise.org

Digital Learning for Life

Classroom

3 hours a day | 2 days per week | 4 weeks

Expand your skills in a digital world to help improve the quality of your everyday life. Whether you want to connect with friends and family, apply for jobs or just better navigate the internet, you will gain the confidence needed to use technology as part of your routine. The course is free, but please speak to us if travel costs are a barrier to attendance.

For more information contact
Noah Enterprise
01582 726 152
lutonacademy@noahenterprise.org

Dispelling Myths Growing Older and Mental Health

Online

1.5 hours

Zoom

Timings 14:00 - 15:30
Date Thursday, 22 February 2024
Tutors Sara McClurg, Debbie Brathwaite

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

Dispelling Myths Growing Older and Mental Health

Classroom

1.5 hours

3 Woburn Road, Bedford, MK40 1EG

Timings 12:00 - 13:30
Date Tuesday, 27 February 2024
Tutors Sara McClurg, Debbie Brathwaite

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

Domestic Abuse and Mental Health (women only)

Online

1.5 hours

Zoom

Timings 13:00 - 14:30
Date Friday, 1 March 2024
Tutor Luton All Women's Centre

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

Domestic Abuse and Mental Health (women only)

Online 1.5 hours

Zoom

Timings 12:00 - 13:30
Date Tuesday, 23 January 2024
Tutor Luton All Women's Centre

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

Exploring Loss

Online 1.5 hours

Zoom

Timings 13:00 - 14:30
Date Wednesday, 14 February 2024
Tutor Joginder Khinder

Most of us will experience loss at some point in our lives. This workshop is designed to help you have a better understanding of what grief is and the grieving process.

Exploring Loss from a Spiritual Aspect

Online 1.5 hours

Zoom

Timings 13:00 - 14:30
Date Wednesday, 21 February 2024
Tutors Joginder Khinder, Mary E Coyte

Loss and grief can affect your sense of spirituality. In this workshop, we explore how to reconnect, maybe even rebuild, a faith or a philosophy challenged by your loss.

Exploring Loss of a Pet

Online 1.5 hours

Zoom

Timings 13:00 - 14:30
Date Wednesday, 13 March 2024
Tutors Joginder Khinder, Rob Lock

Grieving a pet can be similar to mourning the loss of a beloved family member. This workshop offers you an opportunity to acknowledge the sense of bereavement at the loss of unconditional love.

Financial Wellbeing

Classroom

Designed for those concerned about the cost of living, this course will help learners looking to identify financial concerns, manage their money, seek support, and take control of their financial wellbeing.

For more information contact
Noah Enterprise
01582 726 152
lutonacademy@noahenterprise.org

Five Ways to Wellbeing

Classroom

Arndale House, 3rd Floor, The Mall,
Luton, LU1 2LJ

Luton residents who are over 19 years old and unemployed. An informative interactive session that explores the different ways you can include the five ways to wellbeing into your daily life.

For more information contact
Luton Adult Learning
01582 490 033
info@lutonacl.ac.uk

Free Employability Workshops

Classroom

Arndale House, 3rd Floor, The Mall,
Luton, LU1 2LJ

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

For more information contact
Luton Adult Learning
01582 490 033
info@lutonacl.ac.uk

Healthy Relationships

Classroom 1.5 hours per week | 9 weeks

3 Woburn Road, Bedford, MK40 1EG

Timings 13:00 - 14:30
Start Date Tuesday, 16 January 2024
Break Tuesday, 20 February 2024
End Date Tuesday, 19 March 2024
Tutors Carl Ramsey, Essma Bechkoum

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

How to cope when you are feeling overwhelmed (women only)

Online 1.5 hours

Zoom

Timings 12:30 - 14:00
Date Friday, 2 February 2024
Tutor Luton All Women's Centre

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

How to cope when you are feeling overwhelmed (women only)

Online 1.5 hours

Zoom

Timings 11:00 - 12:30
Date Thursday, 14 March 2024
Tutor Luton All Women's Centre

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

ICT (Computer Classes) Practical and Immediate

Classroom

Arndale House, 3rd Floor, The Mall,
Luton, LU1 2LJ

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


For more information contact
Luton Adult Learning
01582 490 033
info@lutonacl.ac.uk

ICT (Computer Classes) The Basics

Classroom

 **Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ**

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

 For more information contact
Luton Adult Learning
01582 490 033
info@lutonacl.ac.uk

Improving sleep

Online  1 hour

 **Zoom**

Timings 12:30 - 13:30
Date Monday, 29 January 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

Whether you are suffering from insomnia or going through a period of sleeping difficulties, this workshop covers sleep hygiene, helps you to identify unhelpful cycles around sleep and explores how to make small changes to improve sleep. Learn skills to help you feel empowered to manage your own wellbeing.

Improving sleep

Online  1 hour


 **Zoom**

Timings 12:30 - 13:30
Date Monday, 11 March 2024
Tutors Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

Whether you are suffering from insomnia or going through a period of sleeping difficulties, this workshop covers sleep hygiene, helps you to identify unhelpful cycles around sleep and explores how to make small changes to improve sleep. Learn skills to help you feel empowered to manage your own wellbeing.

Improving Sleep – Talking Therapies

Classroom  1 hour

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

Timings 10:00 - 11:00
Start Date Wednesday, 28 February 2024
Tutors Tara Curtis, Charlotte Beck

This workshop considers small changes we can make to get a good night's sleep.

LGBTQ+ & Allies – Being Me!

Online  1.5 hours

 **Zoom**

Timings 14:30 - 16:00
Start Date Monday, 29 January 2024
Tutors Dianne Thomas, Debbie Brathwaite, Mack McLean, Pat Moyce

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

LGBTQ+ & Allies – Being Me!

Online  1.5 hours


 **Zoom**


Timings 14:30 - 16:00
Date Monday, 26 February 2024
Tutors Dianne Thomas, Debbie Brathwaite, Mack McLean, Pat Moyce

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

Lifting the Lid of the Dutch Pot – Unravelling Stigma (women only)

Classroom & Online


 1 hour per week | 4 weeks

 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG/The Lighthouse, Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard, LU7 2TD**

Timings 13:00 - 14:00
Start Date Friday, 26 January 2024
End Date Friday, 16 February 2024
Tutors Tara Curtis, Karen Mcleggan

A course exploring ways in which to uplift women in a holistic and enriching way. The workshop will be looking at positive ways to fight gender based stigma and inequality. Women of all backgrounds are welcome.

Living Well with a Long Term Condition

Online  1.5 hours a day | 2 days

 **Zoom**

Timings 14:30 - 16:00
Start Date Tuesday, 30 January 2024
End Date Wednesday, 31 January 2024
Tutor Clare Essex


This workshop is for anyone with a long-term condition who is interested in taking an active approach to improve personal well-being and explore how to live life in a more positive way.

Living Well with Dementia

Online

 **Zoom**


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

 For more information contact
Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Living Well with Dementia

Classroom

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

 For more information contact
Alzheimer's Society
luton@alzheimers.org.uk
01582 320 224

Low Mood – Talking Therapies

Classroom ⌚ 1 hour

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

Timings 10:00 - 11:00
Date Wednesday, 17 January 2024
Tutors Tara Curtis, Charlotte Beck

From time to time we all feel low. This workshop looks at the effects of this and how to improve our mood

Managing Worries – Talking Therapies

Classroom ⌚ 1 hour

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

Timings 10:00 - 11:00
Date Wednesday, 31 January 2024
Tutors Tara Curtis, Charlotte Beck

Worrying is very common, however for some this can feel out of control. This workshop helps us to identify worries and better manage “what if” thoughts.

Medication and Mental Health (women only)

Online ⌚ 1.5 hours

Zoom

Timings 18:00 - 19:30
Date Thursday, 25 January 2024
Tutor Luton All Women's Centre

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

Medication and Mental Health (women only)

Online ⌚ 1.5 hours

Zoom

Timings 12:30 - 14:00
Date Wednesday, 13 March 2024
Tutor Luton All Women's Centre

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

Mindfulness – Talking Therapies

Classroom ⌚ 1 hour

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

Timings 10:00 - 11:00
Date Wednesday, 27 March 2024
Tutors Tara Curtis, Charlotte Beck

The benefits of mindfulness is becoming increasingly evident. This workshop considers what mindfulness is and how we can introduce it into our everyday lives.

Money Matters

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

Do you live in Luton? Are you over 19 years old? In these ever changing and challenging times we are all finding it difficult to manage our budgets and meet the rising cost of living. Join this workshop to get some practical tips on why money matters, how to budget better, spend smarter and wise ways to save.

i For more information contact
Luton Adult Learning
01582 490 033
info@lutonac.ac.uk

Neurodiversity – What is that?

Online ⌚ 1.5 hours per week | 6 weeks

Zoom

Timings 13:30 - 15:30
Start Date Thursday, 25 January 2024
Break Thursday, 22 February 2024
End Date Thursday, 7 March 2024
Tutors Dianne Thomas, Pat Moyce

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

Pain – Talking Therapies

Online ⌚ 1 hour

Zoom

Timings 12:00 - 13:00
Date Wednesday, 6 March 2024
Tutors Tara Curtis, Charlotte Beck

Living with pain can have a significant impact on our mood, motivation and energy levels. This workshop provides techniques to manage mood challenges and considers ways to adapt to living with pain.

Panic – Talking Therapies

Classroom ⌚ 1 hour

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

Timings 10:00 - 12:00
Date Wednesday, 21 February 2024
Tutors Tara Curtis, Charlotte Beck

Panic is a type of anxiety where you have sudden attacks of panic or fear. This workshop introduces panic and considers how we can manage them.

Passport to Childcare

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

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

i For more information contact
Luton Adult Learning
01582 490 033
info@lutonac.ac.uk

Passport to Supporting in Schools

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

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

i For more information contact
Luton Adult Learning
01582 490 033
info@lutonac.ac.uk

Positive Thinking

Online ⌚ 1.5 hours

Zoom

Timings 12:30 - 14:00
Date Thursday, 25 January 2024
Tutors Sam Fossey, Fiona Thompson

Do you often think negatively about things and wish that could change? This workshop is going to explore how to achieve positive thinking through a few different techniques that have proven to be effective. We will look at tips that can help you to train your brain to think more positively, which will ultimately make you feel better about how you deal with things in general.

Post Traumatic Stress Disorder – Talking Therapies

Classroom ⌚ 1 hour

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

Timings 10:00 - 12:00
Date Wednesday, 20 March 2024
Tutors Tara Curtis, Charlotte Beck

This workshop explores what trauma is and how to take care of your wellbeing.

Rethinking Your Routine

Online ⌚ 1.5 hours a day | 2 days

Zoom

Timings 14:30 - 16:00
Start Date Tuesday, 27 February 2024
End Date Wednesday, 28 February 2024
Tutor Clare Essex

Having difficulty maintaining a healthy routine? This course will help you to explore ways to build and maintain a healthy routine and make the most of your time.

Self-harm Awareness for a Professional Environment (Luton University)

Classroom ⌚ 3 hours

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

Timings 10:00 - 13:00
Date Wednesday, 27 March 2024
Tutors Jill Gale, Jo Sale

This course will support participants wishing to develop confidence in dealing with disclosure of self harm of others. This non therapeutic space will enable participants to identify and define self-harm/self-injury, explore underlying motives, look at the extent of self-harm/self-injury and some guidance on responding to disclosure. There will be a certificate of attendance for this course if desired.

Self-harm Awareness for a Professional Environment (Bedford University)

Classroom ⌚ 3 hours

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

Timings 10:00 - 13:00
Date Tuesday, 19 March 2024
Tutors Jill Gale, Jo Sale

This course will support participants wishing to develop confidence in dealing with disclosure of self harm of others. This non therapeutic space will enable participants to identify and define self-harm/self-injury, explore underlying motives, look at the extent of self-harm/self-injury and some guidance on responding to disclosure. There will be a certificate of attendance for this course if desired.

Skills and CV

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

Luton residents who are over 19 years old and unemployed. Join our interactive workshop to help you identify the transferable and adaptable skills you possess, use them to create a personal statement. We also look at the key features that need to be included on a CV, we focus on how you can make the most of your CV.

i For more information contact
Luton Adult Learning
01582 490 033
info@lutonac.ac.uk

Staying safe online

Classroom

Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ

Luton residents who are over 19 years old and unemployed. Would you like to find out how to keep yourself and your family safe online, and be aware of scams, fraud, and harassment online? You can never be too careful.

i For more information contact
Luton Adult Learning
01582 490 033
info@lutonac.ac.uk

Struggling With The Menopause? (women only)

Online ⌚ 1 hour

Zoom

Timings 13:00 - 14:00
Date Wednesday, 17 January 2024
Tutor Luton All Women's Centre

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

Struggling With The Menopause? (women only)

Online ⌚ 1 hour

Zoom

Timings 18:00 - 19:00
Date Tuesday, 5 March 2024
Tutor Luton All Women's Centre

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

Suicide Awareness for a Professional Environment (Bedford)

Classroom ⌚ 3 hours

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

Timings 10:00 - 13:00
Date Tuesday, 5 March 2024
Tutors Jill Gale, Jo Sale

This course will support participants wishing to develop confidence in dealing with disclosure of suicidal thoughts and plans of others. This non therapeutic space will enable participants to identify their attitudes to suicide, explore myths about suicide and give participants skills to another person and signpost towards support, provide data on suicide. There will be a certificate of attendance for this course if desired.

Suicide Awareness for a Professional Environment (Luton)

Classroom ⌚ 3 hours

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

Timings 10:00 - 13:00
Date Friday, 15 March 2024
Tutors Jill Gale, Jo Sale

This course will support participants wishing to develop confidence in dealing with disclosure of suicidal thoughts and plans of others. This non therapeutic space will enable participants to identify their attitudes to suicide, explore myths about suicide and give participants skills to another person and signpost towards support, provide data on suicide. There will be a certificate of attendance for this course if desired.

Tools to Manage Day to Day Life

Online ⌚ 1 hour per week | 4 weeks

Zoom

Timings 11:00 - 12:00
 Start Date Wednesday, 7 February 2024
 Break Wednesday, 21 February 2024
 End Date Wednesday, 6 March 2024
 Tutors Olayinka Lawal-Kalawa, Debbie Brathwaite

Together we develop a resilience tool kit to stay well and help you to get back on track. This will cover: Week 1 – Recovery Week 2 – Develop your Goals Week 3 – Resources for Stress and Problem Solving Week 4 – Managing Routines. Join us in any or all of the sessions!

Wellbeing Course – Sandy

Classroom ⌚ 1.5 hours per week | 9 weeks

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

Timings 13:00 - 14:30
 Start Date Tuesday, 16 January 2024
 End Date Tuesday, 12 March 2024
 Tutors Sam Fossey, Claire Cooper

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

Wellbeing Course – Biggleswade

Classroom ⌚ 2 hours per week | 9 weeks

St Andrews Church, 45 Shortmead Street, Biggleswade, SG18 0AT

Timings 10:30 - 12:30
 Start Date Tuesday, 16 January 2024
 End Date Tuesday, 12 March 2024
 Tutors Sam Fossey, Claire Cooper

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

Wellbeing Course – Stotfold

Classroom ⌚ 1.5 hours per week | 9 weeks

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

Timings 13:00 - 14:30
 Start Date Wednesday, 17 January 2024
 End Date Wednesday, 13 March 2024
 Tutors Sam Fossey, Claire Cooper

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

Come along to the Bedford Beacon drop in space

Thursdays, 17:30 - 21:00
 The Recovery College,
 3 Woburn Road, Bedford, MK40 1EG



NHS
 East London
 NHS Foundation Trust

Games & activities
 Arts and crafts
 Creative writing

Drama sessions
 Quiz nights
 Chilled out space

One-to-one support
 Friendly atmosphere
 Hot drinks & snacks

Getting Involved

These are the courses, workshops, and activities that you can physically take part in. They might take place in a classroom setting, or outdoors in a park or garden.

Chirpy Chuckles, Toe Tapping and Head Hugging

Online ⌚ 1.5 hours per week | 4 weeks

 **Zoom**

Timings 10:00 - 11:30
 Start Date Monday, 15 January 2024
 End Date Monday, 5 February 2024
 Tutors Amit Shenmar, Tanveer Siyan,
 Michelle Wingrove

Shower singers, crooners, 'laugh a minute' merchants and people who just want to connect with like-minded people and have a laugh. Let's keep those Monday blues away!

Compassionate Friends Skills Workshop

Online

 **Zoom**

compassionate community is one in which everyone recognises that we all have a role in supporting each other, particularly during periods of crisis and loss. We want to create a community of Compassionate Friends across the areas where we deliver care to help dispel the myths about dying and bereavement, helping communities to be better informed and more confident in a having these conversations.


 For more information contact
 Karen Hibbert, Keech Hospice Care
 Karen.Hibbert@keech.org.uk 01582 497 815.
 www.keech.org.uk 01582 492 339

Compassionate Friends Skills Workshop

Online

 **Zoom**

A compassionate community is one in which everyone recognises that we all have a role in supporting each other, particularly during periods of crisis and loss. We want to create a community of Compassionate Friends across the areas where we deliver care to help dispel the myths about dying and bereavement, helping communities to be better informed and more confident in a having these conversations.


 For more information contact
 Karen Hibbert, Keech Hospice Care
 Karen.Hibbert@keech.org.uk 01582 497 815.
 www.keech.org.uk 01582 492 339

Get into Volunteering

Classroom


 **Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ**

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

 For more information contact Luton Adult Learning
 01582 490 033 or info@lutonac.ac.uk

Movement for Wellbeing with The Diverse Cultures Team

Classroom ⌚ 1.5 hours per week | 8 weeks


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

Timings 13:30 - 15:00
 Start Date Wednesday, 17 January 2024
 Break Wednesday, 21 February 2024
 End Date Wednesday, 13 March 2024
 Tutors Manjeet Gill Saini, Jaswinder Gill

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

The Benefits of Knitting & Crochet for Mental Health & Wellbeing

Classroom ⌚ 1.5 hours per week | 9 weeks

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

Timings 11:30 - 13:00
 Start Date Monday, 15 January 2024
 End Date Monday, 11 March 2024
 Tutors Anthony Barron, Heidi Quinn, Janet Goodman

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


Yoga for Chronic Pain

Classroom ⌚ 1 hour | Ongoing

 **Parkside Community Centre, Ampthill, MK45 2HX**

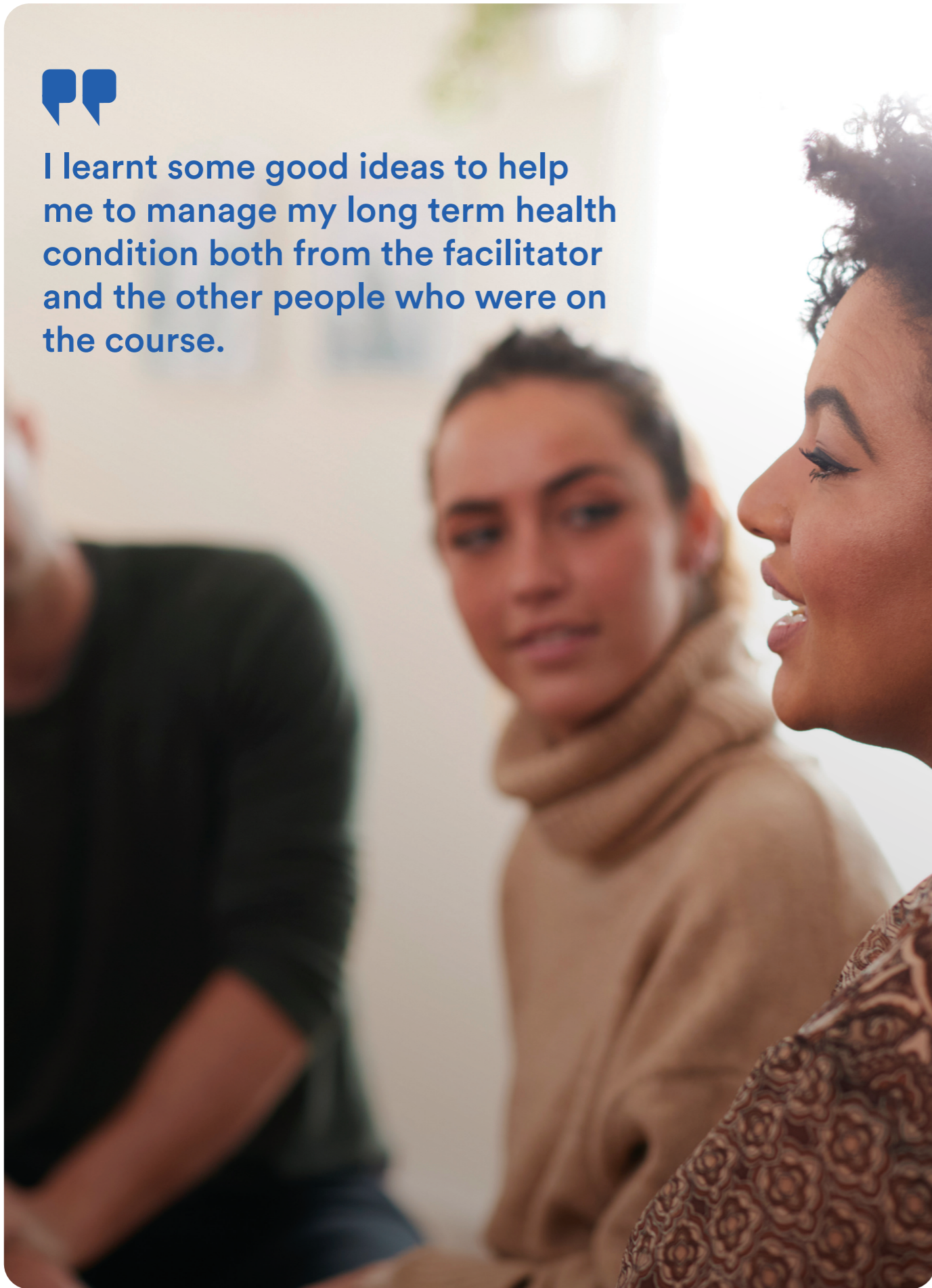
Timings 14:00 - 15:00
 Start Date Ongoing
 End Date Ongoing
 Tutor Alex Flatman

This yoga class is for people who are experiencing chronic pain to explore movement. We use a soft edge approach, easing into the practices, inviting you to be curious and experiment with what feels right for you. This develops a greater body-mind awareness supporting you with mobility and pain management. Each student will have the opportunity to attend 12 free sessions.

 For more information contact
 Alex Flatman
info@reconnectyoga.co.uk
www.reconnectyoga.co.uk



I learnt some good ideas to help me to manage my long term health condition both from the facilitator and the other people who were on the course.



Creativity & Self Expression

- These courses and workshops have positive effects on mental, emotional, and physical health, as they can relieve stress, anxiety, depression, anger and improve wellbeing.

Art and Craft Co-operative

Classroom ⌚ 2.5 hours per week | 9 weeks

📍 **Jubilation Centre, Moulton Avenue, Bedford, MK42 0HL**

Timings 10:00 - 12:30
Start Date Monday, 15 January 2024
End Date Monday, 11 March 2024
Tutors Sam Fossey, Claire Cooper

This course offers a space for like-minded people to enjoy many aspects of craft with the aim of producing high quality products to sell. Therefore, a commitment to the co-operative is expected as well as good timekeeping and prompt messages if you cannot make the session. The course will help build self-confidence and self-esteem within a friendly and supportive environment.

Art and it's Creative Outlet for Good Mental Health

Classroom ⌚ 2 hours per week | 4 weeks

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

Timings 11:30 - 13:30
Start Date Thursday, 18 January 2024
End Date Thursday, 8 February 2024
Tutors Anthony Barron, Geoff Bennett

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

Art and it's Creative Outlet for Good Mental Health

Classroom ⌚ 2 hours per week | 4 weeks

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

Timings 11:30 - 13:30
Start Date Thursday, 22 February 2024
End Date Thursday, 14 March 2024
Tutors Anthony Barron, Geoff Bennett

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

Art Led Peer Support

Classroom ⌚ 2 hours per week | 9 weeks

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

Timings 09:30 - 11:30
Start Date Monday, 15 January 2024
End Date Monday, 11 March 2024
Tutors Anthony Barron, Heidi Quinn, Janet Goodman

This course encourages engagement with a variety of art materials, including acrylics. These sessions take place in a friendly and safe environment facilitated by volunteers, who have permanent staff support to promote confidence, social skills and also enjoy the sessions.

Art Movements Throughout History

Classroom ⌚ 2 hours per week | 4 weeks

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

Timings 13:30 - 15:30
Start Date Tuesday, 16 January 2024
End Date Tuesday, 6 February 2024
Tutor Anthony Barron

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

Art Movements Throughout History

Classroom ⌚ 2 hours per week | 4 weeks

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

Timings 13:30 - 15:30
Start Date Tuesday, 20 February 2024
End Date Tuesday, 12 March 2024
Tutor Anthony Barron

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

Art Therapy Butterfly Project

Classroom ⌚ 1.5 hours per week | 8 weeks

📍 **The Hat Factory Arts Centre, 65 – 67 Bute Street, Luton, LU1 2EY**

Timings 10:00 - 11:30
Start Date Thursday, 18 January 2024
Break Thursday, 22 February 2024
End Date Thursday, 14 March 2024
Tutor Moriam Grillo

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

Expressive Writing – Royal Literary Fund

Classroom & **Online**

⌚ 1.5 hours per week | 4 weeks

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 13:00 - 14:30
Start Date Friday, 23 February 2024
End Date Friday, 15 March 2024
Tutors Dianne Thomas, Philip Womack – Royal Literary Fund Writer, Tara Curtis

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

First Aid for the Soul

Classroom & **Online**

⌚ 1.5 hours per week | 6 weeks

📍 **Zoom/Luton Central Library, St George's Square, Luton, LU1 2NG**

Timings 10:00 - 11:30
Start Date Friday, 26 January 2024
Break Friday, 23 February 2024
End Date Friday, 8 March 2024
Tutors Dianne Thomas, Haneefah Muhammad

The soul is our essence, the deepest part of our self. When a painful event such as a loss or serious health problem happens in our life we can experience emotional, mental/ physical pain and our soul can be wounded. To help us heal from this injury we may need to apply 'FIRST AID FOR THE SOUL' – practical tips and actions that provide comfort in our journey towards healing, recovery and wholeness. In this 90-minute workshop, you will think about some tools and practices to create your personal first aid kit for the soul. By doing this, you will be making choices about what you need to help you start to heal a wound to your soul.

For the Love of Light – Photographic Portraits

Classroom ⌚ 1.5 hours per week | 6 weeks

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

Timings 12:00 - 13:30
Start Date Monday, 5 February 2024
End Date Monday, 11 March 2024
Tutors Sara McClurg, Mark DeGietelink

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

Gratitude scrapbooking

Classroom ⌚ 2.5 hours per week | 3 weeks

📍 **St Mary's church hall Stotfold**

Timings 12:00 - 14:30
Start Date Thursday, 1 February 2024
End Date Thursday, 15 February 2024
Tutors Sam Fossey, Claire Cooper

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

Gratitude scrapbooking

Classroom ⌚ 3 hours per week | 3 weeks

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

Timings 09:30 - 12:30
Start Date Wednesday, 28 February 2024
End Date Wednesday, 13 March 2024
Tutors Sam Fossey, Fiona Thompson

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

Make a Macrame Knot Keyring

Classroom ⌚ 2 hours

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

Timings 13:00 - 15:00
Date Wednesday, 27 March 2024
Tutors Holly Keeling, Tara Curtis

This workshop will teach you how to use coordination and measurements to create a macrame knot keyring with a beautiful pattern which you can take home with you!

Make Your Own Draught Excluder

Classroom ⌚ 2 hours

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

Timings 13:00 - 15:00
Date Wednesday, 17 January 2024
Tutors Holly Keeling, Tara Curtis

Come along and sew your own draught excluder to help keep the heat in your house this winter. It is estimated that draught excluders can save £50-80 off household energy bills a year! No sewing experience is necessary, the materials are provided for you, and you can take yours home after the workshop.

Model Making

Classroom ⌚ 2 hours per week | 9 weeks

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

Timings 10:00 - 12:00
Start Date Wednesday, 17 January 2024
End Date Wednesday, 13 March 2024
Tutors Anthony Barron, Rob Lock, Geoff Bennett

A Men's workshop with Modelling in Mind. Building Models and Miniatures from the Past – Present – and the Far Future From Planes, Tanks, Cars, and Space Marines. Learn how to Build, paint, display and play different types of Kits. Different ways of displaying your models."

Musical Memories PlaylistforLife Awareness workshop

Online

📍 **Zoom**

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

📍 For more information contact
Karen Hibbert, Keech Hospice Care
Karen.Hibbert@keech.org.uk 01582 497815
www.keech.org.uk 01582 492339

Self Discovery Through Writing

Classroom ⌚ 2 hours a day | 2 days

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

Timings 11:30 - 13:30
Start Date Monday, 29 January 2024
End Date Tuesday 30 January 2024
Tutors Sara McClurg, Debbie Brathwaite

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

Sew Mindful

Classroom

⌚ 1.5 hours a day | 1 day per week | 5 weeks

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

📍 For more information contact
Noah Enterprise
01582 726 152
lutonacademy@noahenterprise.org

Shout or Whisper

Online ⌚ 1.5 hours per week | 3 weeks

📍 **Zoom**

Timings 19:00 - 20:30
Start Date Wednesday, 24 January 2024
End Date Wednesday, 7 February 2024
Tutors Amit Shenmar, Will Coles, Thomas Irvine

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

Bedfordshire & Luton Recovery College Enrolment Form

Please use **BLOCK CAPITALS**. To enrol for a course, or courses, please complete all sections.

If you need help to complete this form please contact us, using the contact details on the next page.

1. Your contact details

Title:	First name:	Last name:
Date of birth:		
Address:		
Town:	County:	Postcode:
Mobile phone:	Home phone:	
May we leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>	May we leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Email address:		
Would you like to be emailed when a new prospectus is out? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Would you like to be added to our email list to receive regular updates and news about our courses? Yes <input type="checkbox"/> No <input type="checkbox"/>		

Preferred contact method (please tick one):

Email Call to Mobile Call to home phone Text/SMS Post

We will contact you using your preferred method of contact however if we need to contact you by another method, for example in an emergency, we will use the other contact details you have provided.

How would you like to be sent the links for online courses you choose and to receive reminders?

Choose one option: Email Text/SMS

What is your connection with Bedfordshire & Luton Recovery College?

Work in Bedfordshire Live in Bedfordshire Student in Bedfordshire ELFT Volunteer or Employee

Name of person completing this form:	Telephone:
Job title (if applicable):	Email:

2. Emergency contact information

Title:	First name:	Last name:
Phone number:	Relationship to you:	

3. Courses

Courses	Course date(s)

Your preferred location for attending courses:

Please tick other suitable locations:

Ampthill Bedford Biggleswade Dunstable Flitwick Houghton Regis Leighton Buzzard Luton
Sandy Stotfold Zoom

4. Your support needs and special requirements

Support needs: Please help us to identify your support needs by giving us a brief description of the challenges you have faced or may be addressing through current contact with mental health services.

Special requirements: Please tell us if you have any special requirements (e.g. interpreter) or access needs (e.g. mobility) that we may pass onto course trainers before you attend.

Have you or your partner been a member of the UK armed forces? Yes No

Services you access: Please tick the boxes for any statements that apply to you:

Community Mental Health Team (CMHT) Triage Assessment and Brief Interventions (TABI) Inpatient/Acute Wards
Older Persons' Service Learning Disability Primary Liaison Service Crisis Team
Other East London NHS Foundation Trust service MIND Lighthouse Pathway to Recovery (P2R) Resolutions
Other mental health services Please provide details.....
I am a carer I work for ELFT or a partner organisation Other Please provide details

Individual Learning Plan (ILP): Would you like an individual learning plan? Yes No

This will involve a session to go through short-term objectives and help you create learning opportunities to achieve your goals.

Primarily, in what role will you be using the Recovery College?

Student Tutor Support worker Carer Interpreter Professional staff

Do you belong to another group as well?

Student Tutor Support worker Carer Interpreter Professional staff

How did you hear about The Recovery College? Please tick:

Advert I walked into your premises Referral from ELFT Referral from GP Referral from other organisation

Please tell us which organisation

5. Equal opportunities monitoring

Gender identity

Female Male Non-binary Prefer not to say Identify in another way Please provide details if so.

Do you identify as trans?

Yes No Prefer not to say

Age group

17-25 26-35 35-45 46-59 60+

Marital status

Married Single Divorced Widow Civil Partnership Living with Partner Other Prefer not to say

Which of the following options best describes how you think of yourself?

Heterosexual or Straight Gay or Lesbian Bisexual Other sexual orientation not listed Prefer not to answer

Ethnicity

White British White and Asian Bangladeshi Black Caribbean White Irish White & black Caribbean Chinese
Black African Gypsy, Roma White & black African Indian Other black Background Other white background
Other mixed or multiple background Pakistani Other Other Asian background Prefer not to say

6. Confidentiality and our promise to you

Attendees of all our courses are expected to:

- maintain the privacy and confidentiality of other attendees;
- not use mobile phones, computers or recording devices during sessions (unless agreed prior to the day);
- inform us as soon as possible if they are unable to attend.

In return the Recovery College will:

- ensure the data you have provided us above is kept within GDPR regulations. Your personal data will not be shared outside of the Recovery College without your consent; with the exception of if we have concerns about your wellbeing. In all cases our primary aim will be to obtain your permission first;
- offer courses FREE (or at very low cost);
- involve our service users in the development of our college wherever possible.

By submitting this form, you are confirming that you have read and understand how your information will be stored / shared by the Recovery College.

Signature	Date
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Thank you for completing this form. Please email your completed form to: elft.recoverycollege@nhs.net or post it to:

Recovery College, 3 Woburn Road, Bedford MK40 1EG. Telephone: 01234 263621

Recovery College, Luton Central Library, 2nd Floor, St Georges Square, Luton LU1 2NG. Telephone: 01582 708917

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Communication 101	31	First Aid for the Soul	49	Loneliness & Isolation	22	Pain - Talking Therapies	39	Sleep - Breath - Ground	26		
Compassionate Friends Skills workshop	44	Five ways to wellbeing	34	Long Term Health Conditions	22	Panic - Talking Therapies	39	Staying safe online	41		
Computer Skills for Beginners	31	Food And Wellbeing	21	Low Mood - Talking Therapies	38	Panic Attacks - Total Wellbeing	24	Stress	26		
Cooking on a Budget	31	For the Love of Light - Photographic Potraits	49	Low Mood and Depression - Total Wellbeing	23	Passport to Childcare	39	Struggling with the menopause? (Women only)	41		



These Meditation sessions are helping me so much along the journey to help me cope with stress & anxiety. I have started to practice the techniques shown in the session when I can find time. The Tutor has such a soothing voice and for half an hour or so can transport us to another place, de-fogging the mind. Listening to other people who are going through anxiety helps me realise I'm not alone. I have recommended the Recovery College to a colleague who is suffering from anxiety.



Thank you so much, absolutely wonderful! Feel quite emotional but in a good way. Thank you to the tutor who has walked our walk and is now a peer teacher. You get it! I am looking forward to attending more courses. Thank you so much for this service.



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