



East London
NHS Foundation Trust

Bedfordshire and Luton

RECOVERY



College

Rethink
Relearn
Recharge

Prospectus January–March 2024

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

Scan to
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.**



Contents

Our Approach	6	Learning to Suit You	14
4 Steps To Start Your Journey	7	Ways of Learning	14
How To Enrol	8	Our Venues	15
Our Values	9	Our Students	16
Involvement	9	Courses & Workshops	18-41
Student Charter	10		
FAQs	11		
Our Partners	12		

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

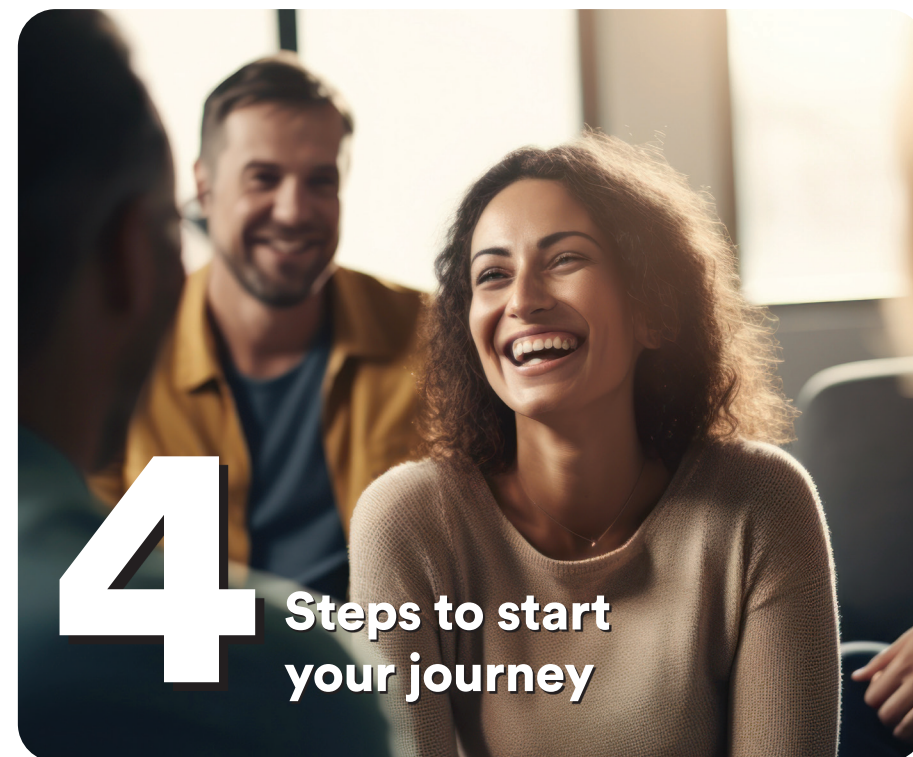
Recharge

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 708 917



- 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, 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



Opportunity: to do things you want to do
Choice: control of your future
Hope: believing a meaningful life is possible

East London Foundation Trust values



We Care
We Respect
We Are Inclusive

University of Bedfordshire values

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 708 917

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.

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

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

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.

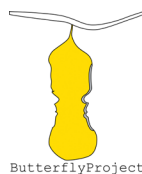
Our partners

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.



Central Bedfordshire Council
and Bedford Borough Council
working together



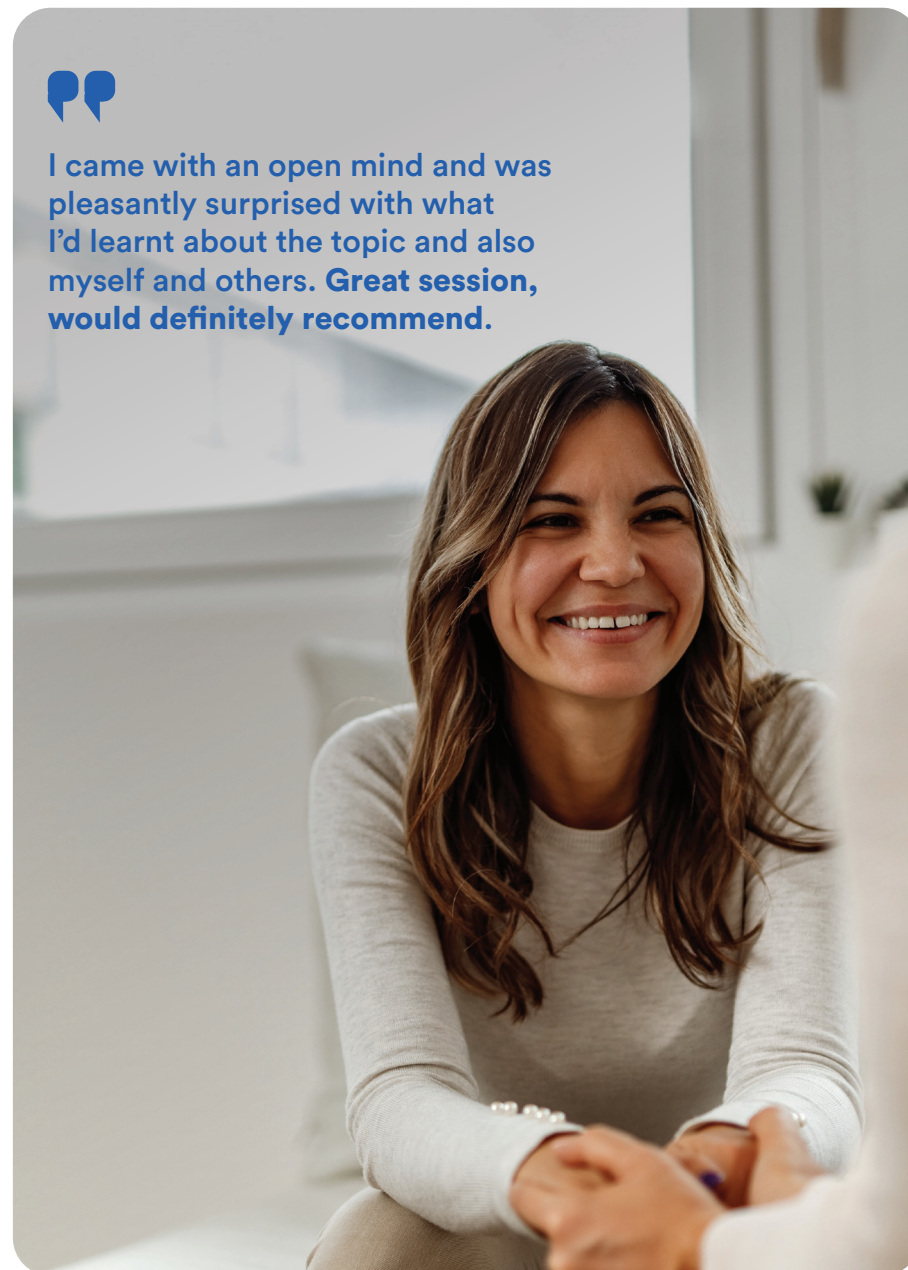
ButterflyProject



The
**Creative
Mental
Health
Charity**
poetsin.com



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.

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.

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.

Creativity & Self Expression

These course 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

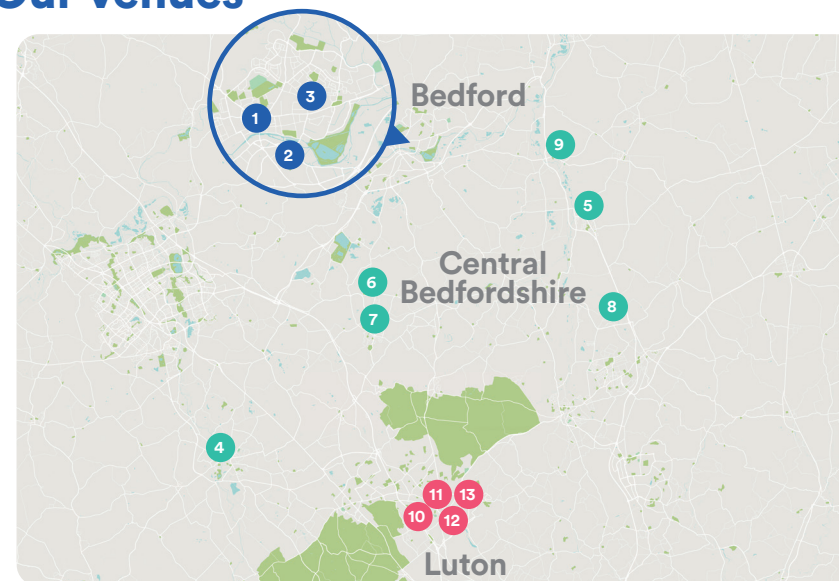
Classroom learning offers real-time discussions, and face-to-face interactions, which is suited to those who prefer a hands-on experience.



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,
Amphill. 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

P25 Building on Knowledge & Skills

P35 Getting Involved

P37 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 0NL

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

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

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

Autism Bedfordshire

Classroom & Online

📍 Zoom, Bedford, Central Bedfordshire and Luton

📄 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 0NL

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

Budgeting

Classroom ⌚ 1.5 hours

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

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

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

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

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

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

Food and Wellbeing

Classroom ⌚ 1.5 hours

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

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

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

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

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

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

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

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

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

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

Managing Your Mental Health in Difficult Times

Classroom

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

📄 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

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

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

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

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

Neurodiverse Thinking Skills

Online ⌚ 1 hour

📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 12 February 2024

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

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

Prostate Cancer

Classroom & **Online** ⌚ 1.5 hours

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

Timings 12:30 - 16:00
Date Tuesday, 12 March 2024

Relationships

Classroom ⌚ 1.5 hours

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

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

Rheumatoid Arthritis

Classroom & **Online** ⌚ 1.5 hours

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

Timings 14:30 - 16:00
Date Tuesday, 27 February 2024

Self-Belief

Classroom ⌚ 1.5 hours

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

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

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

Seven Steps to Self-Belief

Online ⌚ 1.5 hours

📍 **Zoom**

Timings 12:00 - 13:30
Date Thursday, 14 March 2024

Six Simple Tips to Help Reduce Worry

Online ⌚ 1.5 hours

📍 **Zoom**

Timings 12:30 - 14:00
Date Thursday, 22 February 2024

Sleep – Breath – Ground

Online ⌚ 1.5 hours

📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 22 January 2024

Stress

Classroom ⌚ 1.5 hours

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

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

Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online ⌚ 1 hour

📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 15 January 2024

Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online ⌚ 1 hour

📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 4 March 2024

Thriving with Dyslexia

Online ⌚ 1 hour

📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 5 February 2024

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

Understanding Anxiety**Online** ⌚ 1.5 hours📍 **Zoom**

Timings 14:00 - 15:30

Date Wednesday, 7 February 2024

Understanding Hearing Voices**Classroom** ⌚ 2 hours📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 14:00 - 16:00

Date Wednesday, 31 January 2024

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

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

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

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

Your Digital Memories Matter**Online**📍 **Zoom**

📄 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**

📄 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

Basic Maths for the Workplace**Classroom**

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

📍 **Bedford**

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

Basic Maths for the Workplace**Classroom**

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

📍 **Central Bedfordshire**

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

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

Better place to start – open up your possibilities**Classroom**

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

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

Carers Information and Support Programmes**Online**📍 **Zoom**

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

Carers Information and Support Programmes**Classroom**

📄 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

Computer Skills for Beginners**Classroom**

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

📍 **Bedford**

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

Computer Skills for Beginners**Classroom**

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

📍 **Central Bedfordshire**

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

Cooking on a Budget**Classroom**

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

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

Crafts and Maths**Classroom**

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

📄 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

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

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

📄 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

Digital Learning for Beginners**Classroom**

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

📄 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

📄 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

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

Domestic Abuse and Mental Health (women only)**Online** 🕒 1.5 hours📍 **Zoom**

Timings 13:00 - 14:30
Date Friday, 1 March 2024

Domestic Abuse and Mental Health (women only)**Online** 🕒 1.5 hours📍 **Zoom**

Timings 12:00 - 13:30
Date Tuesday, 23 January 2024

Exploring Loss**Online** 🕒 1.5 hours📍 **Zoom**

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

Exploring Loss from a Spiritual Aspect**Online** 🕒 1.5 hours📍 **Zoom**

Timings 13:00 - 14:30
Date Wednesday, 21 February 2024

Exploring Loss of a Pet**Online** 🕒 1.5 hours📍 **Zoom**

Timings 13:00 - 14:30
Date Wednesday, 13 March 2024

Financial Wellbeing**Classroom**

📄 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**

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

Free Employability Workshops**Classroom**

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

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

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

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

ICT (Computer Classes) Practical and Immediate**Classroom**

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

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

ICT (Computer Classes) The Basics**Classroom**

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

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

Improving Sleep**Online** 🕒 1 hour📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 29 January 2024

Improving Sleep**Online** 🕒 1 hour📍 **Zoom**

Timings 12:30 - 13:30
Date Monday, 11 March 2024

Improving Sleep – Talking Therapies**Classroom** ⌚ 1 hour

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

Timings 10:00 - 11:00
Date Wednesday, 28 February 2024

LGBTQ+ & Allies – Being Me!**Online** ⌚ 1.5 hours📍 **Zoom**

Timings 14:30 - 16:00
Date Monday, 29 January 2024

LGBTQ+ & Allies – Being Me!**Online** ⌚ 1.5 hours📍 **Zoom**

Timings 14:30 - 16:00
Date Monday, 26 February 2024

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

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

Living Well with Dementia**Online**📍 **Zoom**

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

Living Well with Dementia**Classroom**

📄 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

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

Medication and Mental Health (women only)**Online** ⌚ 1.5 hours📍 **Zoom**

Timings 18:00 - 19:30
Date Thursday, 25 January 2024

Medication and Mental Health (women only)**Online** ⌚ 1.5 hours📍 **Zoom**

Timings 12:30 - 14:00
Date Wednesday, 13 March 2024

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

Money Matters**Classroom**

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

📄 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

Pain – Talking Therapies**Online** ⌚ 1 hour📍 **Zoom**

Timings 12:00 - 13:00
Date Wednesday, 6 March 2024

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

Passport to Childcare**Classroom**

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

📄 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**

📄 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

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

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

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

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

Skills and CV**Classroom**📍 **Arndale House, 3rd Floor, The Mall, Luton, LU1 2LJ**

📄 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**

📄 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

Struggling With The Menopause? (women only)**Online** ⌚ 1 hour📍 **Zoom**

Timings 18:00 - 19:00

Date Tuesday, 5 March 2024

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

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

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

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

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

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

Come along to the Bedford Beacon drop in space

Thursdays,
17:30 - 21:00



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



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

Compassionate Friends Skills Workshop**Online** ⌚ 2 hours📍 **Zoom**

Timings 10:00 - 12:00

Date Wednesday, 24 January 2024

📄 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**

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

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

Yoga for Chronic Pain**Classroom** ⌚ 1 hour | Ongoing

📍 **Parkside Community Centre,
 Amphill, MK45 2HX**

Timings 14:00 - 15:00

Start Date Ongoing

End Date Ongoing

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

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

**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

**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

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

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

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

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

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



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

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

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

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

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

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

Model Making**Classroom**

⌚ 2.5 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

Musical Memories PlaylistforLife Awareness workshop**Online**📍 **Zoom**

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

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

Sew Mindful**Classroom**

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

📄 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



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.





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.



East London
NHS Foundation Trust

