



East London
NHS Foundation Trust

SPRING TERM PROSPECTUS

February-April 2024



Beds and Luton
Discovery College

THE DISCOVERY COLLEGE

Our Discovery College offers FREE workshops to young people between 13 and 18 years old across Beds and Luton. There is no waiting list and no referral needed to join our workshops, just fill in the registration form.

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

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

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

CONTENTS

- ✦ **Our Journey 4**
- ✦ **Co-Production 5**
- ✦ **Our Agreement 6**
- ✦ **Our Students 7**
- ✦ **Gallery 8**
- ✦ **How to sign up 9**
- ✦ **Workshops 10 - 21**
- ✦ **Our Partnerships 22**
- ✦ **Resources 23**
- ✦ **Contact Details 24**

OUR JOURNEY

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

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

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

CO-PRODUCTION

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

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

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

OUR AGREEMENT

TO PARTICIPATE YOU MUST UPHOLD OUR AGREEMENT TO:

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

THE DISCOVERY COLLEGE TEAM WILL:

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

OUR STUDENTS

"The workshop I attended was really helpful and full of information, it gave me a clearer idea of how to write my CV, and what employers are looking for. I am glad I attended."

Leila - DisCo student.

"My son said he really enjoyed it and felt comfortable being with other kids "like him". He would like to attend more workshops so we'll be looking out for the new prospectus! "

Tracey- DisCo Parent

"I understood what was going on, I liked the people. I could talk and be honest."

Student at Greys Education Centre Kempston.

"As a professional, having the opportunity to experience the session was invaluable. I can now pass on my first-hand experience of the group to hopefully reassure any young person who may want to attend a workshop but who may feel apprehensive about attending."

Debbie - CAMHS Professional.

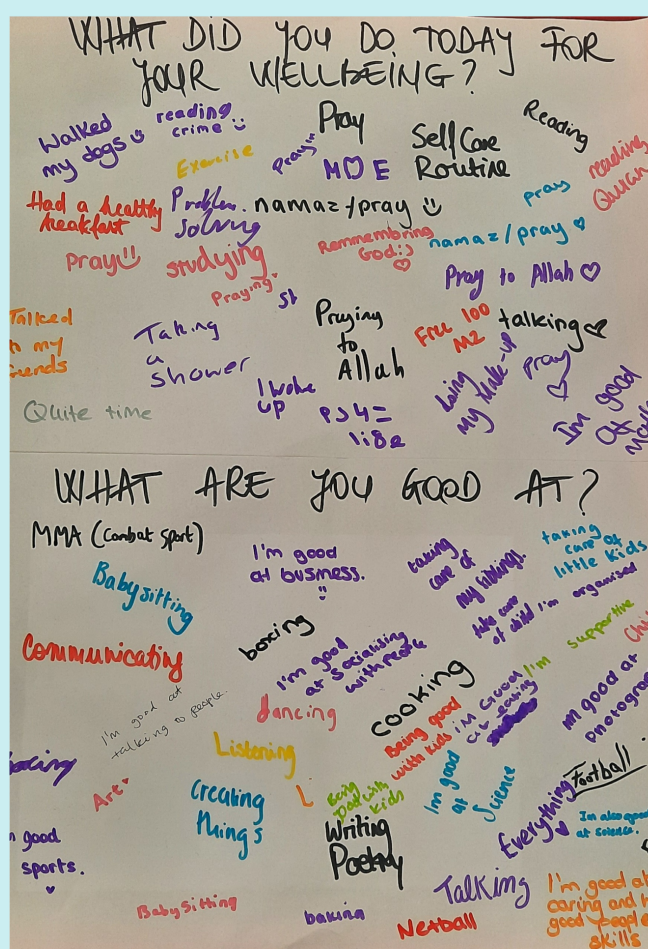
GALLERY



DisCo Hub meeting, Luton, December 2023



Reaching Your Potential Workshop, Bedford, October 2023



Autumn 2023 Wellbeing Fairs activity with young people



Let's Get Moving Workshop, Luton, November 2023



Leadership Workshop, Bedford, January 2024



Creative Jewellery Workshop, Flitwick, December 2023

HOW TO SIGN UP

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

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

What's next?

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



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

mindrecoverynet.org.uk/providers_profile/bedford-and-luton-discovery-college



CREATING JEWELLERY

This workshop will engage your imagination and develop your dexterity.

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

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

Date:

Monday, 19th February

Time:

1-3pm

Venue:

Tavistock Community

Centre, Princes St, Bedford MK40 2SX

Facilitators:

Mihaela Iancu and Ocean-Tae McKenna



UNDERSTANDING ANXIETY & LOW MOOD

What are the signs and causes that can lead to low mood and anxiety, and how can this impact our daily life?

Learn how anxiety and low mood affects us in different ways and gain a deeper understanding on how best to manage them.

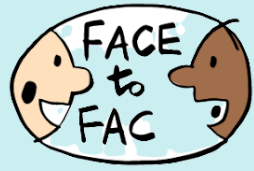
Explore resources that can help with easing worries, fear and dealing with low mood.

Date:
Tuesday, 27th February

Time:
5-6.30pm

Venue:
Online - Zoom

Facilitators:
Ocean-Tae Mckenna and Nadia Lewis



REACHING YOUR POTENTIAL

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

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

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

Date:

Thursday, 29th February

Time:

5-7pm

Venue:

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

Facilitators:

Lucas Francis and Sarah Bateman



CULTURE AND BELONGING

Discover the different elements of culture and how we can increase our sense of belonging through the SCARF model.

This workshop outlines our similarities no matter our cultural background or where we are from.

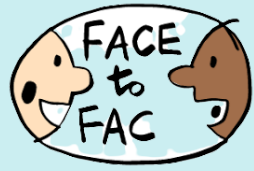
Explore the importance of feeling part of a group and how you can bring your own cultural identity and individuality to the table.

Date:
Tuesday, 5th March

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Shiblu Miah and Mihaela Iancu



CV WRITING & INTERVIEW SKILLS

Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/working life.

An interview gives you the opportunity to set yourself apart from other candidates and expand on the skills that make you the best person for that job.

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

Date:
Thursday, 7th March

Time:
5-7pm

Venue:
**SSG Hub-Raleigh Centre, Ampthill Road, Bedford
MK42 9HE**

Facilitators:
Alexia Potirniche and Shibli Miah



BUILDING RESILIENCE FOR STRESS MANAGEMENT

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

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

This workshop will help you to build your own plan to overcome or cope with challenges using the 4 S's of resilience and the 4 A's of stress management.

Date:

Tuesday, 12th March

Venue:

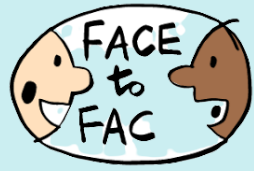
Online-Zoom

Facilitators:

Shiblu Miah and Sarah Bateman

Time:

5-6.30pm



ANIMATION FOR WELLBEING

If you think animation is just for younger kids, think again! It can be creative, calming, intelligent, and so much more!

A form of art that lets you express stories, emotions, and ideas through movement!

Animation is an especially great way to build up your self esteem. It feels incredible to be able to breathe life into drawings, clay, and household items, and you get a moving piece of art at the end of the process.

Date:
Thursday, 14th March

Time:
5-7pm

Venue:
SSG Hub-Raleigh Centre, Ampthill Road, Bedford
MK42 9HE

Facilitators:
Az Kingsford and Mihaela Iancu



COMMUNICATING CONFIDENTLY

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

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

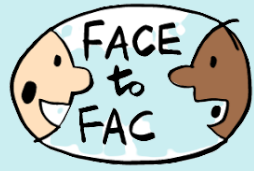
Learn how to express your needs and wants in a respectful way and how to disagree without judging.

Date:
Tuesday, 19th March

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Marianne Bahadur and Jerone Turlunch



EXERCISE & WELLBEING

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

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

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

Date:
Thursday, 21st March

Time:
5-7pm

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

Facilitators:
Shiblu Miah and Marianne Bahadur



SELF-ESTEEM

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

Building self-confidence can be the first step in improving your overall wellbeing and self-esteem. The way you look at yourself can impact the way you relate to others.

Learn how to navigate through negative self-talk to a healthier outlook.

Date:
Tuesday, 26th March

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Shana Ryan and Mihaela Iancu



MUSIC, ART & MENTAL HEALTH

The arts are an important part of our wellbeing. They can help us to express our emotions and make sense of how we feel.

In this session we will learn more about how music and emotions are intertwined. We will also use music as a background to creating some art.

The focus will be on making and translating instrumental and vocal layers into a visual language.

Date:

Thursday, 28th March

Time:

5-7pm

Venue:

**Grove View Health Hub, Court Drive, Dunstable
LU5 4JD**

Facilitators:

Sarah Bateman and Shana Ryan



EMOTIONAL INTELLIGENCE

There are many types of intelligence in addition to intellect. Join us to learn more about emotional intelligence and how it can help you understand and process your own and other people's emotions.

We will also discover how it can improve the quality of your wellbeing and mental health.

Learn how to be people smart, a valuable skill that can improve your personal and social relationships.

Date:
Tuesday, 23rd April

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Mihaela Iancu and Sarah Bateman

OUR PARTNERSHIPS

Central Bedfordshire College

Tel no: 01582477776

bedfordcollegigroup.ac.uk/central-bedfordshire-college

GamCare- Young People Support Service

Tel no: 08088020133

gamcare.org.uk/get-support/young-peoples-support-service

Grove View Health Hub

Tel no: 03003008980

groveviewhub.co.uk

Link to Change

Tel no: 01480474974

linktochange.org.uk

Luton Central Library

Tel no: 01582 547418

lutonlibraries.co.uk

Recovery College Bedfordshire and Luton

Tel no: 01234 880340

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

SSG Services

Tel no: 01234340782

ssgservices.co.uk

Tavistock Community Centre

Tel no: 01372457651

bedford.gov.uk/leisure-parks-and-sport/community-centres/tavistock-community-centre

TOKKO Youth Centre

Tel no: 01582 544990

tokko.co.uk



RESOURCES

Be Body Positive

bebodypositive.org.uk

Better Days BLMK

BetterDaysBLMK@hotmail.com

Bedford Local Offer:

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

Central Bedfordshire SEND Local Offer:

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

Luton's Local Offer SEND Information Hub:

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

CHUMS

chums.uk.com/bedfordshire-services

Crisis Cafes Bedfordshire

elft.nhs.uk/services/mental-health-crisis-cafe-bedfordshire-luton-milton-keynes

Healthwatch

healthwatchbedfordborough.co.uk

Mind BLMK

mind-blmk.org.uk

Open Door Bedfordshire

bedfordopendoor.org.uk

Samaritans

samaritans.org

The National Self Harm Network

nshn.co.uk

UK Safer Internet Centre

saferinternet.org.uk

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

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

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

CONTACT DETAILS:

For further queries please email:
elft.camhsdiscoverycollege@nhs.net

Shiblu Miah - Discovery College Lead
shiblu.miah4@nhs.net

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

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

Charlotte Sherrell - Administration Apprentice
charlotte.sherrell@nhs.net



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