



East London  
NHS Foundation Trust

Bedfordshire and Luton



Prospectus April–August 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

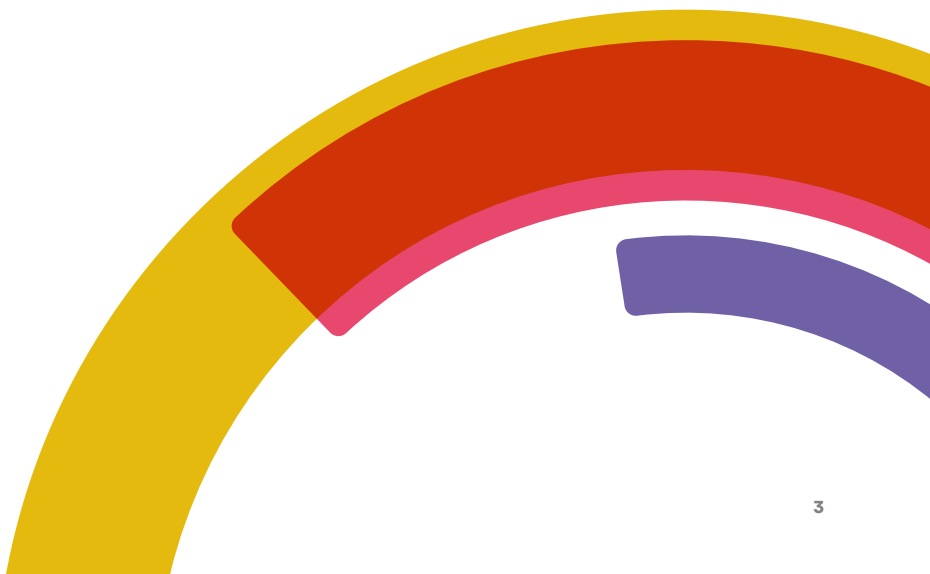
We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

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.**





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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](mailto:elft.recoverycollege@nhs.net)**

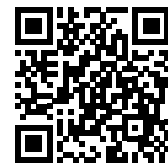
**01234 263 621 or 01582 315 987**



- 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 p60 or contact the relevant partner
- 4** Begin your journey towards recovery



Scan to  
enrol online



## 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](mailto: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 315 987  
**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](mailto: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](mailto: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?

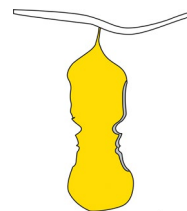
You would need to make your own child care arrangements.

# 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.

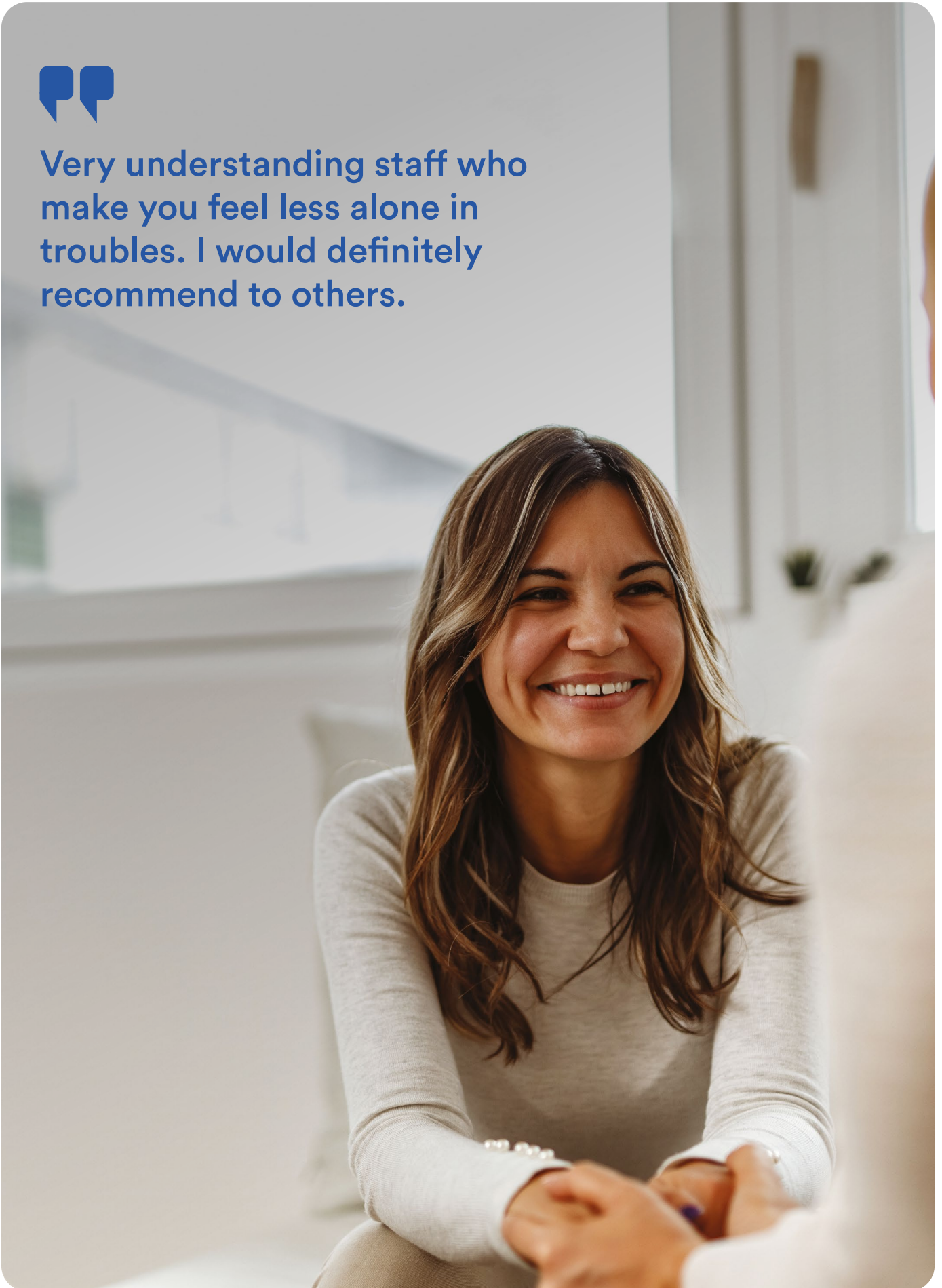


Central Bedfordshire Council  
and Bedford Borough Council  
working together





**Very understanding staff who make you feel less alone in troubles. I would definitely recommend to others.**



# 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.

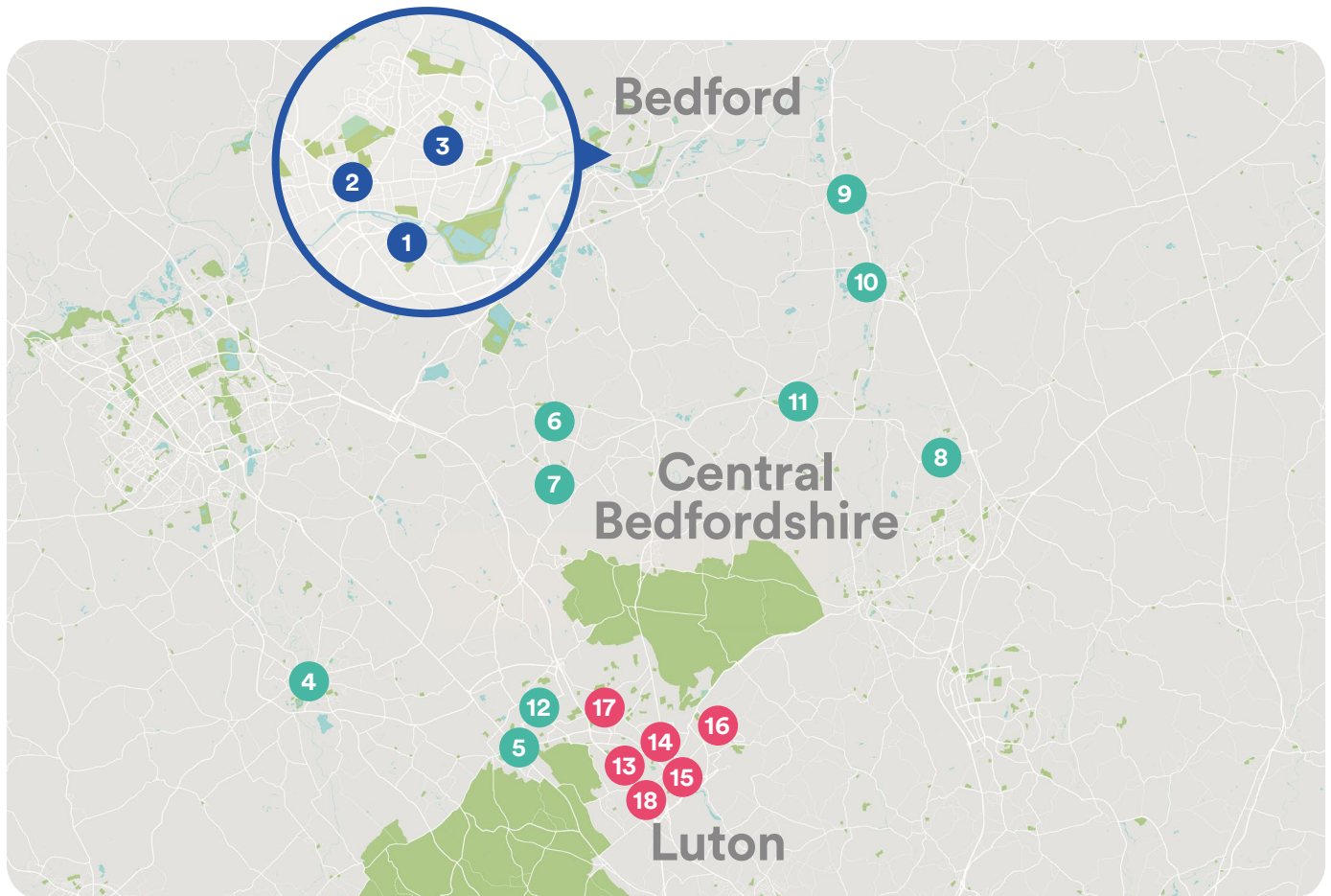


### Classroom

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

### Central Bedfordshire

- 4** **The Lighthouse**  
Whichellos Wharf, The Elms,  
Stoke Road, Leighton Buzzard, LU7 2TD
- 5** **Grove View Hub**  
Court Drive, Dunstable, LU5 4JD
- 6** **Parkside Community Hall**  
Woburn Street, Ampthill, MK45 2HX

- 7** **Flitwick Library**  
Coniston Road, Flitwick, Bedford,  
BK45 1QJ

- 8** **St Mary's Church Hall**  
51 Church Road, Stofold, SG5 4NE

- 9** **Sandy Baptist Church Hall**  
1 Kings Road, Sandy, SG19 1EJ

- 10** **St Andrews Church**  
45 Shortmead Street, Biggleswade,  
SG18 0AT

- 11** **BPHA**  
Bellcote Meadow – Purcell Way Bottom,  
Shefford, Bedfordshire, SG17 5RY

- 12** **Houghton Hall Park**  
Park Road North, Houghton Regis,  
LU5 5FU

### Luton

- 13** **Recovery College Luton**  
Luton Central Library, 2nd Floor,  
St George's Square, Luton, LU1 2NG

- 14** **The Hat Factory Arts Centre**  
65-67 Bute Street, Luton, LU1 2EY

- 15** **University of Bedfordshire**  
University Square, Luton, LU1 3JU

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

- 17** **Betty Dodd Court**  
35 Grange Avenue, Leagrave, Luton,  
LU4 9AS

- 18** **Luton All Women's Centre**  
The Spires, Adelaide Street, Luton,  
LU1 5BB

# Our students

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



As ever the Shout or Whisper Online workshop was of the highest quality.





Amazing, professional yet approachable facilitators and very useful, interactive and informative content. Highly recommended for neurodiverse population, their families and carers but also for people working with neurodiverse clients.



Really insightful. Learnt interesting concepts and techniques to take away and use. Highlighting the positive ways dyslexic people think, enhance that thinking with associated techniques, to improve reading, spelling and writing.



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



The Art group is excellent, I look forward to going every week as I can relax in a calm atmosphere and enjoy painting while having a chat to other people.

# Find a course or workshop

**P19**

**Recovery & Wellbeing**

**P35**

**Building on Knowledge & Skills**

**P47**

**Getting Involved**

**P53**

**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

📍 **BPHA Bellcote Meadow, Purcell Way Bottom, Shefford, Bedfordshire, SG17 5RY**

Timings 13:00 – 14:30  
Date Thursday, 11 July 2024  
Tutor Amit Shenmar

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

## Anxiety & Fear

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 15 April 2024  
Tutor Amit Shenmar

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

## Anxiety and Worry – Total Wellbeing

Classroom

🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 16 April 2024  
Tutor Amit Shenmar, Dianne Thomas

*Feeling anxious and worried? This workshop is designed to provide you with information around anxiety and worry and why you may be feeling like this. You will leave with techniques that will enable you to cope better in situations that you may feel unable to.*

## Anxiety and Worry – Total Wellbeing

Online

🕒 1 hour

📍 **Zoom**

Timings 12:00 – 13:00  
Date Tuesday, 16 April 2024  
Tutor Amit Shenmar, Dianne Thomas

*Feeling anxious and worried? This workshop is designed to provide you with information around anxiety and worry and why you may be feeling like this. You will leave with techniques that will enable you to cope better in situations that you may feel unable to.*

## Asthma

Classroom

🕒 1.5 hours

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

Timings 14:30 – 16:00  
Date Tuesday, 11 June 2024  
Tutor Joginder Khinder

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

## Asthma

Online

🕒 1.5 hours

📍 **Zoom**

Timings 14:30 – 16:00  
Date Tuesday, 11 June 2024  
Tutor Joginder Khinder

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

## Autism Bedfordshire

Classroom

&amp;

Online

⌚ 2 hours

### 📍 Zoom/Bedford, Central Bedfordshire and Luton

Timings 13:00 – 15:00

Tutor Emily Cullumn (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.

📍 Autism Bedfordshire, enquiries@autismbeds.org, 01234 350 704 or 01234 214 874, www.autismbedfordshire.net

## Body Image – Total Wellbeing

Classroom

⌚ 1 hour

### 📍 Luton Central Library, 2nd Floor, St George's Square, Luton, LU1 2NG

Timings 12:00 – 13:00

Date Tuesday, 23 April 2024

Tutor Amit Shenmar, Dianne Thomas

Body image is how we think and feel about ourselves physically and how we believe others see us. This workshop is for people who struggle with the way they perceive their appearance. This workshop will explore what the term 'body image' means, factors that can affect our body image, different representations of beauty, and steps that we can take to improve our own body image. The workshop will also examine the link between a person's perception and beliefs regarding their own body image, their physical self and the thoughts, feelings and behaviour that result from that perception.

## Body Image – Total Wellbeing

Online

⌚ 1 hour

### 📍 Zoom

Timings 12:00 – 13:00

Date Tuesday, 23 April 2024

Tutor Amit Shenmar, Dianne Thomas

Body image is how we think and feel about ourselves physically and how we believe others see us. This workshop is for people who struggle with the way they perceive their appearance. This workshop will explore what the term 'body image' means, factors that can affect our body image, different representations of beauty, and steps that we can take to improve our own body image. The workshop will also examine the link between a person's perception and beliefs regarding their own body image, their physical self and the thoughts, feelings and behaviour that result from that perception.

## Boundaries

Classroom

⌚ 1.5 hours

### 📍 BPHA Bellcote Meadow, Purcell Way Bottom, Shefford, Bedfordshire, SG17 5RY

Timings 13:00 – 14:30

Date Thursday, 18 July 2024

Tutor Amit Shenmar

Boundaries are a key marker of any relationship and help to shape the way in which people behave in a positive way.

## Boundaries

Classroom

⌚ 1.5 hours

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

Timings 12:00 – 13:30

Date Monday, 22 April 2024

Tutor Amit Shenmar

Boundaries are a key marker of any relationship and help to shape the way in which people behave in a positive way.

## Building Confidence – Total Wellbeing

Classroom & Online ⌚ 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 30 April 2024  
Tutor Amit Shenmar, Dianne Thomas

*This workshop will improve our understanding of how low self-esteem develops, our core beliefs and the impact of low self-esteem in day to day life. It will offer techniques that will increase confidence through awareness and practical CBT).*

## Caring for a Loved One – Total Wellbeing

Classroom & Online ⌚ 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 30 May 2024  
Tutor Amit Shenmar, Dianne Thomas

*Supporting someone who is struggling with low mood or anxiety can be difficult. This workshop will help you understand different techniques to support a loved one who may be suffering with some mental health problems. It will also help you to make sure you manage your own wellbeing as looking after yourself is just as important and the people you may care for.*

## Compassion-Kindness – Total Wellbeing

Classroom & Online ⌚ 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 14 May 2024  
Tutor Amit Shenmar, Dianne Thomas

*Thoughts are affected by how we feel and vice versa, which is why it's important that we are kind to ourselves as well as others. This workshop will help you to connect with your compassionate side. Enabling you to be kind to yourself by ensuring you are able to talk and look after yourself like you would to someone else.*

## Create Your Own Wellness Recovery Action Plan (WRAP)

Classroom ⌚ 2 hours per day | 6 weeks

📍 3 Woburn Road, Bedford, MK40 1EG

Timings 10:30 – 12:30  
Start Date Tuesday, 11 June 2024  
Break Tuesday, 2 July 2024  
End Date Tuesday, 23 July 2024  
Tutor Joginder Khinder, 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.*

## De-Mystifying Complex Post Traumatic Stress Disorder (PTSD)

Classroom & Online ⌚ 1 hour

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

Timings 14:30 – 16:00  
Date Tuesday, 7 May 2024  
Tutor Joginder Khinder, Anna Braga (Recovery Code X – Centre for Complex PTSD)

*An Introduction to Complex Post-Traumatic Stress Disorder: how it's different to PTSD, common symptoms and causes. What Complex PTSD is not, and why many people are struggling with it unawares. A chance to share your views on help available for Complex PTSD in a discussion on treatment options.*

## Diabetes

Classroom & Online ⌚ 1.5 hours

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

Timings 14:30 – 16:00  
Date Tuesday, 21 May 2024  
Tutor Joginder Khinder, Jen Menton (ESTA Diabetic Assistant Practitioner)

*In this workshop we will be looking at different ways and how we can look at physical Health/Diabetes and its impact.*

## Diabetes – Total Wellbeing

Classroom

&amp; Online

🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 21 May 2024  
Tutor Amit Shenmar, Dianne Thomas

*CBT is based on the idea on our thoughts and behaviours. The way we interpret a situation can influence the way we then feel, and the things that we do. In turn, our feelings and behaviour can influence the kinds of things we are thinking. In the case of people with diabetes, the way we feel about situations and our behaviours can affect our management for diabetes. In this workshop we illustrate the relationship between thoughts, feelings, behaviours and management of diabetes.*

## Emotional Management

Classroom

&amp; Online

🕒 1.5 hours per day | 4 weeks

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

Timings 11:00 – 12:30  
Start Date Friday, 21 June 2024  
Break Friday, 5 July 2024  
End Date Friday, 19 July 2024  
Tutor Amit Shenmar, Diarmuid O'Leary

*Emotions are spontaneous things – but can overflow, from anger, elation, love, excitement, hatred etc. Let's explore emotions in a safe, progressive way without fear of judgement. Let us share, our insights, valuable tools and strategies to cope with our emotions.*

## Emotions

Classroom

🕒 1.5 hours

📍 BPHA Bellcote Meadow, Purcell Way Bottom, Shefford, Bedfordshire, SG17 5RY

Timings 13:00 – 14:30  
Date Thursday, 25 July 2024  
Tutor Amit Shenmar

*'Emotions' – whether that's blood boiling anger or heartfelt sentiments – emotions are a powerful thing. They can make, break or shape your behaviour.*

## Emotions

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 29 April 2024  
Tutor Amit Shenmar

*'Emotions' – whether that's blood boiling anger or heartfelt sentiments – emotions are a powerful thing. They can make, break or shape your behaviour.*

## Food And Wellbeing

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 13 May 2024  
Tutor Amit Shenmar

*What we want goes beyond satisfying our hunger. As what we choose to consume can affect our health, wellbeing and mental clarity. Let's talk about the connection between what we put in our bellies can affect what goes on in our minds.*

## Goal Setting

Classroom

🕒 1.5 hours

📍 **BPHA Bellcote Meadow, Purcell Way Bottom, Shefford, Bedfordshire, SG17 5RY**

Timings 13:00 – 14:30  
Date Thursday, 8 August 2024  
Tutor Amit Shenmar

*Motivation, persistence and 'Goal setting' are the order of the day. Let's share and motivate one another.*

## Goal Setting

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 20 May 2024  
Tutor Amit Shenmar

*Motivation, persistence and 'Goal setting' are the order of the day. Let's share and motivate one another.*

## Journaling for Wellbeing

Online

🕒 1.5 hours | 2 days | 1 week

📍 **Zoom**

Timings 15:00 – 16:30  
Start Date Tuesday, 23 April 2024  
End Date Wednesday, 24 April 2024  
Tutor Clare Essex, Fiona Thompson

*A course to develop skills with a variety of art mediums and encourage participants to expand their creative interests at home. By way of encouraging engagement in an art related activity, the course aims to improve self-confidence, motivation and social interaction within a friendly and supportive environment.*

## Journaling

Classroom

🕒 1.5 hours

📍 **BPHA Bellcote Meadow – Purcell Way Bottom, Shefford, Bedfordshire, SG17 5RY**

Timings 13:00 – 14:30  
Date Thursday, 15 August 2024  
Tutor Amit Shenmar

*A course to develop skills with a variety of art mediums and encourage participants to expand their creative interests at home. By way of encouraging engagement in an art related activity, the course aims to improve self-confidence, motivation and social interaction within a friendly and supportive environment.*

## Journaling

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 3 June 2024  
Tutor Amit Shenmar

*A course to develop skills with a variety of art mediums and encourage participants to expand their creative interests at home. By way of encouraging engagement in an art related activity, the course aims to improve self-confidence, motivation and social interaction within a friendly and supportive environment.*

## Journey to Self-Respect

Classroom &amp; Online

🕒 1.5 hours per day | 4 weeks

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

Timings 14:00 – 15:30  
Start Date Thursday, 6 June 2024  
End Date Thursday, 27 June 2024  
Tutor Amit Shenmar, Karen Mcleggan

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



## Learn to Love Yourself

Classroom & Online

🕒 1.5 hours per day | 4 weeks

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

Timings 14:00 – 15:30  
Start Date Friday, 19 July 2024  
End Date Friday, 9 August 2024  
Tutor Amit Shenmar add Debbie Brathwaite

*Four-week course looking at different ways to uplift yourself, empower, encourage, self-love, and care through honest and open discussion. Let's learn how to love ourselves and use our energies in a positive way.*

## Long Covid – Total Wellbeing

Classroom & Online 🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 11 June 2024  
Tutor Amit Shenmar, Dianne Thomas

*Are you living with long Covid? Covid-19 affects everyone differently. Some are experiencing extreme tiredness, joint pain and shortness of breath for up to 12 weeks or longer. This workshop will provide you with an overview of the types of symptoms you may be experiencing due to long Covid and techniques on how you can manage these symptoms.*

## Long Term Health Conditions

Classroom 🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 10 June 2024  
Tutor Amit Shenmar

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

## Low Mood and Depression

Classroom 🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 17 June 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

Classroom & Online

🕒 1.5 hours per day | 4 weeks

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

Timings 14:30 – 16:00  
Start Date Thursday, 18 April 2024  
End Date Thursday, 9 May 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.

## Making Sense of Anger

Classroom & Online

🕒 1.5 hours per day | 4 weeks

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

Timings 11:00 – 12:30  
 Start Date Wednesday, 10 July 2024  
 End Date Wednesday, 31 July 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 Low Mood – Talking Therapies

Classroom 🕒 1 hour

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

Timings 10:30 – 11:30  
 Date Monday, 15 April 2024  
 Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

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

## Managing 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 Friday, 17 May 2024  
 Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

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

## Meditation with Petar

Online 🕒 1 hour per day | 11 weeks

📍 **Zoom**

Timings 13:00 – 14:00  
 Start Date Friday, 19 April 2024  
 Break Friday, 31 May 2024  
 End Date Friday, 12 July 2024  
 Tutor 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 🕒 2 hours per day | 8 weeks

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

Timings 10:30 – 12:30  
 Date Tuesday, 16 April 2024  
 Breaks Tuesday, 28 May 2024, Tuesday, 2 July 2024  
 End Date Tuesday, 13 August 2024  
 Tutor Rob Lock, Jaswinder Gill

*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 day | 5 weeks

📍 **Zoom**

Timings 15:00 – 16:00  
 Start Date Thursday, 18 April 2024  
 End Date Thursday, 16 May 2024  
 Tutor Anthony Barron, Stuart Gill

*This course covers 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 day | 5 weeks

📍 Zoom

Timings 15:00 – 16:00  
 Start Date Thursday, 30 May 2024  
 Break Thursday, 4 July 2024  
 End Date Thursday, 27 June 2024  
 Tutor Anthony Barron, Stuart Gill

*This course covers 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 1 day | 5 weeks

📍 Zoom

Timings 15:00 – 16:00  
 Start Date Thursday, 11 July 2024  
 End Date Thursday, 8 August 2024  
 Tutor Anthony Barron, Stuart Gill

*This course covers 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 day | 15 weeks

📍 Zoom

Timings 14:00 – 15:30  
 Start Date Monday, 15 April 2024  
 Breaks Monday, 6 May 2024, Monday, 27 May 2024, Monday 1 July 2024  
 End Date Monday, 12 August 2024  
 Tutor Rob Lock

*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.*

## Men's Wellbeing – Total Wellbeing

Classroom

& Online

🕒 1 hour

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

Timings 12:00 – 13:00  
 Date Tuesday, 18 June 2024  
 Tutor Amit Shenmar, Dianne Thomas

*Talking about your emotions, responsibilities or concerns can be difficult as a male as you may think that you have 'better things to worry about'. It's important that you put yourself first and focus on your wellbeing, so you can continue your day-to-day life without feeling overwhelmed. You'll learn the science behind wellbeing and techniques for managing or communicating your thoughts and feelings.*

## Mindfulness – How does it help – Total Wellbeing

Classroom

& Online

🕒 1 hour

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

Timings 12:00 – 13:00  
 Date Tuesday, 25 June 2024  
 Tutor Amit Shenmar, Dianne Thomas

*Mindfulness is a practice and is a way of being. Mindfulness is not a religion, doesn't take a lot of time and can be practised anywhere e.g. sitting on a bus, walking to work, at your desk, cooking at home or even socialising with friends. Mindfulness is the practice of paying attention to your thoughts, emotions and body sensations in the present moment non-judgementally and with compassion. This workshop teaches the importance of being mindful and how to help you cope with the stresses of modern-day life. Learn simple effective techniques that you can begin to apply straight away to your day to day life.*

## Motivation

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 24 June 2024  
Tutor Amit Shenmar

*Get your mojo back and revitalise yourself.*

## Navigating Relationship Breakdown – Total Wellbeing

Classroom

& Online

🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 9 July 2024  
Tutor Amit Shenmar, Dianne Thomas

*This workshop helps us to acknowledge situations that cause relationships to breakdown, how we might be left feeling and how these emotions will impact our thought patterns and could change our behaviours. We will explore how we can begin the healing process and take care of ourselves, using self-care strategies and the support of our network around us. We will also consider how to build trust in future relationships so that we can hold some hope for the future.*

## Neurodiverse Thinking Skills

Online

🕒 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 29 April 2024  
Tutor Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

*We are working with Olive Hickmott, a Neurolinguistics Practitioner, from Empowering Learning who 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 empowered by your unique abilities and identity.*

## Neurodiverse Thinking Skills

Online

🕒 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 29 July 2024  
Tutor Dianne Thomas, Olive Hickmott (Forensic Health and Learning Coach)

*We are working with Olive Hickmott, a Neurolinguistics Practitioner, from Empowering Learning who 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 empowered by your unique abilities and identity.*

## Relationships

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 8 July 2024  
Tutor Amit Shenmar

*Relationships are a key feature of our life, whether that is romantic, plutonic. They play a key feature in how we live our lives and can be key to a fulfilling life. Let's join one another so we can share our insights with one another. Everyone one's opinion is valid and adds to us being enriched by sharing our view.*

## Rheumatoid Arthritis

Classroom

& Online

🕒 1 hour

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

Timings 14:30 – 16:00  
Date Tuesday, 30 April 2024  
Tutor Joginder Khinder

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

## Routines

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 15 July 2024  
Tutor Amit Shenmar

*Routines are important to give structure in your life.*

## Scrap Booking

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 22 July 2024  
Tutor Amit Shenmar

*Let's doodle, scribble and get creative. Scrap booking is a great way to express your ideas, goals or thoughts in a fun way.*

## Seven Steps to Self-Belief

Online

🕒 2 hours

📍 **Zoom**

Timings 12:00 – 14:00  
Date Thursday, 6 June 2024  
Tutor Claire Cooper, Fiona Thompson

*This workshop aims to explore ways to work on the inner negative voice, turning a weakness into a 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

🕒 2 hours

📍 **Zoom**

Timings 12:00 – 14:00  
Date Thursday, 18 April 2024  
Tutor Claire Cooper, 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

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
Date Monday, 29 July 2024  
Tutor Amit Shenmar

*Sleep is key to wellbeing, health and mental health; it helps to repair the body's cells and keeps our mind in balance. Let's talk, share ideas on how best we can get a rest when needed.*

## Sleep – Breathe – Ground

Online

🕒 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 3 June 2024  
Tutor 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 feel empowered to manage your own wellbeing.*

## Sleep – Breathe – Ground

**Online**

🕒 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
 Date Monday, 22 July 2024  
 Tutor 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 feel empowered to manage your own wellbeing.*

## Sleep – Total Wellbeing

**Classroom**

&amp;

**Online**

🕒 1 hour

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

Timings 12:00 – 13:00  
 Date Tuesday, 16 July 2024  
 Tutor Amit Shenmar, Dianne Thomas

*Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night's sleep. This workshop will explore sleeping problems by looking at unhealthy and healthy sleeping patterns, with the aim of getting a better understanding of what constitutes poor sleep and how to improve your sleep. This will include how to deal with a racing mind, monitoring your sleep and then looking at tips for good sleeping habits.*

## Sound Baths

**Classroom**

🕒 1 hour per day | 6 weeks

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

Timings 11:30 – 12:30  
 Start Date Friday, 10 May 2024  
 End Date Friday, 14 June 2024  
 Tutor Nathan Clegg

*Sit back or lay down and relax as I play a specially chosen set of unique instruments leaving you in a floaty bliss. Sound Baths help to slow down the natural vibration of the body, bringing deep relaxation. Scientifically proven to help in many areas of health and well-being. Whether for stress and anxiety relief, PTSD, Trauma relief, re-balancing emotions or deep relaxation. For people with physical and mental health conditions.*

## Stress

**Classroom**

🕒 1.5 hours

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

Timings 12:00 – 13:30  
 Date Monday, 5 August 2024  
 Tutor Amit Shenmar

*Stress can be triggered by work, relationships and life events. It is perfectly fine and human. It can build up and cause worry and tension. Let's share our ideas in a friendly and non-judgemental way. As it can lead to depression, poor health and negative ways of thinking.*

## Stress – Total Wellbeing

Classroom

&amp; Online

🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 23 July 2024  
Tutor Amit Shenmar, Dianne Thomas

*The time to relax is when you don't have time for it" We all face stressful situations throughout our lives, ranging from minor annoyances like traffic jams to more serious worries, such as a loved one's grave illness. No matter what the cause, stress floods your body with hormones. Your heart pounds, your breathing speeds up, and your muscles tense.*

*This so-called "stress response" is a normal reaction to threatening situations, honed in our prehistory to help us survive threats like an animal attack or a flood. Today, we rarely face these physical dangers, but challenging situations in daily life can set off the stress response. We can't avoid all sources of stress in our lives, nor would we want to. But we can develop healthier ways of responding to them.*

*In this workshop we will introduce Cognitive Behavioural Therapy (CBT) to understand how it could help you manage symptoms of stress. You will learn to identify symptoms of stress, how they develop, and what you can do to help manage this problem.*

## Stress Management – Talking Therapies

Online

🕒 1 hour

📍 **Zoom**

Timings 12:00 – 13:00  
Date Tuesday, 16 April 2024  
Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

*We all suffer from varying degrees of stress but when we feel overwhelmed with stress it can be difficult to concentrate and focus on the task at hand. This workshop covers what stress is, the causes of stress, techniques to manage stress, and how to access further support.*

## Three Calming Techniques for Anxiety

Online

🕒 2 hours

📍 **Zoom**

Timings 12:00 – 14:00  
Date Thursday, 13 June 2024  
Tutor Claire Cooper, Fiona Thompson

*We will aim to help you turn anxiety into calmness with 3 calming techniques. We will focus on how feelings will change, will look at how anxiety is a survival response, not an illness and what we can do about it. Finally, we will look at underlying assumptions and how to chase down logical conclusions.*

## Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online

🕒 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 13 May 2024  
Tutor 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 feel empowered by your unique abilities.*

## Thriving with Attention Deficit Hyperactivity Disorder (ADHD)

Online

🕒 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 5 August 2024  
Tutor 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 feel empowered by your unique abilities.*

## Thriving with Dyslexia

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30  
Date Monday, 20 May 2024  
Tutor 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 feel empowered by your unique abilities and identity.*

## Thriving with Dyslexia

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30  
Date Monday, 8 July 2024  
Tutor 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 feel empowered by your unique abilities and identity.*

## Thriving with Dyslexia

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30  
Date Monday, 12 August 2024  
Tutor 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 feel empowered by your unique abilities and identity.*

## Understanding Anger – Total Wellbeing

Classroom

& Online

🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 30 July 2024  
Tutor Amit Shenmar, Dianne Thomas

*This workshop will increase understanding of our emotions and how to manage Anger. It will discuss techniques to manage anger and improve overall confident in regulating our emotions. Making anger work for you and not against you.*

## Understanding Menopause – Total Wellbeing

Classroom

& Online

🕒 1 hour

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

Timings 12:00 – 13:00  
Date Tuesday, 6 August 2024  
Tutor Amit Shenmar, Dianne Thomas

*When menopause starts, it can be an uncomfortable, anxious and stressful time for women, impacting all areas of life. These workshops will provide an overview of what to expect from the menopause, including the reasons, symptoms, and effects, as well as some tips on how to better manage this transition in one's life and improve overall wellbeing.*

*This workshop is for everyone, men and women, not just those experiencing it.*



## Voice Box

Classroom & Online

🕒 1.5 hours per day | 8 weeks

📍 Zoom/3 Woburn Road, Bedford, MK40 1EG

Timings 14:00 – 15:30  
 Start Date Thursday, 18 April 2024  
 End Date Thursday, 15 August 2024  
 Tutor Kyle McDonald, Kat Brkljac

*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.*

## Wellbeing Whilst Working – Total Wellbeing

Classroom & Online 🕒 1 hour

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

Timings 12:00 – 13:00  
 Date Tuesday, 13 August 2024  
 Tutor Amit Shenmar, Dianne Thomas

*This workshop is designed to explore what having a healthy work/life balance actually means. Work is a fact of life for majority of individuals. Work takes up by far the largest part of the hours that you are awake; however, it is only one part of your life and is part of the bigger picture that makes up your personality and happiness. If you are unable to achieve a balance between work and other areas of your life – family, friends, travel and relaxation for example – it is likely to have an adverse effect on your health, wellbeing and mood.*

*This workshop will also look at the psychological and physical impact of a poor work/life balance and how to develop an action plan to optimise health and wellbeing at home and at work.*

## Women's Group with The Diverse Cultures Team

Classroom 🕒 2 hours per day | 16 weeks

📍 3 Woburn Road, Bedford, MK40 1EG

Timings 11:00 – 13:00  
 Start Date Wednesday, 17 April 2024  
 Breaks Wednesday, 29 May 2024, Wednesday, 3 July 2024  
 End Date Wednesday, 14 August 2024  
 Tutor Malgorzata Lukasik, Jaswinder Gill

*This workshop is designed to explore what having a healthy work/life balance actually means. Work is a fact of life for majority of individuals. Work takes up by far the largest part of the hours that you are awake; however, it is only one part of your life and is part of the bigger picture that makes up your personality and happiness. If you are unable to achieve a balance between work and other areas of your life – family, friends, travel and relaxation for example – it is likely to have an adverse effect on your health, wellbeing and mood.*

*This workshop will also look at the psychological and physical impact of a poor work/life balance and how to develop an action plan to optimise health and wellbeing at home and at work.*

## Women's Group with the Diverse Cultures Team

Online 🕒 1 hour per day | 16 weeks

📍 Zoom

Timings 13:00 – 14:00  
 Start Date Tuesday, 16 April 2024  
 Break Tuesday, 28 May 2024, Tuesday, 2 July 2024  
 End Date Tuesday, 13 August 2024  
 Tutor Malgorzata Lukasik, 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.*

## Your Digital Memories Matter

Online

🕒 1 hour

📍 **Zoom**

Timings 12:00 – 13:00  
Date Tuesday, 7 May 2024  
Tutor Karen Hibbert

*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.*

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

## Come and join our FREE workshops

### The NHS Discovery College Bedfordshire & Luton

📍 Charter House, Luton, LU1 2PJ



We welcome 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 by scanning the QR code below.



**Workshops themes:**  
Personal Growth  
Mental Health and Wellbeing

**Healthy Relationships**  
Life Skills  
Creativity



# 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, 15 April 2024  
 Tutor 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 empower yourself to manage your wellbeing better.*

## Are you Exhausted

Online

⌚ 1 hour

📍 Zoom

Timings 12:30 – 13:30  
 Date Monday, 15 July 2024  
 Tutor 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 empower yourself to manage your wellbeing better.*

## Better place to start – open up your possibilities

Classroom

⌚ 2 hours | 2 days | 3 weeks

📍 Arndale House, 2nd Floor,  
The Mall Luton, LU1 2LJ

Tutor Luton Adult Learning

*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.*

📍 Luton Adult Learning, 01582 490 033,  
info@lutonac.ac.uk

## Carers Information and Support Programmes

Classroom

&amp; Online

Timings 13:00 – 15:00  
 Tutor Catherine Bishop

*These are information sessions for carers of people with dementia with opportunities to meet other carers and share experiences with people who understand.*

📍 Alzheimer's Society, luton@alzheimers.or.uk,  
01582 320 224, facebook.com/alzheimerssocietyuk  
twitter.com/alzheimerssoc

## Communication 101

Classroom

&amp; Online

⌚ 1.5 hours per day | 9 weeks

📍 Zoom/3 Woburn Road, Bedford, MK40 1EG

Timings 13:00 – 15:00  
 Start Date Wednesday, 24 April 2024  
 End Date Wednesday, 19 June 2024  
 Tutor 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 | 2 days | 3 weeks

📍 Bedford

Timings 13:00 – 15:00

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

📍 Noah Enterprise 01234 863 123  
bedfordacademy@noahenterprise.org

## Computer Skills for Beginners

Classroom

⌚ 3 hours | 2 days | 3 weeks

📍 **Central Bedfordshire**

Timings 13:00 – 15:00

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

📞 Noah Enterprise 01234 863 123  
bedfordacademy@noahenterprise.org

## Crafts and Maths

Classroom

⌚ 2 hours | 1 days | 6 weeks

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

Tutor Luton Adult Learning

*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.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Day to Day: Your Activity and Sleep

Classroom

⌚ 2 hours

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

Timings 10:30 – 12:30

Date Wednesday, 22 May 2024

Tutor Joginder Khinder, 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.*

## Domestic Abuse and Mental Health (Women only)

Online

⌚ 1.5 hours

📍 **Zoom**

Timings 10:00 – 11:30

Date Wednesday, 15 May 2024

Tutor Caroline Cook, Cherie Chapman (Luton All Women's Centre)

*This workshop will explain what 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 12:30 – 14:00

Date Thursday, 11 July 2024

Tutor Caroline Cook, Cherie Chapman (Luton All Women's Centre)

*This workshop will explain what 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 – Of a Pet

Classroom

⌚ 1.5 hours

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

Timings 13:00 – 15:00

Date Tuesday, 16 July 2024

Tutor 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.*

## Five ways to wellbeing

Classroom

⌚ 2 hours per day | 5 weeks

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

Tutor Luton Adult Learning

*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.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Free Employability Workshops

Classroom

⌚ 3 hours

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

Tutor Luton Adult Learning

*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.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Healthy Relationships

Classroom

&amp; Online

⌚ 1.5 hours per day | 9 weeks

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

Timings 13:00 – 14:30

Start Date Tuesday, 16 April 2024

End Date Tuesday, 18 June 2024

Tutor Carl Ramsey, Essma Bechkoum

*A 9 week 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 10:00 – 11:30

Date Thursday, 2 May 2024

Tutor Caroline Cook, Cherie Chapman (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 18:00 – 19:30

Date Wednesday, 26 June 2024

Tutor Caroline Cook, Cherie Chapman (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

⌚ Various hours | 1 day | 15/20 weeks

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

Tutor Luton Adult Learning

*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.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## ICT (Computer Classes) The Basics

Classroom

⌚ 3 hours | 1 day | 5 weeks

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

Tutor Luton Adult Learning

*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.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Improving sleep

Online

⌚ 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 22 April 2024  
Tutor 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 feel empowered to manage your own wellbeing.*

## Improving sleep

Online

⌚ 1 hour

📍 **Zoom**

Timings 12:30 – 13:30  
Date Monday, 10 June 2024  
Tutor 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 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 13:00 – 15:00  
Date Friday, 14 June 2024  
Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

*This workshops 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  
Date Monday, 29 April 2024  
Tutor 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 be 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 hour

📍 **Zoom**

Timings 14:30 – 16:00  
 Date Monday, 20 May 2024  
 Tutor 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 be 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 hour

📍 **Zoom**

Timings 14:30 – 16:00  
 Date Monday, 24 June 2024  
 Tutor 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 be 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, 29 July 2024  
 Tutor 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 be an ally or part of the LGBTQ+ community. Exploring your identity and building confidence in who you are.*

## LGBTQIA – History of LGBTQIA and other perspectives

**Classroom**

🕒 2 hours per day | 4 weeks

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

Timings 10:00 – 12:00  
 Start Date Tuesday, 7 June  
 End Date Tuesday, 25 June 2024  
 Tutor Caram Jakhu

*A look at the Influence of LGBTQIA people on Fashion, Music, Literature, TV and Film. How LGBTQIA people have influenced culture, especially the influence of minorities on worldwide trends.*

## LGBTQIA Matters

**Classroom**

🕒 2 hours per day | 4 weeks

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

Timings 13:30 – 15:30  
 Start Date Tuesday, 7 June  
 End Date Tuesday, 25 June 2024  
 Tutor Caram Jakhu

*Discussion based workshops that are group centred on topics or issues specific to LGBTQIA people. A safe space to talk about what matters to you.*

## Lifting the Lid off the Dutch Pot – Unravelling Stigma (Women Only)

**Classroom** & **Online**

🕒 1.5 hours | 1 days | 4 weeks

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

Timings 11:00 – 12:30  
 Start Date Friday, 17 May 2024  
 Break Friday, 31 May 2024  
 End Date Friday, 14 June 2024  
 Tutor Tara Curtis, Karen Mcleegan

*A four week 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 | 2 days | 1 week

📍 Zoom

Timings 15:00 – 16:30  
 Start Date Tuesday, 16 April 2024  
 End Date Wednesday, 17 April 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

Classroom & Online

*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.*

📄 Alzheimer's Society, [luton@alzheimers.or.uk](mailto:luton@alzheimers.or.uk),  
 01582 320 224, [facebook.com/alzheimerssocietyuk](https://www.facebook.com/alzheimerssocietyuk)  
[twitter.com/alzheimerssoc](https://twitter.com/alzheimerssoc)

## Living with a Long Term Condition – Total Wellbeing

Classroom

& Online

🕒 1 hour

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

Timings 12:00 – 13:00  
 Date Tuesday, 4 June 2024  
 Tutor Amit Shenmar, Dianne Thomas

*Everyone experiences things differently but it can be very common to feel low, anxious or worried when you have a Long Term Condition (LTC).*

*This can affect the things that you used to do, or you could be avoiding things you enjoy due to worrying if it will make you feel worse.*

*Sometime the stress of having a LTC can make it even more difficult to look after our health and wellbeing. It can be more difficult to eat well, see friends, sleep well, or go for a walk when we are feeling worried or low.*

*Having a long-term health condition can be frustrating or worrying at times. It is also very common for health conditions to affect how you feel and then for your mood to affect your health condition. This can lead to feeling stressed, low, anxious or worried.*

## Mindfulness – Talking Therapies

Online

🕒 1 hour

📍 Zoom

Timings 12:00 – 13:00  
 Date Thursday, 15 August 2024  
 Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

*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

🕒 3 hours per day | 2 weeks

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

Tutor Luton Adult Learning

*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.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Neurodiversity – What is that?

Online

🕒 1.5 hours per day | 6 weeks

📍 **Zoom**

Timings 10:00 – 11:30

Date Tuesday, 4 June 2024

Break Tuesday, 2 July 2024

End Date Tuesday, 16 July 2024

Tutor Dianne Thomas

*Come and discover what neurodiversity means, everyone's brains works differently. Find new ways to deal with daily life when you think and learn differently to others. Learn how your uniqueness can be empowered to use your strengths.*

## Overcoming the effects of bullying

Online

🕒 2 hours

📍 **Zoom**

Timings 12:00 – 14:00

Date Thursday, 23 May 2024

Tutor Sam Fossey, Fiona Thompson

*This is a solution focused bite size course that aims to help you identify what bullying is; create an understanding of why people may be subjected to bullying and then we will aim to give tools to help you put into practice how to go about overcoming the effects of bullying.*

## Pain Management – Talking Therapies

Online

🕒 1 hour

📍 **Zoom**

Timings 12:00 – 13:00

Date Tuesday, 25 June 2024

Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

*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.*

## Positive Thinking

Online

🕒 2 hours

📍 **Zoom**

Timings 12:00 – 14:00

Date Thursday, 2 May 2024

Tutor Sam Fossey, Fiona Thompson

*We are 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 train your brain how to think more positively.*

## Post Traumatic Stress Disorder – Talking Therapies

Online

🕒 1 hour

📍 **Zoom**

Timings 12:00 – 13:00

Date Thursday, 11 July 2024

Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

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

## Power of our Thoughts

Classroom

🕒 1 hour

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

Timings 10:30 – 11:30  
Date Monday, 12 August 2024  
Tutor Trishna Reid, Charlotte Beck (PWP/Outreach Lead)

*Negative thoughts often occur when we are feeling low and anxious. This workshop looks at trying to help identify those unhelpful thoughts and learn to challenge them so we can break out of that cycle of negative thoughts and feelings.*

## Prison to Purpose

Online

🕒 1.5 hours per day | 6 weeks

📍 **Zoom**

Timings 18:00 – 19:30  
Start Date Monday, 8 July 2024  
End Date Monday, 12 August 2024  
Tutor Amit Shenmar, Robert Coverdale

*A six-week course looking at how a person can move, adjust to life in the prison system. Looking at how they can use their experience to make a positive change within themselves and the community around them. Open to both females and males.*

## Rethinking Your Routine

Online

🕒 1.5 hours | 2 days | 1 week

📍 **Zoom**

Timings 15:00 – 16:30  
Start Date Tuesday, 7 May 2024  
End Date Wednesday, 8 May 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 (Bedford University)

Classroom

🕒 3 hours

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

Timings 10:00 – 13:00  
Date Thursday, 30 July 2024  
Tutor 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 define self-harm/self-injury, explore underlying motives, look at the extent of self-harm/self-injury and guidance on responding to disclosure. There will be a certificate of attendance for this course if desired.*

## 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 Friday, 2 August 2024  
Tutor 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 define self-harm/self-injury, explore underlying motives, look at the extent of self-harm/self-injury and guidance on responding to disclosure. There will be a certificate of attendance for this course if desired.*

## Skills and CV

Classroom

⌚ 2.5 hours

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

Tutor Luton Adult Learning

*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 and focus on how you can make the most of your CV.*

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Staying safe online

Classroom

⌚ 2.5 hours

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

Tutor Luton Adult Learning

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

📞 Luton Adult Learning, 01582 490 033,  
info@lutonacl.ac.uk

## Struggling with the menopause? (Women only)

Classroom

⌚ 1.5 hours

📍 **Luton All Women's Centre, The Spires,  
Adelaide Street, Luton, LU1 5BB**

Timings 12:30 – 14:00

Date Tuesday, 21 May 2024

Tutor Caroline Cook, Cherie Chapman (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

⌚ 1.5 hours

📍 **Zoom**

Timings 16:00 – 17:30

Date Wednesday, 10 July 2024

Tutor Caroline Cook, Cherie Chapman (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, 6 August 2024

Tutor 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 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, 16 August 2024  
Tutor 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 signpost towards support, provide data on suicide. There will be a certificate of attendance for this course if desired.*

## Switch Café

Classroom

⌚ 2 hours

📍 Luton Central Library, Conference Room 3, 3rd Floor, St George's Square, Luton, LU1 2NG

Timings 11:00 – 13:00  
Date Wednesday, 22 May 2024  
Tutor Amit Shenmar, Kim Saunders (Job Centre)

*A drop in session where people can learn what benefits are available to them and support within the community in a fun and supportive way.*

## Switch Café

Classroom

⌚ 2 hours

📍 Luton Central Library, Conference Room 2, 3rd Floor, St George's Square, Luton, LU1 2NG

Timings 11:00 – 13:00  
Date Wednesday, 12 June 2024  
Tutor Amit Shenmar, Kim Saunders (Job Centre)

*A drop in session where people can learn what benefits are available to them and support within the community in a fun and supportive way.*

## Switch Café

Classroom

⌚ 2 hours

📍 Luton Central Library, Conference Room 2, 3rd Floor, St George's Square, Luton, LU1 2NG

Timings 11:00 – 13:00  
Date Wednesday, 10 July 2024  
Tutor Amit Shenmar, Kim Saunders (Job Centre)

*A drop in session where people can learn what benefits are available to them and support within the community in a fun and supportive way.*

## Tools to Manage Day to Day Life

Online

⌚ 1 hour per day | 4 weeks

📍 Zoom

Timings 13:00 – 14:00  
Start Date Thursday, 6 June 2024  
End Date Thursday, 27 June 2024  
Tutor Mark Keeble (Occupational Therapist)  
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 – Ampthill

Classroom

⌚ 2 hours per day | 12 weeks

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

Timings 10:00 – 12:00  
Start Date Friday, 19 April 2024  
Breaks Friday, 31 May 2024, Friday, 5 July 2024  
End Date Friday, 19 August 2024  
Tutor 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 day | 12 weeks

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

Timings 10:30 – 12:30  
Start Date Tuesday, 16 April 2024  
Breaks Tuesday, 28 May 2024, Tuesday, 2 July 2024  
End Date Tuesday, 16 July 2024  
Tutor 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 day | 12 weeks

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

Timings 13:00 – 14:30  
Start Date Wednesday, 17 April 2024  
Break Wednesday, 29 May 2024  
End Date Wednesday, 17 July 2024  
Tutor 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 – Sandy

**Classroom** ⌚ 1.5 hours per day | 12 weeks

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

Timings 13:00 – 14:30  
Start Date Tuesday, 16 April 2024  
Breaks Tuesday, 28 May 2024, Tuesday, 2 July 2024  
End Date Tuesday, 16 July 2024  
Tutor 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 – Houghton Regis

**Classroom** ⌚ 1.5 hours per day | 15 weeks

📍 **Houghton Hall Park, Park Road North, Houghton Regis, LU5 5FU**

Timings 13:30 – 15:00  
Start Date Monday, 15 April 2024  
Breaks Monday, 6 May 2024, Monday, 27 May 2024, Monday, 1 July 2024  
End Date Monday, 12 August 2024  
Tutor Sam Fossey, Helen Hart

*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**



**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.

## Active Outdoors

**Classroom** ⌚ 2 hours per day | 6 weeks

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

Timings 11:30 – 13:30  
 Start Date Tuesday, 23 April 2024  
 Break Tuesday, 28 May 2024  
 End Date Tuesday, 4 June 2024  
 Tutor Joginder Khinder

*This course teaches adults horticultural and practical skills. We encourage adults to learn and enjoy gardening and food growing techniques to improve their physical and mental health and wellbeing.*

## Bedford Food for Thought (Penrose)

**Garden** ⌚ 4 hours | 3 days | Ongoing

📍 **Milburn Road, MK41 0NZ**

Timings 13:00 – 15:00  
 Tutor Samantha Smith

*Nature hub is a small Community Garden where individuals can get involved in the gardening or just come along to make new friends and local connections. Come along and join us at the garden, have a cup of tea and a chat whilst doing a little gardening to improve your general wellbeing.*

📍 Samantha Smith, [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk), 07805 739 238, Tuesday 10:00 – 16:00 and Thursday 10:00 – 16:00

## Compassionate Friends Skills workshop

**Classroom** ⌚ 2 hours

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

Timings 13:00 – 15:00  
 Date Tuesday, 28 May 2024  
 Tutor Karen Hibbert

*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 having these*

*conversations. This course is open to any healthcare professional or member of the public in the Luton, Bedfordshire, and Milton Keynes areas.*

📍 Karen Hibbert, Keech Hospice Care, [Karen.Hibbert@keech.org.uk](mailto:Karen.Hibbert@keech.org.uk) 01582 497 815 [www.keech.org.uk](http://www.keech.org.uk) 01582 492 339

## Connects

**Classroom/Garden** ⌚ 4 hours | 1 day | Ongoing

📍 **Strathmore Avenue Methodist Church, Strathmore Avenue, Luton, LU1 3NY**

Timings 13:00 – 15:00  
 Tutor Samantha Smith

*Community gardening and the indoor activities are aimed at individuals who are making that first step out of social isolation or who need a smaller group to build their confidence. Sessions can include gardening, quizzes, arts and crafts.*

📍 Samantha Smith, [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk), 07805 739 238, Tuesday 10:00 – 16:00 and Thursday 10:00 – 16:00

## Get into Volunteering

**Classroom** ⌚ 4 hours

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

Tutor Luton Adult Learning

*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.*

📍 Luton Adult Learning, 01582 490 033, [info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk)



## Lifestyle hub with Women's Group

**Classroom**

🕒 1 hour | 1 day per month | 3 months

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

Timings 12:00 – 13:00  
 Monthly Wednesday, 1 May 2024  
 Wednesday, 5 June 2024  
 Wednesday, 10 July 2024  
 Tutor Joginder Khinder, Claire Maw

*Join us for an hour to go over practical tips and advice re: healthy eating and exercise. We will go over the importance of small, but consistent changes and how this can benefit your overall health. We aim to make this a conversational session so you can get the most out of it. There will be the option to self-refer in for up to 4 x 1:1 appointments, where we can get into more detail, set goals and arrange referrals to other services such as gym, gentle exercise classes, weight management services, Type 2 diabetes support etc. We look forward to seeing you there.*

## Movement for Wellbeing with The Diverse Cultures Team

**Classroom**

🕒 1.5 hours per day | 16 weeks

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

Timings 13:30 – 15:00  
 Start Date Wednesday, 17 April 2024  
 Breaks Wednesday, 29 May 2024,  
 Wednesday, 3 July 2024  
 End Date Wednesday, 14 August 2024  
 Tutor Manjeet Gill-Saini, Jaswinder Gill

*An interactive set of workshops focusing on movement for wellbeing. The facilitator will encourage following 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.*

## Penrose – Roots to Recovery

**Outdoors**

🕒 5 hours | 3 days | Ongoing

📍 **A6, New Bedford Road, site entrance opposite Fountains Road Luton.**

Timings 10:00 – 15:00  
 Tutor Samantha Smith

*Nature hub is a large Community garden where individuals can get involved in the gardening or just come along to make new friends and local connections.*

*Monday, Tuesday, and Thursday 10am – 3 pm lunch and refreshments provided for a £1 donation.*

📍 Samantha Smith, [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk),  
 07805 739 238, Tuesday 10:00 – 16:00 and  
 Thursday 10:00 – 16:00

## Percussion/Drumming

**Classroom**

🕒 1 hour per day | 6 weeks

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

Timings 10:30 – 11:30  
 Start Date Friday, 10 May 2024  
 End Date Friday, 14 June 2024  
 Tutor Nathan Clegg

*Have fun and learn to play simple beats using percussion instruments like drums, shakers, tambourines and more. Perfect for those who think they have no music ability. You'll be amazed how easy it is, if you can clap you can make beats an rhythms, which you can relax and lose yourself in.*

## Power of Music

**Online**

🕒 1.5 hours per day | 6 weeks

📍 **Zoom**

Timings 10:00 – 11:30  
 Start Date Monday, 8 July 2024  
 End Date Monday, 12 August 2024  
 Tutor Amit Shenmar, 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!*

## Practise Perfect Plaiting

**Classroom** ⌚ 2 hours

📍 **Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX**

Timings 10:00 – 12:00  
Date Friday, 12 July 2024  
Tutor Sam Fossey, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*This is a hands-on workshop where you will explore how numeracy can be used to master 2 and 3 strand plaits.*

## Recycle-a-Bike

**Outdoors** ⌚ 2 hours | Ongoing

📍 **Unit 4 Stockwood Discovery Centre, Stockwood Park, Luton. LU1 4LX**

Timings 11:00 – 13:00  
Tutor Samantha Smith

*Upcycling and basic bike maintenance, working with donated bikes.*

📍 Samantha Smith, samantha.smith@penrose.org.uk, 07805 739 238, Tuesday 10:00 – 16:00 and Thursday 10:00 – 16:00

## Recycle-a-Bike

**Outdoors** ⌚ 1.5 hours | Ongoing

📍 **Unit 4 Stockwood Discovery Centre, Stockwood Park, Luton. LU1 4LX**

Timings 13:30 – 15:00  
Tutor Samantha Smith

*Upcycling and basic bike maintenance, working with donated bikes.*

📍 Samantha Smith, samantha.smith@penrose.org.uk, 07805 739 238, Tuesday 10:00 – 16:00 and Thursday 10:00 – 16:00

## Repair What You Wear

**Classroom** ⌚ 2 hours per day | 3 weeks

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

Timings 13:00 – 15:00  
Start Date Wednesday, 17 April 2024  
Breaks Wednesday, 24 April 2024, Wednesday, 8 May 2024  
End Date Wednesday, 15 May 2024  
Tutor Tara Curtis, Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Have you got a few beloved clothing items which are now supporting a hole or two? This course will teach you basic sewing techniques to mend that favourite pair of socks or that old-but-gold t-shirt of yours! No sewing machine is needed – a trusty needle and thread are provided to get you started.*

## Repair What You Wear

**Classroom** ⌚ 2 hours per day | 3 weeks

📍 **Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX**

Timings 10:00 – 12:00  
Start Date Friday, 19 April 2024  
Breaks Friday, 26 April 2024, Friday, 10 May, 2024  
End Date Friday, 17 May 2024  
Tutor Sam Fossey, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Have you got a few beloved clothing items which are now supporting a hole or two? This course will teach you basic sewing techniques to mend that favourite pair of socks or that old-but-gold t-shirt of yours! No sewing machine is needed – a trusty needle and thread are provided to get you started.*

## Repair What You Wear

Classroom

🕒 2 hours | 1 per month | 3 months

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

Timings 10:30 – 12:30  
 Start Date Monday, 15 April 2024  
 End Date Monday, 17 June 2024  
 Tutor Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Have you got a few beloved clothing items which are now supporting a hole or two? This course will teach you basic sewing techniques to mend that favourite pair of socks or that old-but-gold t-shirt of yours! No sewing machine is needed – a trusty needle and thread are provided to get you started.*

## Roots to Success

Outdoors

🕒 5 hours | 3 days | Ongoing

📍 **Glasshouse 2, Stockwood Discovery Centre, Stockwood Park, Luton, LU1 4LX**

Timings 10:00 – 15:00  
 Tutor Samantha Smith

*We teach basic horticulture alongside growing flowers and vegetables. Learning how to grow your own and build new friendships.*

📄 Samantha Smith, [samantha.smith@penrose.org.uk](mailto:samantha.smith@penrose.org.uk), 07805 739 238, Tuesday 10:00 – 16:00 and Thursday 10:00 – 16:00

## Tai Chi

Classroom

🕒 1 hour per day | 6 weeks

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

Timings 10:30 – 11:30  
 Start Date Wednesday, 17 April 2024  
 End Date Wednesday, 22 May 2024  
 Tutor Dianne Thomas, Omega Mullings

*Tai Chi for health and wellbeing. Stretching, breathing and moving using 18 gentle exercises, suitable for all. Benefits can include: Mind and body harmony, Flexibility and balance, Muscle strength and endurance, Reduced stress and anxiety, Reduced back pain and helps to regulate breathing.*

## The Benefits of Knitting & Crochet for Mental Health & Wellbeing

Classroom

🕒 2 hours per day | 14 weeks

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

Timings 11:30 – 13:30  
 Start Date Monday, 22 April 2024  
 Breaks Monday, 6 May 2024, Monday, 27 May 2024, Monday 1 July 2024  
 End Date Monday, 12 August 2024  
 Tutor Anthony Barron, Heidi Quinn, Janet Goodman

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

## The Recovery Tree

Classroom

🕒 2 hours per day | 4 weeks

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

Timings 10:00 – 12:00  
 Start Date Tuesday, 16 April 2024  
 End Date Tuesday, 7, May 2024  
 Tutor Tara Curtis, Caram Jakhu

*This 4 week workshop for students to produce art or creative items they want to put on The Recovery Tree that signify or correlate with their own personal recovery. This can be whatever is relevant to the student.*

## The Recovery Tree

Classroom

🕒 2 hours per day | 4 weeks

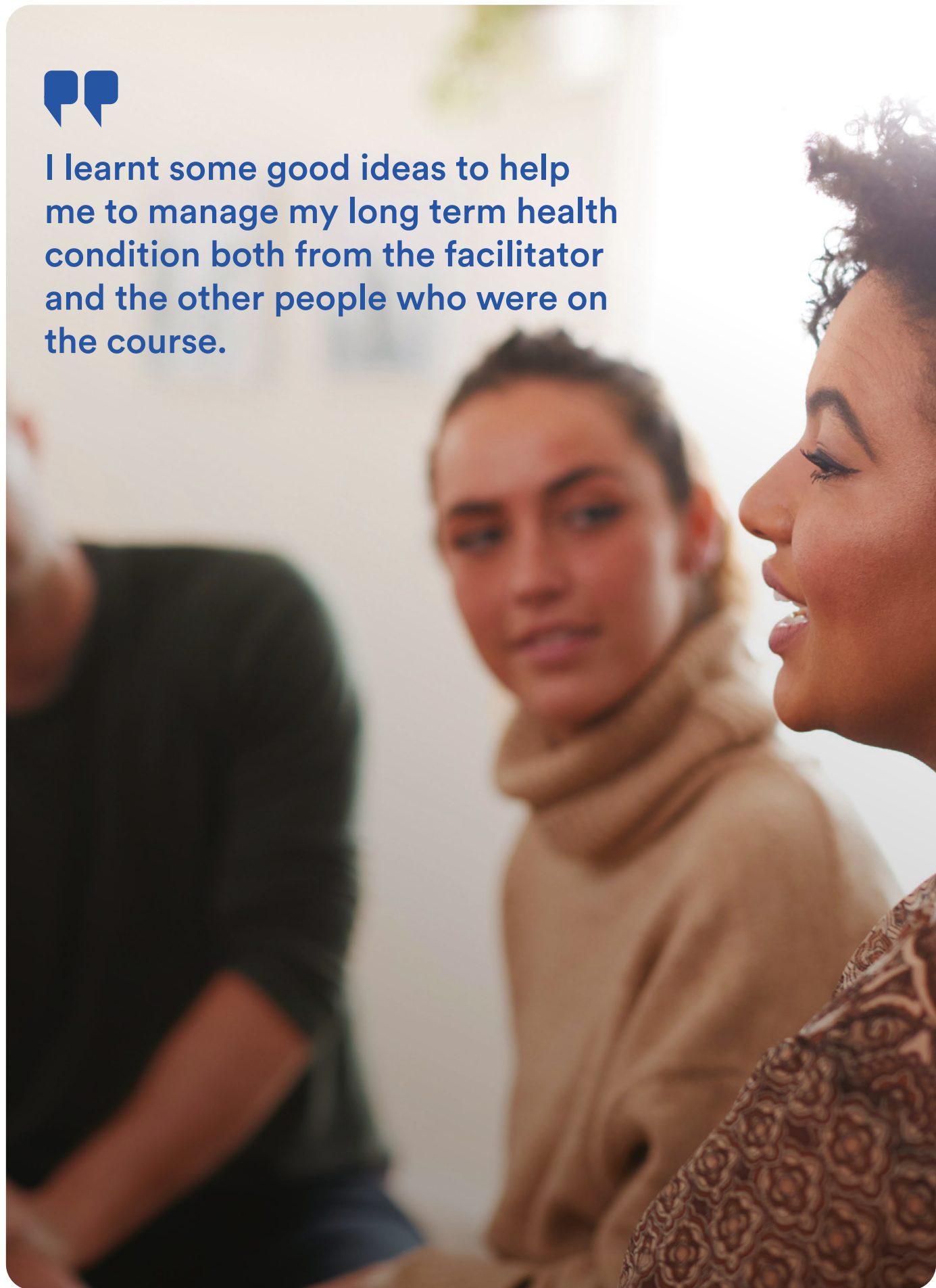
📍 **3 Woburn Road, Bedford, MK40 1EG**

Timings 10:00 – 12:00  
 Start Date Tuesday, 14 May 2024  
 Break Tuesday, 28 May 2024  
 End Date Tuesday, 11 June 2024  
 Tutor Tara Curtis, Caram Jakhu

*This 4 week workshop for students to produce art or creative items they want to put on The Recovery Tree that signify or correlate with their own personal recovery. This can be whatever is relevant to the student.*



**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 day | 11 weeks

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

Timings 10:00 – 12:30  
 Start Date Monday, 15 April 2024  
 Breaks Monday, 6 May 2024, Monday, 27 May 2024,  
 Monday, 1 July 2024  
 End Date Monday, 15 July 2024  
 Tutor 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 day | 5 weeks

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

Timings 11:30 – 13:30  
 Start Date Thursday, 18 April 2024  
 End Date Thursday, 16 May 2024  
 Tutor 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 day | 5 weeks

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

Timings 11:30 – 13:30  
 Start Date Thursday, 30 May 2024  
 End Date Thursday, 27 June 2024  
 Tutor 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 day | 5 weeks

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

Timings 11:30 – 13:30  
 Start Date Thursday, 11 July 2024  
 End Date Thursday, 8 August 2024  
 Tutor 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 day | 14 weeks

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

Timings 09:30 – 11:30  
 Start Date Monday, 22 April 2024  
 Breaks Monday, 6 May 2024, Monday, 27 May 2024,  
 Monday, 1 July 2024  
 End Date Monday, 12 August 2024  
 Tutor 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 day | 5 weeks

📍 3 Woburn Road, Bedford, MK40 1EG

Timings 14:00 – 16:00  
 Start Date Tuesday, 16 April 2024  
 End Date Tuesday, 14 May 2024  
 Tutor Anthony Barron

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

## Art Movements Throughout History

Classroom

🕒 2 hours per day | 5 weeks

📍 3 Woburn Road, Bedford, MK40 1EG

Timings 14:00 – 16:00  
 Start Date Tuesday, 28 May 2024  
 End Date Tuesday, 24 June 2024  
 Tutor Anthony Barron

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

## Art Movements Throughout History

Classroom

🕒 2 hours per day | 5 weeks

📍 3 Woburn Road, Bedford, MK40 1EG

Timings 14:00 – 16:00  
 Start Date Tuesday, 9 July 2024  
 Break Tuesday, 2 August 2024  
 End Date Tuesday, 6 August 2024  
 Tutor Anthony Barron

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

## Art Therapy Butterfly Project

Classroom

🕒 1.5 hours per day | 10 weeks

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

Timings 10:00 – 11:30  
 Start Date Thursday, 18 April 2024  
 Breaks Thursday, 30 May 2024, Thursday, 20 June 2024, Thursday, 10 July 2024  
 End Date Thursday, 04 July 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.*

## Build a Bee Hotel

Classroom

🕒 2 hours

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

Timings 13:00 – 15:00  
 Date Wednesday, 24 July 2024  
 Tutor Tara Curtis, Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Create a lovely habitat to support our bumble bee population. This workshop explores size, shape, area and volume to create your very own bee hotel. Using recycled resources.*

## Build a Bee Hotel

Classroom

🕒 2 hours

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

Timings 10:00 – 12:00  
 Date Friday, 21 June 2024  
 Tutor Sam Fossey, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Create a lovely habitat to support our bumble bee population. This workshop explores size, shape, area and volume to create your very own bee hotel. Using recycled resources.*

## Exploring Emotions Through Drama

**Classroom** ⌚ 2 hours per day | 9 weeks

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

Timings 11:00 – 13:00  
Start Date Friday, 7 June 2024  
Break Friday, 5 July 2024  
End Date Friday, 9 August 2024  
Tutor Dianne Thomas, Caram Jakhu

*Looking at issues and themes, such as anger, relationships and others that students want to explore in a safe space through drama. Then using pieces created throughout workshops in a final performance, dependant on student participation and consent.*

## Explosion Box of Positivity

**Classroom** ⌚ 2 hours per day | 4 weeks

📍 **Flitwick Library, Coniston Road, Flitwick,  
Bedford, MK45 1QJ**

Timings 10:00 – 12:00  
Start Date Wednesday, 12 June 2024  
End Date Wednesday, 3 July 2024  
Tutor Sam Fossey, Fiona Thompson

*Explore your creative side while creating an Explosion box of Positivity. You will be making an explosion box from scratch with step-by-step guidance. Fill your finished box with all positive people, places and things that mean something to you.*

## Explosion Box of Positivity

**Classroom** ⌚ 2 hours per day | 4 weeks

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

Timings 10:00 – 12:00  
Start Date Wednesday, 17 April 2024  
End Date Wednesday, 8 May 2024  
Tutor Sam Fossey, Fiona Thompson

*Explore your creative side while creating an Explosion box of Positivity. You will be making an explosion box from scratch with step-by-step guidance. Fill your finished box with all positive people, places and things that mean something to you.*

## First Aid for the Soul

**Classroom** & **Online** ⌚ 1.5 hours

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

Timings 10:30 – 12:00  
Date Friday, 19 April 2024  
Tutor 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/psychic 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.*

## Making a Flower Seed Ball

**Classroom** ⌚ 2 hours

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

Timings 13:00 – 15:00  
Date Wednesday, 5 June 2024  
Tutor Tara Curtis, Trishna Read, Holly Keeling  
(Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Get your 'green fingers' ready to make some seed balls to plant this season and watch your flowers bloom.*

## Making a Flower Seed Ball

**Classroom** ⌚ 2 hours

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

Timings 13:00 – 15:00  
Date Wednesday, 7 August 2024  
Tutor Tara Curtis, Trishna Read, Holly Keeling  
(Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Get your 'green fingers' ready to make some seed balls to plant this season and watch your flowers bloom.*



## Making a Flower Seed Ball

Classroom

🕒 2 hours

📍 **Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX**

Timings 10:00 – 12:00  
Date Friday, 7 June 2024  
Tutor Tara Curtis, Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Get your 'green fingers' ready to make some seed balls to plant this season and watch your flowers bloom.*

## Making a Flower Seed Ball

Classroom

🕒 2 hours

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

Timings 10:30 – 12:30  
Date Monday, 12 August 2024  
Tutor Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Get your 'green fingers' ready to make some seed balls to plant this season and watch your flowers bloom.*

## Making Recyclable Plant Pots

Classroom

🕒 2 hours

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

Timings 13:00 – 15:00  
Date Wednesday, 19 June 2024  
Tutor Tara Curtis, Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*This workshop is based around planting seeds in creative and sustainable ways, for example in egg boxes, containers and tin cans. Make your own recyclable plant pot and practice maths and money skills with this eco-friendly activity.*

## Making Recyclable Plant Pots

Classroom

🕒 2 hours

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

Timings 10:30 – 12:30  
Date Monday, 15 July 2024  
Tutor Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*This workshop is based around planting seeds in creative and sustainable ways, for example in egg boxes, containers and tin cans. Make your own recyclable plant pot and practice maths and money skills with this eco-friendly activity.*

## Making Recyclable Plant Pots

Classroom

🕒 2 hours

📍 **Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX**

Timings 10:00 – 12:00  
Date Friday, 26 July 2024  
Tutor Sam Fossey, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*This workshop is based around planting seeds in creative and sustainable ways, for example in egg boxes, containers and tin cans. Make your own recyclable plant pot and practice maths and money skills with this eco-friendly activity.*

## Model Making

Classroom

🕒 2 hours per day | 5 weeks

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

Timings 10:00 – 12:00  
Start Date Wednesday, 17 April 2024  
End Date Wednesday, 15 May 2024  
Tutor Anthony Barron, Rob Lock, Geoff Bennett

*A course with Model Making at its core. Build models and miniatures from the past, present and future. Friendly sessions to provide guidance and tips to create models that are imaginative and educational, to display when ready.*

## Model Making

Classroom

⌚ 2 hours per day | 5 weeks

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

Timings 10:00 – 12:00  
 Start Date Wednesday, 29 May  
 End Date Wednesday, 26 June 2024  
 Tutor Anthony Barron, Rob Lock, Geoff Bennett

*A course with Model Making at its core. Build models and miniatures from the past, present and future. Friendly sessions to provide guidance and tips to create models that are imaginative and educational, to display when ready.*

## Model Making

Classroom

⌚ 2 hours per day | 5 weeks

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

Timings 10:00 – 12:00  
 Start Date Wednesday, 10 July 2024  
 End Date Wednesday, 7 August 2024  
 Tutor Anthony Barron, Rob Lock, Geoff Bennett

*A course with Model Making at its core. Build models and miniatures from the past, present and future. Friendly sessions to provide guidance and tips to create models that are imaginative and educational, to display when ready.*

## Origami Paper Craft

Classroom

⌚ 2 hours

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

Timings 13:00 – 15:00  
 Date Wednesday, 10 July 2024  
 Tutor Tara Curtis, Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Learn how to craft pop-up 3D cards and beautiful trinket boxes using origami. Tap into your artistic side and precision cutting to create beautiful decorative shapes and figures.*

## Origami Paper Craft

Classroom

⌚ 2 hours

📍 **Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX**

Timings 10:00 – 12:00  
 Date Wednesday, 9 August 2024  
 Tutor Tara Curtis, Trishna Read, Holly Keeling (Engagement Officer Bedfordshire Employment and Skills Academy (BESA))

*Learn how to craft pop-up 3D cards and beautiful trinket boxes using origami. Tap into your artistic side and precision cutting to create beautiful decorative shapes and figures.*

## Poetry in Emotions

Classroom

&amp; Online

⌚ 2 hours per day | 6 weeks

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

Timings 13:30 – 15:30  
 Start Date Thursday, 11 July 2024  
 End Date Thursday, 15 August 2024  
 Tutor Dianne Thomas, Haneefah Muhammad

*It has been proven that poetry is good for our health and for our soul. Whether reading it, writing it or speaking it, poetry can improve our mental, emotional and physical health.*

*The 6-week POETRY IN EMOTION Workshops invite beginners and others to use poetry writing exercises to express your thoughts and feelings and to gain a deeper understanding of life experiences.*

*The workshops will support you to explore your emotions and work towards restoring your health, using the creative and healing power of poetry.*

## Shout or Whisper

Online

🕒 1 hour per day | 4 weeks

📍 **Zoom**

Timings 19:00 – 20:00  
 Start Date Wednesday, 1 May 2024  
 End Date Wednesday, 22 May 2024  
 Tutor Amit Shenmar, Will Coles, Thomas Irvin

*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'!*

## Thinking Creatively

Classroom

🕒 1.5 hours

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

Timings 12:00 – 13:30  
 Date Monday, 12 August 2024  
 Tutor Amit Shenmar

*Being able to think 'outside' the box and thinking differently can be helpful in finding new solutions to life's challenges and to give our lives a much needed new direction. Let's learn from each other.*

## Writing for Self Expression

Classroom & Online

🕒 1.5 hours per day | 4 weeks

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

Timings 14:00 – 15:30  
 Start Date Friday, 17 May 2024  
 Break Friday, 31 May 2024  
 End Date Friday, 14 June 2024  
 Tutor Dianne Thomas, Tara Curtis,  
Philip Womack (Royal Literary Find Writer)

*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.*

# 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 <input type="checkbox"/> Call to Mobile <input type="checkbox"/> Call to home phone <input type="checkbox"/> Text/SMS <input type="checkbox"/> Post <input type="checkbox"/>		
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 <input type="checkbox"/> Text/SMS <input type="checkbox"/>		
What is your connection with Bedfordshire & Luton Recovery College?		
Work in Bedfordshire <input type="checkbox"/> Live in Bedfordshire <input type="checkbox"/> Student in Bedfordshire <input type="checkbox"/> ELFT Volunteer or Employee <input type="checkbox"/>		
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:

Amphill  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

Thank you for completing this form. Please email your completed form to: [elft.recoverycollege@nhs.net](mailto: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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This workshop enabled me to explore my mental health journey through a new form of journalling. The facilitators allowed me to be me in a safe environment. They were very helpful and aided me to be the best I could.



I am in a good place, but I hadn't thought about preparing for when I wasn't. It was a darn good course that has helped me to look at myself in a different way and I now know what to do when things are going south.



East London  
NHS Foundation Trust

