



East London
NHS Foundation Trust

Bedfordshire and Luton



Mental health, recovery & wellbeing workshops and courses

Prospectus April–August 2024

Scan to
download this
prospectus



Your journey starts today

Welcome to Bedfordshire and Luton Recovery College

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

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

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

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

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

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

**All of our courses and workshops
are free of charge.**



Contents

Our approach	6	Learning to suit you	14
4 steps to start your journey	7	Ways of learning	14
How to enrol	8	Our venues	15
Our values	9	Our students	16
Involvement	9	Courses & workshops	18–50
Student charter	10		
FAQs	11		
Our partners	12		

Our approach

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

Rethink

Relearn

Recharge

Our Recovery College is inclusive to all; service users, carers, family, friends, neighbours, staff and the general public. All are welcome to enrol as students. The educational workshops and courses we offer are all free and focus on recovery and wellbeing. They are designed, co-produced and delivered in partnership with people with lived experience and professional experience as co-production is at the heart of everything we do.

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

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

Contact us

elft.recoverycollege@nhs.net

01234 263 621

or 01582 315 987



4 Steps to start your journey

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



How to enrol

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

How to register

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

Already registered?

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

Further information

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

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

Recovery College Luton
Luton Central Library, 2nd Floor,
St. George's Square, Luton. LU1 2NG
Tel: 01582 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 or telephone us on

01234 263 621 or 01582 708 917

Student charter

You can expect us to:

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

We will expect you to:

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

Confidentiality

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

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

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

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

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

FAQs

Who facilitates the workshops?

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

Who can enrol?

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

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

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

Do you provide refreshments?

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

Do you pay travel costs for students?

We cannot reimburse you for any travel costs.

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

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

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

Do you provide child care?

You would need to make your own child care arrangements.

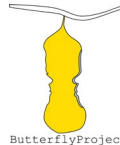
Our partners

Thank you to all our volunteers, service users, carers, students, staff, partners and everyone who has given time and shared ideas to develop the Bedfordshire and Luton Recovery College. We are delighted to have been able to work in partnership with

local organisations to deliver high quality workshops and courses. Our partner list is growing as we further develop the range of courses and workshops for the next Recovery College prospectus.

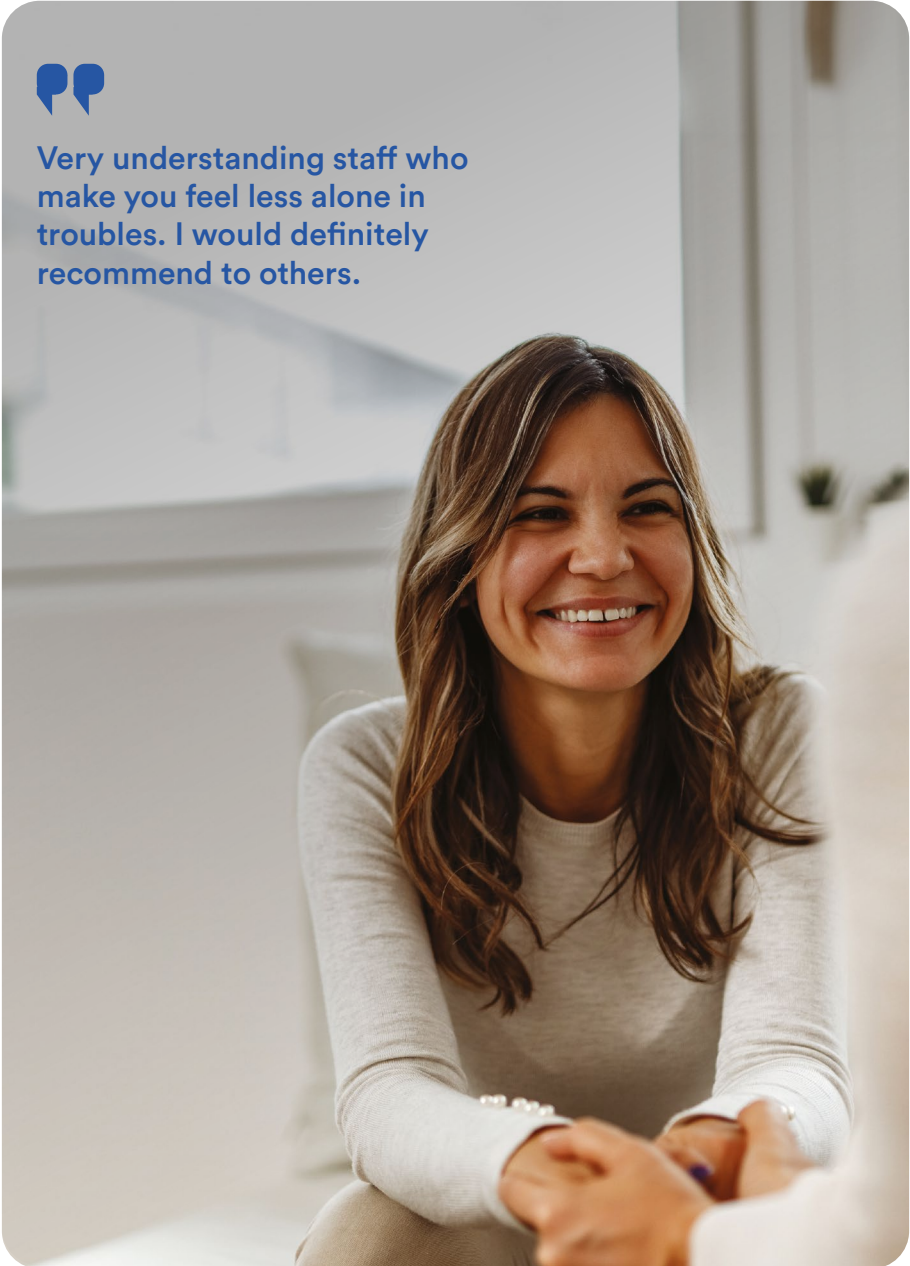


Central Bedfordshire Council and Bedford Borough Council working together





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.

Building on Knowledge & Skills

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

Getting Involved

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

Creativity & Self Expression

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

Ways of learning

Online

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



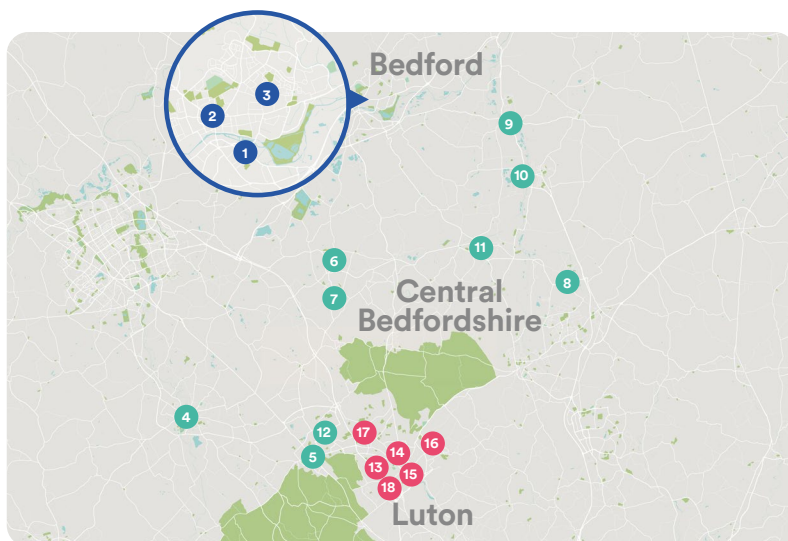
Classroom

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



Individual learning plans

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



Our venues

Bedford

- 1** **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, Ampt Hill, 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

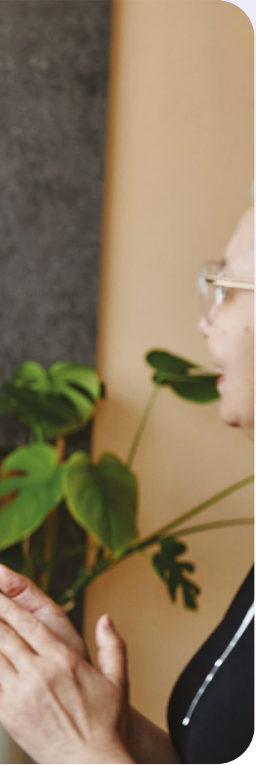
- 13** **Recovery College Luton**
Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG
- 14** **The Hat Factory Arts Centre**
65-67 Bute Street, Luton, LU1 2EY
- 15** **University of Bedfordshire**
University Square, Luton, LU1 3JU
- 16** **Milner Court**
Wenlock Street High Town, Luton,
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

P29

Building on Knowledge & Skills

P39

Getting Involved

P45

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 & 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 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

Anxiety and Worry – Total Wellbeing**Online** ⌚ 1 hour📍 **Zoom**

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

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

Asthma**Online** ⌚ 1.5 hours📍 **Zoom**

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

Autism Bedfordshire**Classroom** & **Online** ⌚ 2 hours

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

Timings 13:00 – 15:00
Tutor Emily Cullumn (Autism
Bedfordshire)

📄 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 – Total Wellbeing**Online** ⌚ 1 hour📍 **Zoom**

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

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**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

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

Caring for a Loved One – Total**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

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

**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

**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)

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)

Diabetes – 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, 21 May 2024
 Tutor Amit Shenmar, Dianne Thomas

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

Emotional Management**Classroom** & **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

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

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

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

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

Journalling for Wellbeing**Online**

⌚ 1.5 hours per week | 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

Journalling

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

Journalling

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

Journey to Self-Respect

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 Thursday, 6 June 2024
End Date Thursday, 27 June 2024
Tutor Amit Shenmar,
Karen Mcleggan

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

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

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

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

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

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

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)

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)

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

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

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

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

Men's Health and Wellbeing

Online 🕒 1 hour per 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

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 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

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

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

Navigating Relationship Break

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

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)

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)

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

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

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

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

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)

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

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)

Seven Steps to Self-Belief

Online ⌚ 2 hours

📍 **Zoom**

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

Sleep – 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, 16 July 2024
Tutor Amit Shenmar, Dianne Thomas

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

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

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 – 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, 23 July 2024

Tutor Amit Shenmar, Dianne Thomas

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)

Three Calming Techniques for Anxiety

Online ⌚ 2 hours

📍 **Zoom**

Timings 12:00 – 14:00

Date Thursday, 13 June 2024

Tutor Claire Cooper,
Fiona Thompson

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)

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)

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)

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)

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)

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

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

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

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

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

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

Your Digital Memories Matter**Online** ⌚ 1 hour **Zoom**

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

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

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)

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)

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

Carers Information and Support Programmes**Classroom** & **Online**

Timings 13:00 – 15:00
 Tutor Catherine Bishop

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

Communication 101**Classroom** & **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

Computer Skills for Beginners**Classroom** ⌚ 3 hours | 2 days | 3 weeks📍 **Bedford**

Timings 13:00 – 15:00

📄 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

📄 Noah Enterprise 01234 863 123
bedfordacademy@noahenterprise.org

Crafts and Maths**Classroom** ⌚ 2 hours | 1 day | 6 weeks📍 **Arndale House, 2nd Floor,
The Mall Luton, LU1 2LJ**

Tutor Luton Adult Learning

📄 Luton Adult Learning, 01582 490 033,
info@lutonac.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

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)

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)

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

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 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

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

Healthy Relationships

Classroom & **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

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)

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)

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

i Luton Adult Learning, 01582 490 033,
 info@lutonac.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

i Luton Adult Learning, 01582 490 033,
 info@lutonac.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)

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)

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)

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

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

Timings 14:30 – 16:00
 Date Monday, 20 May 2024
 Tutor Dianne Thomas, Debbie Brathwaite, Mack McLean, Pat Moyce

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

Timings 14:30 – 16:00
 Date Monday, 24 June 2024
 Tutor Dianne Thomas, Debbie Brathwaite, Mack McLean, Pat Moyce

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

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

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

Lifting the Lid off the Dutch Pot – Unravelling Stigma (Women Only)**Classroom** & **Online**

⌚ 1.5 hours | 1 day | 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

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

Living Well with Dementia**Classroom** & **Online**

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

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)

Money Matters

Classroom ⌚ 3 hours per day | 2 weeks

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

Tutor Luton Adult Learning

📍 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

Overcoming the effects of bullying

Online ⌚ 2 hours

📍 Zoom

Timings 12:00 – 14:00
Date Thursday, 23 May 2024
Tutor Sam Fossey, Fiona Thompson

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)

Positive Thinking

Online ⌚ 2 hours

📍 Zoom

Timings 12:00 – 14:00
Date Thursday, 2 May 2024
Tutor Sam Fossey, Fiona Thompson

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)

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)

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

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

Skills and CV

Classroom ⌚ 2.5 hours

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

Tutor Luton Adult Learning

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

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

Staying safe online

Classroom ⌚ 2.5 hours

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

Tutor Luton Adult Learning

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

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

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)

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)

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)

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

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)

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

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

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)

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

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

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

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

Wellbeing Course – Sandy

Classroom ⌚ 1.5 hours per day | 12 weeks

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

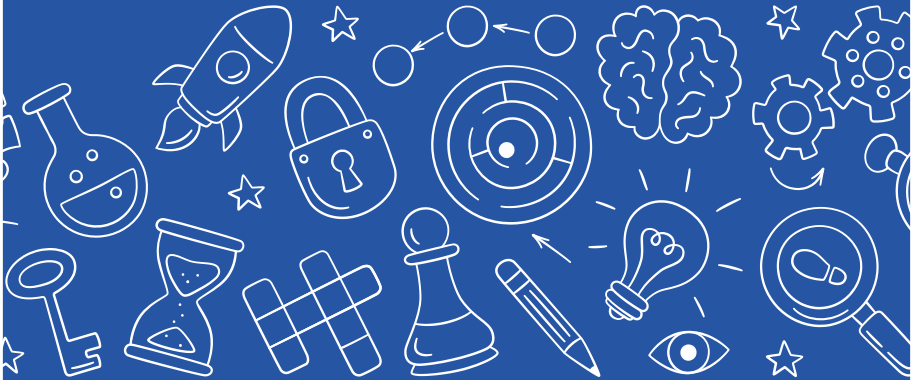
Timings 13:00 – 14:30
Start Date Tuesday, 16 April 2024
Breaks Tuesday, 28 May 2024, Tuesday, 2 July 2024
End Date Tuesday, 16 July 2024
Tutor Sam Fossey, Claire Cooper

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

Bedford Food for Thought (Penrose)

Garden ⌚ 4 hours | 3 days | Ongoing

📍 **Milburn Road, MK41 0NZ**

Timings 13:00 – 15:00
 Tutor Samantha Smith

📄 Samantha Smith,
 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

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

📄 Samantha Smith,
 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

📄 Luton Adult Learning, 01582 490 033,
 info@lutonac.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

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

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

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

Percussion/Drumming

Outdoors ⌚ 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

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

Practise Perfect Plaiting

Classroom ⌚ 2 hours

📍 **Parkside Community Hall, Woburn Street, Amphill, 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))

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

📄 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

📄 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))

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))

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))

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

📄 Samantha Smith, 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

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

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

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

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





Creativity & Self Expression



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

Art and Craft Co-operative

Classroom

🕒 2.5 hours per week | 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

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

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

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

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

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

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

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

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

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))

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))

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

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

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

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

Making a Flower Seed Ball**Classroom** ⌚ 2 hours **Parkside Community Hall, Woburn
Street, Amptill, 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))

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))

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))

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))

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))

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))

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))

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

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

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

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))

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))

Poetry in Emotions**Classroom** & **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

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

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

Writing for Self Expression**Classroom** & **Online**

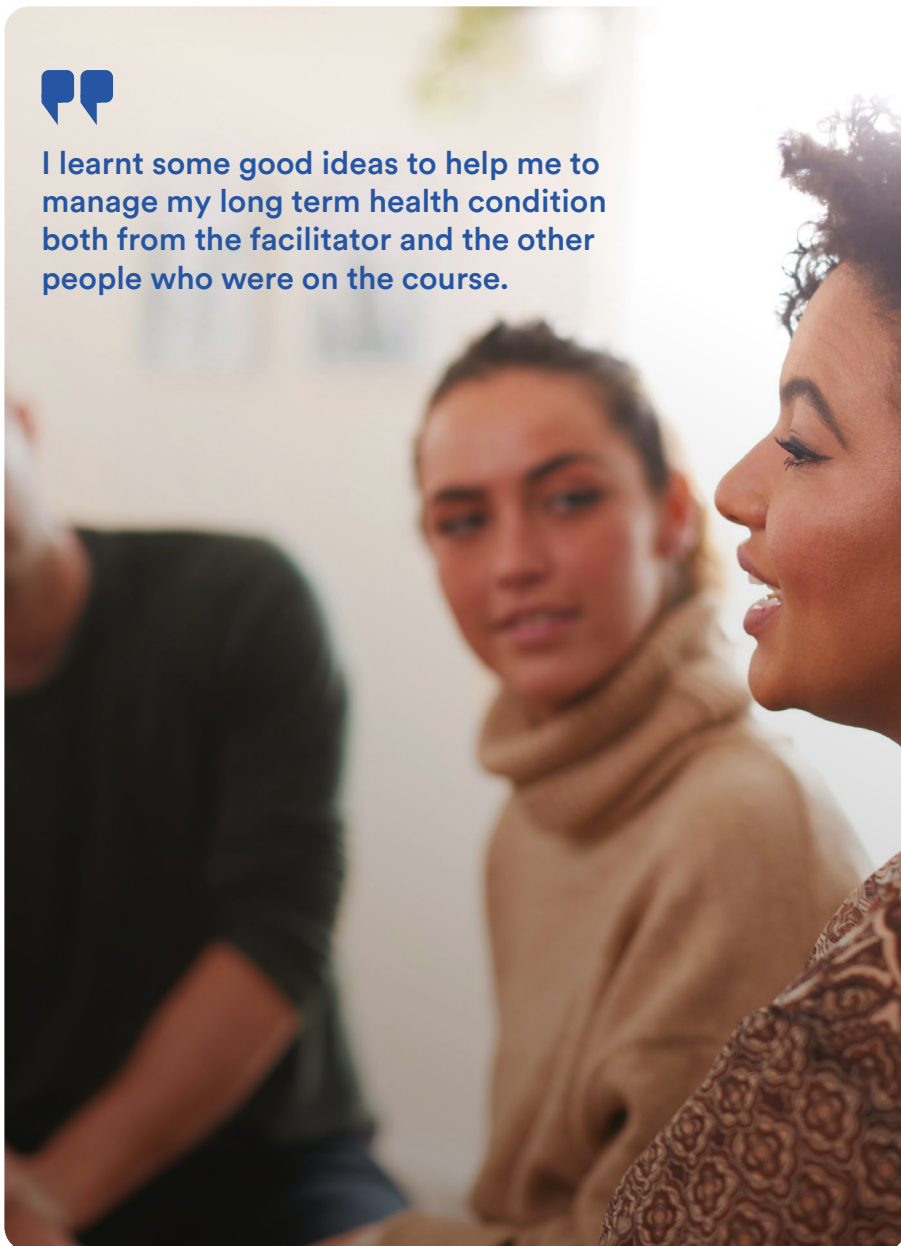
⌚ 1.5 hours per day | 4 weeks

📍 **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)



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.





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

