



East London
NHS Foundation Trust

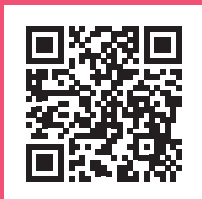
Bedfordshire and Luton



Prospectus January–March 2025

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

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	16-17
Involvement	9	Courses & workshops	20-43
Student charter	10	Enrolment form	44-45
FAQs	11	Index	46-47
Our partners	12-13		

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.

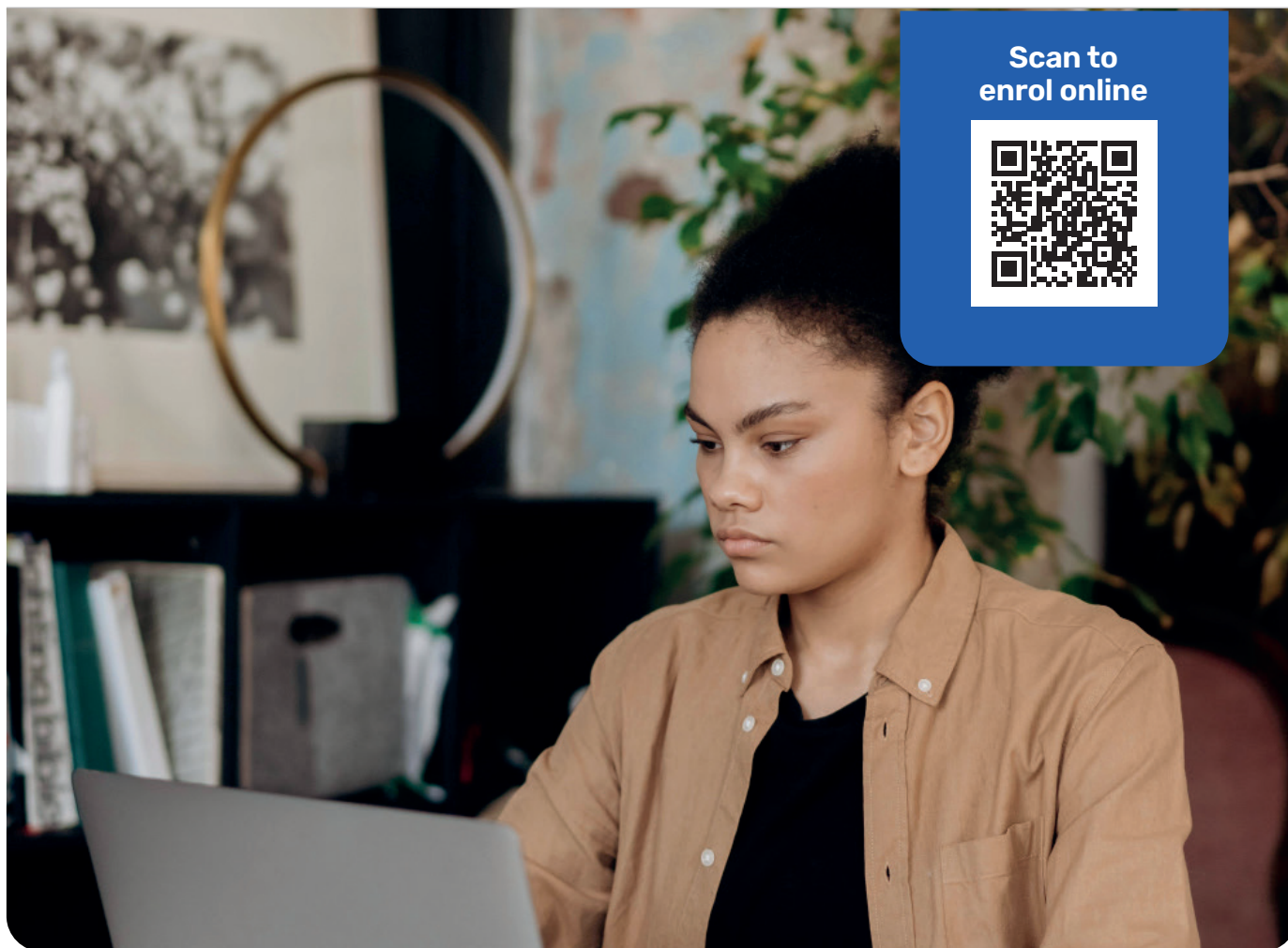
The tools we share in workshops and courses aim to support people to become an expert in their own recovery and understanding by exploring hope, choice and opportunity. By learning together we can make progress in challenging the stigma surrounding mental illness, and over time we hope to contribute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

Contact us

elft.recoverycollege@nhs.net

01234 263 621 or 01582 315 987

**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**



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**



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

**East London Foundation
Trust values**



We Care
We Respect
We Are Inclusive

**University of Bedfordshire
values**

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

Involvement

Co-production

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

Become a volunteer for us

Volunteering is a great way to develop your skills and experience to support your career aspirations and to do something meaningful and interesting in your free time to help others. If you are interested please email us at

elft.recoverycollege@nhs.net or telephone us on **01234 263 621** or **01582 315 987**.

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



Contact Our partners

Alzheimer's Society
 Telephone: 01582 320224
 Email: luton@alzheimers.org.uk
 Website: www.alzheimers.org.uk

Luton All Women's Centre
 Telephone: 01582 416 783
 Email: support@lawc.org.uk
 Website: www.lutonallwomenscentre.org.uk

Autism Bedfordshire
 Telephone: 01234 350 704
 Email: enquiries@autismbedfordshire.org
 Website: www.autismbedfordshire.net

Mind BLMK
 Telephone: 0300 330 0648
 Email: hq@mind-blmk.org.uk
 Website: www.mind-blmk.org.uk

Carers in Bedfordshire
 Telephone: 0300 111 1919
 Email: contact@carersinbeds.org.uk
 Website: www.carersinbeds.org.uk/contact/us

Penrose Roots
 Telephone: 01582 343 230
 Email: samantha.smith@socialinterestgroup.org.uk
 Website: www.facebook.com/PenroseRoots

Disability Resouce Centre
 Telephone: 01582 470 900
 Email: info@drcbeds.org.uk
 Website: www.drcbeds.org.uk/contact-us

Tibbs Dementia Foundation
 Telephone: 01234 210 993
 Email: contact@tibbsdementia.co.uk
 Website: <https://tibbsdementia.co.uk>

Groundwork
 Telephone: 0121 236 8565
 Email: info@groundwork.org.uk
 Website: www.groundwork.org.uk

The Noah Academy
 Telephone: 01582 726 152
 Email: academy@noahenterprise.org
 Website: www.noahenterprise.org

Keech Hospice Care
 Telephone: 01582 492 339
 Email: letmehelp@keech.org.uk
 Website: www.keech.org.uk

Total Wellbeing Luton
 Telephone: 0300 555 4152
 Email: info@totalwellbeingluton.org
 Website: www.totalwellbeingluton.org

Luton Adult Learning
 Telephone: 01582 490 033
 Email: info@lutonac.ac.uk
 Website: www.lutonac.ac.uk

University of Bedfordshire
 Telephone: 01234 400 400
 Email: study@beds.ac.uk
 Website: www.beds.ac.uk

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.

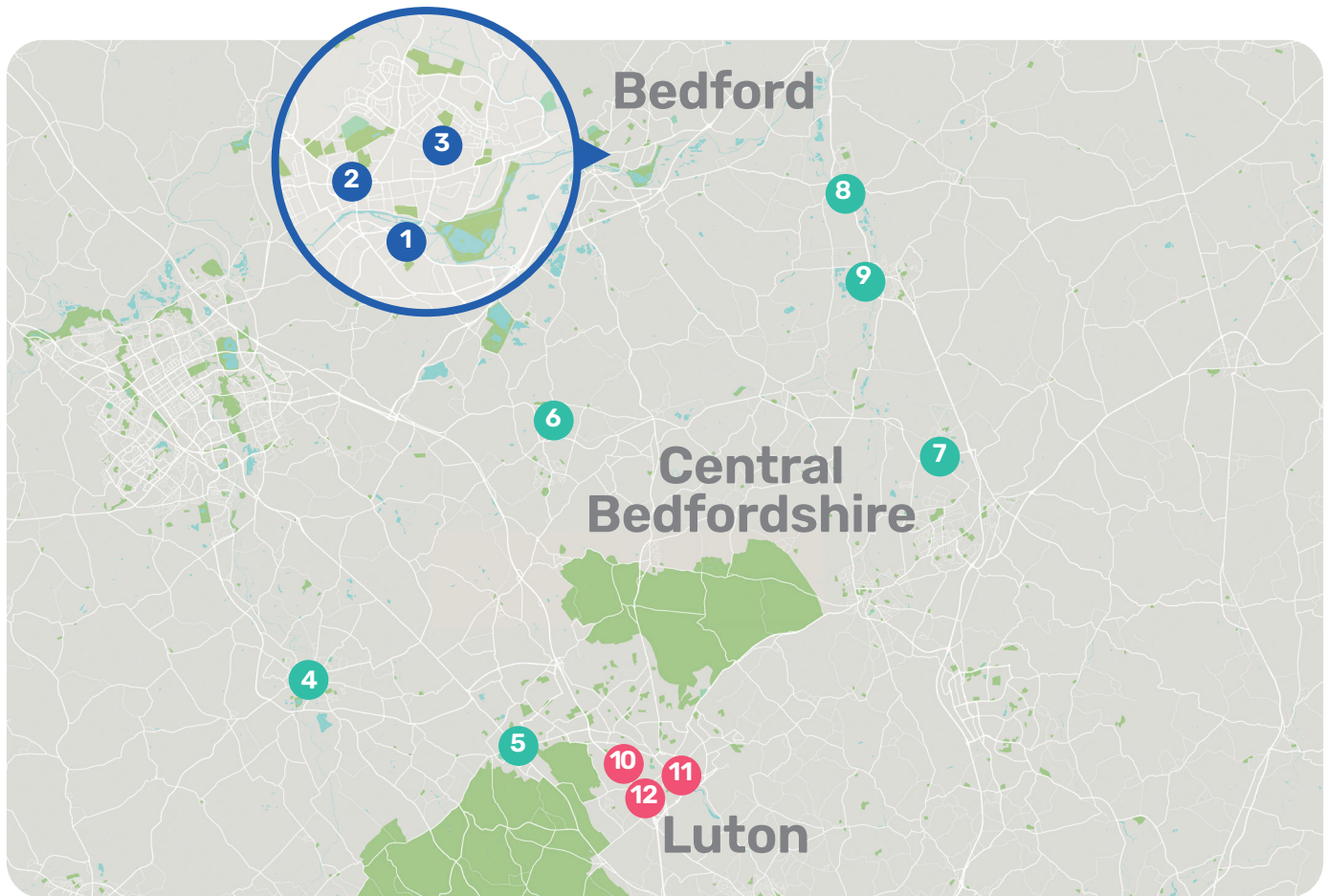


Classroom

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 St Mary's Church Hall**
51 Church Road, Stofold, SG5 4NE
- 8 Sandy Baptist Church Hall**
1 Kings Road, Sandy, SG19 1EJ
- 9 St Andrews Church**
45 Shortmead Street, Biggleswade,
SG18 0AT

Luton

- 10 Recovery College Luton**
Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG
- 11 University of Bedfordshire**
University Square, Luton, LU1 3JU
- 12 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.



Improving Sleep. I found helpful this courses since I'm suffering mental health illness.



I absolutely loved doing the course, the facilitators were extremely caring, compassionate and patient. It is such a sensitive topic and was shared so kindly. Thank you to everyone who was involved I feel a lot lighter.



Information on medication was useful. Provided useful understanding of the body and why Diabetes can occur which provided sound knowledge and reflection around food and types. This diabetes zoom, was superb.



The facilitators were both great and provided information that I was mostly new to, they also gave helpful tips. It was also useful to hear about the experiences of other people that joined in the sessions. Everyone was very kind and patient and we learnt a lot each week about different aspects of ourselves.



Neurodiverse Thinking Skills. Second time doing this workshop really good session lots of good helpful information.

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 and Wellbeing

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Library, Floor 2**

Timings 12:00 – 13:00
 Start Date Tuesday, 4 March
 Break No
 End Date Tuesday, 4 March
 Tutor Amit Shenmar, Total Wellbeing Luton

Anxiety is an emotion where a person can feel uncomfortable about a situation and can increase fear around a problem.

Diabetes - Type 2

Online ⌚ 1.5 hours

📍 **Zoom**

Timings 14:00 – 15:30
 Start Date Tuesday, 28 January
 Break No
 End Date Tuesday, 28 January
 Tutor Joginder Khinder, Jen Menton

We will discuss the causes, signs, symptoms, and the importance of seeking early treatment for this disease the support and treatment options available.

Are you Exhausted?

Online ⌚ 1 hour

📍 **Zoom**

Timings 12:30 – 13:30
 Start Date Monday, 20 January
 Breaks No
 End Date Monday, 20 January
 Tutor Dianne Thomas, Olive Hickmott

Learn about effective techniques for Grounding and running positive energy while clearing energies that are not yours, and empower yourself to manage your well-being better.

Diverse Cultures Men's Group

Classroom ⌚ 2 hours - 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 10:30 – 12:30
 Start Date Wednesday, 15 January
 Breaks Wednesday, 19 February
 End Date Wednesday, 12 March
 Tutor Amit Shenmar, Mark De Gietlink

*Sessions to build friendships, support and encouragement. A range of games and activities will be available. Optional Life skills learning available. Light refreshments provided. *Female/Male facilitators..*

Coping with Low Mood and Depression

Classroom & **Online** ⌚ 1 hour

📍 **Zoom/Luton Library, Floor 2**

Timings 12:00 – 13:00
 Start Date Tuesday, 14 January
 Break No
 End Date Tuesday, 14 January
 Tutor Amit Shenmar, Total Wellbeing Luton

In this session, we will be discussing tips to discuss and manage Low Mood & Depression with the team at Total Wellbeing.

Diverse Cultures Women's Group

Classroom ⌚ 2 hours - 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 11:00 – 13:00
 Start Date Wednesday, 15 January
 Breaks Wednesday, 19 February
 End Date Wednesday, 12 March
 Tutor Manjeet Gill-Saini, Jaswinder Gill

Sessions building friendships, mutual support and encouragement. Optional Life skills learning available. Light refreshments provided. Participants are welcome to bring in projects from home eg: knitting, crochet, drawing, writing.

First Aid for the Soul

Classroom & **Online** ⌚ 1.5 hours – 4 weeks

📍 **Zoom/Luton Library, Luton**

Timings 13:30 – 15:00
 Start Date Thursday, 13 February
 Break Thursday, 20 February
 End Date Thursday, 13 March
 Tutor Dianne Thomas, Haneefah Muhammad

A loss, health problem, or other life event can wound our Souls. In these 'FIRST AID FOR THE SOUL' workshops you will create your personal healing first aid kit.

Improving sleep

Online ⌚ 1 hour

📍 **Zoom**

Timings 12:30 – 13:30
 Start Date Monday, 24 February
 Breaks No
 End Date Monday, 24 February
 Tutor Dianne Thomas, Olive Hickmott

We will cover sleep hygiene, help you identify unhelpful cycles around sleep, and explore how to make small changes to improve sleep. Learn skills to feel empowered to manage your wellbeing.

Let's Talk Affirmations

Classroom ⌚ 1.5 hours

📍 **Grove View Hub, Dunstable**

Timings 10:30 – 12:00
 Start Date Monday, 3 March
 Break No
 End Date Monday, 3 March
 Tutor Trishna Reid, Karen Mcleggan

We will explore the theme of "affirmations" through warm-up activities, creative prompts, and a relaxed block of time to acknowledge the things that prevent your happiness.

Let's Talk Anxiety

Classroom ⌚ 1.5 hours

📍 **The Lighthouse, Leighton Buzzard**

Timings 11:00 – 12:30
 Start Date Wednesday, 15 January
 Break No
 End Date Wednesday, 15 January
 Tutor Trishna Reid

Learn what anxiety is and how it affects us. Discuss strategies to support you in managing anxiety.

Let's Talk Assertive Communication

Classroom ⌚ 1.5 hours

📍 **Grove View Hub, Dunstable**

Timings 10:30 – 12:00
 Start Date Monday, 10 March
 Break No
 End Date Monday, 10 March
 Tutor Trishna Reid, Karen Mcleggan

Learn to communicate your ideas and needs clearly and confidently. We will also help you improve your listening skills and become more self-aware of your communication style.

Let's Talk Body Image

Classroom ⌚ 1.5 hours

📍 **Grove View Hub, Dunstable**

Timings 10:30 – 12:00
 Start Date Monday, 10 February
 Break No
 End Date Monday, 10 February
 Tutor Trishna Reid, Karen Mcleggan

Let's explore what the term 'body image' means and examine the link between a person's perception and beliefs regarding their body image and the thoughts, feelings, and behaviour resulting from that perception.

Let's Talk Compassion and Kindness to Ourselves and Others

Classroom

⌚ 1.5 hours

Dunstable Town Football Club, Dunstable

Timings 13:00 – 14:30

Start Date Thursday, 6 February

Break No

End Date Thursday, 6 February

Tutor Trishna Reid

Learn the skills of self-compassion so you can respond to life's ups and downs with generosity, kindness, and care. Compassion helps us connect with others, mend relationships, and move forward with empathy.

Let's Talk Depression

Classroom

⌚ 1.5 hours

The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30

Start Date Wednesday, 22 January

Break No

End Date Wednesday, 22 January

Tutor Trishna Reid

To increase understanding of depression, its cause, and its impact on daily life. To create a safe space where participants can openly discuss their experiences and feelings related to depression.

Let's Talk Grief after Bereavement or Loss

Classroom

⌚ 1.5 hours

The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30

Start Date Wednesday, 29 January

Break No

End Date Wednesday, 29 January

Tutor Trishna Reid

A safe, supportive space where individuals can share their experiences and emotions without judgment. Discuss the grief process and common emotional and physical responses to loss.

Let's Talk Healthy Eating

Classroom

⌚ 1.5 hours

Grove View Hub, Dunstable

Timings 10:30 – 12:00

Start Date Monday, 20 January

Break No

End Date Monday, 20 January

Tutor Trishna Reid, Karen Mcleggan

Promote well-being and provide learning on essential food nutrients needed to promote mental clarity, mood stability, and emotional health. We look at foods that support brain function and emotional balance.

Let's Talk Loneliness and Isolation

Classroom

⌚ 1.5 hours

The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30

Start Date Wednesday, 5 February

Break No

End Date Wednesday, 5 February

Tutor Trishna Reid

Explore what it means to feel lonely and isolated. Desiring contact and feelings of closeness with others is a normal human desire. Interactive talk on ways to overcome feelings of loneliness and isolation.

Let's Talk Low Mood

Classroom

⌚ 1.5 hours

Grove View Hub, Dunstable

Timings 10:30 – 12:00

Start Date Monday, 13 January

Break No

End Date Monday, 13 January

Tutor Trishna Reid, Karen Mcleggan

Aims to get a better understanding of what triggers downward spirals in mood. We will offer tools and techniques that are used to tackle low mood.

Let's Talk Managing Emotions

Classroom

🕒 1.5 hours

📍 Grove View Hub, Dunstable

Timings 10:30 – 12:00
 Start Date Monday, 27 January
 Break No
 End Date Monday, 27 January
 Tutor Trishna Reid, Karen Mcleggan

We aim to help you gain a greater awareness of what triggers intense emotions for you, as well as your emotional and behavioural responses to challenging situations.

Let's Talk Panic Attacks and Fear

Classroom

🕒 1.5 hours

📍 The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30
 Start Date Wednesday, 26 February
 Break No
 End Date Wednesday, 26 February
 Tutor Trishna Reid

Recognise, manage, and reduce panic attacks and fears in their daily lives. We will discuss the importance of building a support system, including family, friends, and professional help.

Let's Talk Motivation

Classroom

🕒 1.5 hours

📍 The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30
 Start Date Wednesday, 12 February
 Break No
 End Date Wednesday, 12 February
 Tutor Trishna Reid

Develop self-motivation skills, recognize limiting beliefs, and replace negative thought patterns with more positive ones. Help you understand how motivation affects your mental wellbeing and how to increase your motivation.

Let's Talk Relationships

Classroom

🕒 1.5 hours

📍 The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30
 Start Date Wednesday, 5 March
 Break No
 End Date Wednesday, 5 March
 Tutor Trishna Reid

Learn how to build and maintain healthy relationships, including with family and friends. Understand what makes a healthy relationship, and develop relationships based on self-respect and respect for others.

Let's Talk Navigating Relationships and Breakups

Classroom

🕒 1.5 hours

📍 Grove View Hub, Dunstable

Timings 10:30 – 12:00
 Start Date Monday, 24 February
 Break No
 End Date Monday, 24 February
 Tutor Trishna Reid, Karen Mcleggan

We will examine which situations cause relationships to breakdown, how we might be left feeling, and how emotions affect our thought patterns. We will explore how we can begin the healing process.

Let's Talk Sleep

Classroom

🕒 1.5 hours

📍 The Lighthouse, Leighton Buzzard

Timings 11:00 – 12:30
 Start Date Wednesday, 12 March
 Break No
 End Date Wednesday, 12 March
 Tutor Trishna Reid

We will explore sleeping problems by looking at unhealthy and healthy sleeping patterns, to get a better understanding of what constitutes poor sleep and how to improve your sleep.

Let's Talk Understanding Anger

Classroom

⌚ 1.5 hours

 **Dunstable Town Football Club, Dunstable**

Timings 13:00 – 14:30

Start Date Thursday, 30 January

Break No

End Date Thursday, 30 January

Tutor Trishna Reid

This session will increase understanding of emotions and how to manage anger. It will discuss techniques to manage anger constructively and identify common triggers and underlying causes of your anger.

Let's Talk Understanding Hoarding

Classroom

⌚ 1.5 hours

 **Grove View Hub, Dunstable**

Timings 10:30 – 12:00

Start Date Monday, 3 February

Break No

End Date Monday, 3 February

Tutor Trishna Reid, Karen Mcleggan

We will explore and understand "hoarding" in more depth and its different forms. We will then discuss a range of strategies that people might find useful.

Let's Talk Understanding My Sexuality and breaking down Stigma

Classroom

⌚ 1.5 hours

 **Dunstable Town Football Club, Dunstable**

Timings 13:00 – 14:30

Start Date Thursday, 16 January

Break No

End Date Thursday, 16 January

Tutor Trishna Reid

Insight and awareness of different sexualities. There is no 'right' or 'wrong' sexuality; it is simply about how you identify and experience attraction.

Making Sense Of Anger

Online

⌚ 1.5 hours – 4 weeks

 **Zoom**

Timings 10:00 – 11:30

Start Date Tuesday, 21 January

Break No

End Date Tuesday, 11 February

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.

Meditation with Petar

Online

⌚ 1 hour – 8 weeks

 **Zoom**

Timings 13:00 – 14:00

Start Date Friday, 17 January

Break Friday, 21 February

End Date Friday, 14 March

Tutor Claire Cooper, Petar Djukic

This course provides space, for you to put aside time to relax with guided meditation, using breathing and mindfulness techniques, which you can incorporate into your daily routine.

Men's Health and Wellbeing

Online

⌚ 1 hour – 4 weeks

 **Zoom**

Timings 15:00 – 16:00

Start Date Thursday, 16 January

Break No

End Date Thursday, 6 February

Tutor Anthony Barron, Stuart Gill

To promote discussion on a relevant topic chosen by attendees and staff involved. Share lived experience and openly value everyone's opinions.

Men's Health and Wellbeing

Online

🕒 1 hour - 4 weeks

📍 Zoom

Timings 15:00 – 16:00

Start Date Thursday, 13 February

Break Thursday, 20 February

End Date Thursday, 13 March

Tutor Anthony Barron, Stuart Gill

To promote discussion on a relevant topic chosen by attendees and staff involved. Share lived experience and openly value everyone's opinions.

Neurodiverse Thinking Skills

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30

Start Date Monday, 10 March

Break No

End Date Monday, 10 March

Tutor Dianne Thomas, Olive Hickmott

We will focus on the strengths that neurodiversity may bring to your life. We will discuss some simple techniques to overcome some of the challenges.

Movement for Wellbeing

Classroom

🕒 1.5 hours - 8 weeks

📍 3 Woburn Road, Bedford

Timings 13:30 – 15:00

Start Date Wednesday, 15 January

Breaks Wednesday, 19 February

End Date Wednesday, 12 March

Tutor Manjeet Gill, Jaswinder Gill

Interactive sessions focusing on movement for wellbeing. Exploring exercises and movements.. Stretching, relaxation, balance, outdoor walk, dance. Options for those less mobile. (Students responsibility to seek medical advice prior to exercising).

Overcoming the Effects of Bullying

Online

🕒 2 hours

📍 Zoom

Timings 12:00 – 14:00

Start Date Thursday, 23 January

Breaks No

End Date Thursday, 23 January

Tutor Sam Fossey, Fiona Thompson

This is a solution focused workshop, identify what bullying is. Understand why people may be subjected to bullying. Aim to give tools to help and how to go about overcoming the effects of bullying.

Neurodiverse Thinking Skills

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30

Start Date Monday, 3 February

Break No

End Date Monday 3 February

Tutor Dianne Thomas, Olive Hickmott

We will focus on the strengths that neurodiversity may bring to your life and discuss some simple techniques for overcoming some of the challenges.

Pathway to Inner Strength and Self Respect

Online

🕒 1.5 hours - 6 weeks

📍 Zoom

Timings 14:00 – 15:30

Start Date Wednesday, 15 January

Breaks Wednesday, 19 February

End Date Wednesday, 26 February

Tutor Amit Shenmar, Karen Mcleggan

This course focuses on ways to gain inner strength and wisdom. Looking at self-progression and building on improvement in a supportive and uplifting way.

Positive Body Image

Classroom & **Online** ⌚ 1 hour

 **Zoom/Luton Library, Floor 2**

Timings 12:00 - 13:00
 Start Date Tuesday, 4 February
 Break No
 End Date Tuesday, 4 February
 Tutor Amit Shenmar, Total Wellbeing Luton
We will be focusing on Positive Body image. Discussing ideas and ways to support one another around body image.

Positive Thinking

Online ⌚ 2 hours

 **Zoom**

Timings 12:00 - 14:00
 Start Date Thursday, 6 February
 Break No
 End Date Thursday, 6 February
 Tutor Claire Cooper, Fiona Thompson
Explore how to achieve positive thinking through a few different techniques that have proven to be effective. Looking at tips that can help train your brain to think more positively.

Relapse Prevention

Classroom ⌚ 2 hours - 6 weeks

 **Grove View Hub, Dunstable**

Timings 10:00 - 12:00
 Start Date Thursday, 23 January
 Break Thursday, 20 February
 End Date Thursday, 6 March
 Tutor Trishna Reid
Practical tools, discuss potential triggers, and conversations to support managing your recovery. The stigma that comes with lapse/relapse is something we recognise, we want to equip you to avoid/manage the situation.

Seven Steps to Self-Belief

Online ⌚ 2 hours

 **Zoom**

Timings 12:00 - 14:00
 Start Date Thursday, 30 January
 Break No
 End Date Thursday, 30 January
 Tutor Claire Cooper, Fiona Thompson
We aim to explore ways to work on the inner negative voice, turning weakness into strength, being your own motivational coach by using seven easy steps to self-belief.

Shingles

Online ⌚ 1.5 hours

 **Zoom**

Timings 14:30 - 16:00
 Start Date Tuesday, 11 March
 Break No
 End Date Tuesday, 11 March
 Tutor Joginder Khinder, Marian Nicholson
Shingles is a painful condition caused by the same virus that causes chickenpox. In this workshop, we will discuss the main symptoms of shingles, its effects and current treatment.

Six Simple Tips to Help Reduce Worry

Online ⌚ 2 hours

 **Zoom**

Timings 12:00 - 14:00
 Start Date Thursday, 13 February
 Break No
 End Date Thursday, 13 February
 Tutor Claire Cooper, Fiona Thompson
Worry is the wrong kind of self – hypnosis. We will look at why we worry, and how to reduce it with six simple tips to a solution focused result.

Support Your Neurodiverse Child

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30

Start Date Monday, 27 January

Break No

End Date Monday, 27 January

Tutor Dianne Thomas, Olive Hickmott

Many parents and grandparents worry about their young children long before a diagnosis. They would love support regarding what they can do now and while negotiating waiting lists.

Surviving Abuse

Online

🕒 2 hours

📍 Zoom

Timings 12:00 – 14:00

Start Date Thursday, 27 February

Break No

End Date Thursday, 27 February

Tutor Sam Fossey, Fiona Thompson

My Story of leaving abuse behind, it will be a friendly discussion in a safe environment looking at people's ideas of not letting yesterday take up too much of today.

The Future Me, Fulfilling our Potentials

Classroom

🕒 1.5 hours

📍 Dunstable Town Football Club, Dunstable

Timings 13:00 – 14:30

Start Date Thursday, 23 January

Break No

End Date Thursday, 23 January

Tutor Trishna Reid

The course offers support with understanding what part of your life might be missing, how to identify it, and then create an action plan in order to set your goals and reach them.

Three Calming Techniques for Anxiety

Online

🕒 2 hours

📍 Zoom

Timings 12:00 – 14:00

Start Date Thursday, 6 March

Break No

End Date Thursday, 6 March

Tutor Claire Cooper, Fiona Thompson

This course aims to turn anxiety into calmness with the techniques learnt by focussing on how feelings will change and how anxiety is a response not an illness.

Thriving with ADHD

Online

🕒 1 hour

📍 Zoom

Timings 12:30 – 13:30

Date Monday, 3 March

Break No

End Date Monday, 3 March

Tutor Dianne Thomas, Olive Hickmott

Ways to live well with ADHD. Highlight some of the strengths it 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, 10 February

Break No

End Date Monday, 10 February

Tutor Dianne Thomas, Olive Hickmott

Ways to live well with Dyslexia. Highlighting some of the strengths of dyslexia and discussing some simple techniques to overcome some challenges.

Voice Box

Classroom & **Online** ⌚ 1.5 hours - 13 weeks

📍 **Zoom/3 Woburn Road, Bedford**

Timings 14:00 – 15:30
 Start Date Thursday, 2 January
 Break No
 End Date Thursday, 27 March
 Tutor Kyle McDonald, Steering Panel

Have your say in a safe discussion forum that encourages participation regardless of age, ethnicity, or culture. Topics include mental health, identity, social/economic issues, gender/LGBTQ+ awareness, and relationships.

Women and Hair Loss

Classroom & **Online** ⌚ 1.25 hours

📍 **Zoom/Luton Library, Luton**

Timings 13:00 – 14:15
 Start Date Tuesday, 11 March
 Break No
 End Date Tuesday, 11 March
 Tutor Joginder Khinder, Karen Mcleggan

Help women build their confidence and develop resilience. Gain practical strategies to overcome life's challenges, whilst fostering personal growth and empowerment in a supportive environment.

You are not Alone

Classroom ⌚ 1.5 hours - 2 weeks

📍 **The Lighthouse, Leighton Buzzard**

Timings 19:00 – 20:30
 Start Date Monday, 27 January
 Break Monday, 3 February
 End Date Monday, 10 February
 Tutor Trishna Reid, Valarie Forsey

Hope for families/friends affected by a loved one in addiction (18+). Addiction is a family disease. We aim to bring some awareness and knowledge of the support available to you.

You are not Alone

Classroom ⌚ 1.5 hours - 2 weeks

📍 **The Lighthouse, Leighton Buzzard**

Timings 19:00 – 20:30
 Start Date Monday, 3 March
 Break No
 End Date Monday, 10 March
 Tutor Trishna Reid, Valarie Forsey

Hope for families and friends affected by a loved one in addiction (18+). Addiction is a family disease. We aim to bring some awareness and knowledge of the support available to you.

You are not Alone

Online ⌚ 1.5 hours - 2 weeks

📍 **Zoom**

Timings 18:30 – 20:00
 Start Date Thursday, 16 January
 Break No
 End Date Thursday, 23 January
 Tutor Trishna Reid, Valarie Forsey

Hope for families/friends affected by a loved one in addiction (18+). Addiction is a family disease. We aim to bring some awareness and knowledge of the support available to you.

You are not Alone


Online ⌚ 1.5 hours - 2 weeks

📍 **Zoom**

Timings 18:30 – 20:00
 Start Date Thursday, 6 February
 Break No
 End Date Monday, 13 February
 Tutor Trishna Reid, Valarie Forsey

Hope for families/friends affected by a loved one in addiction (18+). Addiction is a family disease. We aim to bring some awareness and knowledge of the support available to you.

You are not Alone

Online 1.5 hours - 2 weeks**Zoom**

Timings 18:30 – 20:00

Start Date Thursday, 27 February

Break No

End Date Monday, 6 March

Tutor Trishna Reid, Valarie Forsey

Hope for families/friends affected by a loved one in addiction (18+). Addiction is a family disease. We aim to bring some awareness and knowledge of the support available to you.

Your Digital Memories Matter

Online**Zoom**

Contact: Keech Hospice Care,

Telephone 01582 497 815

Email Karen.Hibbert@keech.org.uk

This course is run by our external partner. If you are interested and would like more information about this course please contact Keech Hospice Care on the above details.



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.

ADHD and Me

Classroom ⌚ 2 hours - 6 weeks

📍 **3 Woburn Road, Bedford**

Timings 11:00 - 13:00
 Star Date Friday, 10 January
 Break No
 End Date Friday, 14 February
 Tutor Carl Ramsey

An exploration into the common misconception and new understanding around ADHD. To book a place call Carl Ramsey 07554 499378

ADHD and Me

Online ⌚ 1.5 hours - 6 weeks

📍 **Zoom**

Timings 10:00 - 11:30
 Star Date Wednesday, 22 January
 Break Wednesday, 19 & 26 February
 End Date Wednesday, 12 March
 Tutor Dianne Thomas, Michelle Wingrove

An exploration into the common misconception and new understanding around ADHD. To book a place call Dianne Thomas 07767 826776

Bereavement

Classroom ⌚ 2 hours - 2 weeks

📍 **3 Woburn Road, Bedford**

Timings 13:00 - 15:00
 Star Date Tuesday, 4 February
 Break No
 End Date Tuesday, 11 February
 Tutor Joginder Khinder, Mary Ellen Coyte

Bereavement is the experience of losing someone important to us. How long it lasts is a very individual experience. In these sessions we will discuss its impact: physical, mental, social and spiritual aspect, in a respectful and confidential space.

Better place to start - Open up Your Possibilities

Online

📍 **Luton**

Contact: Luton Adult Learning
 Telephone 01582 490 033
 Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

Carers Information and Support Programmes

Classroom & **Online**

📍 **Luton**

Contact: Alzheimer's Society
 Telephone 01582 320224
 Email: luton@alzheimers.org.uk

This course is run by our external partner. If you are interested and would like more information please contact The Alzhemers Society on the above details.

Computer Skills for Beginners

Classroom

📍 **Bedford & Central Bedfordshire**

Contact: Noah Enterprise
 Telephone 01234 863 123
 Email: bedfordshireacademy@noahenterprise.org

This course is run by our external partner. If you are interested and would like more information please contact Noah Enterprise on the above details.

Death Cafe

Classroom

Luton

Contact: Karen Hibbert

Telephone 01582 497 815

Email: Karen.Hibbert@keech.org.uk

This course is run by our external partner. If you are interested and would like more information please contact Karen Hibbert at Keech Hospice on the above details.

Domestic Abuse and Mental Health

Online

 1.5 hours

Zoom

Timings 11:30 – 13:00

Start Date Tuesday, 4 February

Break No

End Date Tuesday, 4 February

Tutor Sarah Loftus, Nicky Pascale

What is domestic abuse and how does it impact on wellbeing and mental health? We will explore how you can identify an abusive relationship and how LAWC can support with Domestic Abuse. (Women Only).

Domestic Abuse and Mental Health

Online

 1.5 hours

Zoom

Timings 10:00 – 11:30

Start Date Friday, 14 March

Break No

End Date Friday, 14 March

Tutor Sarah Loftus, Nicky Pascale

What is domestic abuse and how does it impact on wellbeing and mental health? We will explore how you can identify an abusive relationship and how LAWC can support with Domestic Abuse. (Women Only).

Five ways to Wellbeing

Classroom

Luton

Contact: Luton Adult Learning

Telephone 01582 490 033

Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

Free Employability Workshops

Classroom

Luton

Contact: Luton Adult Learning


Telephone 01582 490 033

Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

Healthy Relationships

Classroom

 1.5 hours – 9 weeks

3 Woburn Road, Bedford

Timings 13:00 – 14:30

Start Date Tuesday, 18 February

End Date Tuesday, 11 March

Tutor Carl Ramsey, Essma Bechkoum

We will explore the complexities of modern-day relationships. We cover the personal, the professional, the familial and the emotional, in terms of relationships.

How to Build Emotion Resilience

Online

⌚ 1.5 hours

📍 Zoom

Timings 10:00 – 11:30

Start Date Friday, 31 January

Break No

End Date Friday, 31 January

Tutor Caroline Cook, Nicky Pascale

What helps when you're down or feel a crisis might be coming on? We'll look at tools and resources that are known to help and create a plan of support.

How to Build Emotion Resilience

Online

⌚ 1.5 hours

📍 Zoom

Timings 13:00 – 14:30

Start Date Friday, 7 March

Break No

End Date Friday, 7 March

Tutor Caroline Cook, Nicky Pascale

What helps when you're down or feel a crisis might be coming on? We'll look at tools and resources that are known to help and create a plan of support.

ICT Computer Classes

Classroom

📍 Luton

Contact: Luton Adult Learning

Telephone 01582 490 033

Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

LGBTQ+ and Allies – Being Me!

Online

⌚ 1.5 hours

📍 Zoom

Timings 14:30 – 16:00

Start Date Monday, 27 January

Break No

End Date Monday, 27 January

Tutor Dianne Thomas, Debbie Brathwaite

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

LGBTQ+ and Allies – Being Me!

Online

⌚ 1.5 hours

📍 Zoom

Timings 14:30 – 16:00

Start Date Monday, 24 February

Break No

End Date Monday, 24 February

Tutor Dianne Thomas, Debbie Brathwaite

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

Living Well with Dementia

Classroom

📍 Luton

Contact: Alzheimers Society

Telephone 01582 320 224

Email luton@alzheimers.org.uk

This course is run by our external partner. If you are interested and would like more information please contact The Alzheimers Society on the above details.

Money Matters

Classroom


Luton

Contact: Luton Adult Learning
Telephone 01582 490 033
Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

Neurodiversity – What is that?

Online

 1.5 hours – 6 weeks

Zoom

Timings 10:30– 12:00
Start Date Tuesday, 28 January
Break Tuesday, 18 February
End Date Tuesday, 11 March
Tutor Dianne Thomas, Natasha Farooq

Come and discover what neurodiversity means. Find new ways to deal with daily life when you think and learn differently from others. Learn how your uniqueness can be empowered to use your strengths.

Skills and CV

Classroom

Luton

Contact: Luton Adult Learning
Telephone 01582 490 033
Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

Staying safe online

Classroom


Luton

Contact: Luton Adult Learning
Telephone 01582 490 033
Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact Luton Adult Learning on the above details.

Wellbeing Course Ampthill

Classroom

 2 hours – 6 weeks

Parkside Community Hall, Ampthill

Timings 10:00 – 12:00
Start Date Friday, 24 January
Break Friday, 21 February
End Date Friday, 7 March
Tutor Sam Fossey, Caram Jakhu

These courses provide a friendly space to interact with others, helping manage your mental health, building self- confidence and self-esteem, whilst linking in with your local community.

Wellbeing Course Biggleswade

Classroom

 2 hours – 8 weeks

St Andrews Church, Biggleswade

Timings 10:30 – 12:30
Start Date Tuesday, 14 January
Break Tuesday, 18 February
End Date Tuesday, 11 March
Tutor Sam Fossey, Claire Cooper

These courses provide a friendly space to interact with others, helping manage your mental health, building self- confidence and self-esteem, whilst linking in with your local community.

Wellbeing Course Sandy

Classroom ⌚ 1.5 hours - 8 weeks

📍 **Sandy Baptist Church Hall, Sandy**

Timings 13:00 – 14:30

Start Date Tuesday, 14 January

Break Tuesday, 18 February

End Date Tuesday, 11 March

Tutor Sam Fossey, Claire Cooper

These courses provide a friendly space to interact with others, helping manage your mental health, building self- confidence and self-esteem, whilst linking in with your local community.

Wellbeing Course Stotfold

Classroom ⌚ 1.5 hours - 8 weeks

📍 **The Roecroft Centre, Stotfold**

Timings 13:00 – 14:30

Start Date Wednesday, 15 January

Break Wednesday, 19 January

End Date Wednesday, 12 March

Tutor Sam Fossey, Claire Cooper

These courses provide a friendly space to interact with others, helping manage your mental health, building self- confidence and self-esteem, whilst linking in with your local community.

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.

Bedford Food for Thought

Garden

 **Bedford**

Contact: Samantha Smith

Telephone 07805 739 238

Email samantha.smith@penrose.org.uk

This course is run by our external partner. If you are interested and would like more information please contact Samantha Smith on the above details.

Get into Volunteering

Classroom

 **Luton**

Contact: Luton Adult Learning

Telephone 01582 490 033

Email info@luton.ac.uk

This course is run by our external partner. If you are interested and would like more information please contact contact Luton Adult Learning on the above details.

Compassionate Friends Workshop

Classroom

 **Bedford**

Contact: Karen Hibbert


Telephone 01582 497 815

Email Karen.Hibbert@keech.org.uk

This course is run by our external partner. If you are interested and would like more information please contact contact Karen Hibbert on the above details.

Knitting to Improve Wellbeing

Classroom

 2 hours - 8 weeks

 **3 Woburn Road, Bedford**

Timings 11:30 – 13:30

Start Date Monday, 13 January

Break Monday, 17 February

End Date Monday, 10 March

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.

Connects

Outdoors

 **Luton**

Contact: Samantha Smith

Telephone 07805 739 238

Email samantha.smith@penrose.org.uk

This course is run by our external partner. If you are interested and would like more information please contact Samantha Smith on the above details.

Learn to Make do or Mend

Classroom

 2 hours - 4 weeks

 **3 Woburn Road, Bedford**

Timings 13:00 – 15:00

Start Date Wednesday, 22 January

Break No

End Date Wednesday, 12 February

Tutor Joginder Khinder, Kat Brkljac

Would you like to learn new skills/refresh existing ones? You will be able to make minor alterations to clothes, stay active and focussed in a safe and supportive space.

Penrose – Roots to Recovery

Outdoors

 **Luton**

Contact: Samantha Smith
Telephone 07805 739 238
Email samantha.smith@penrose.org.uk

This course is run by our external partner. If you are interested and would like more information please contact t Samantha Smith on the above details.

Roots to Success

Outdoors


 **Luton**

Contact: Samantha Smith
Telephone 07805 739 238
Email samantha.smith@penrose.org.uk

This course is run by our external partner. If you are interested and would like more information please contact contact Samantha Smith on the above details.

Power of Music

Online

 1.5 hours – 6 weeks

 **Zoom**

Timings 10:00 – 11:30
Start Date Monday, 13 January
Break Monday, 17 February
End Date Monday, 24 February
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!

Recycle-a-Bike

Outdoors


 **Luton**

Contact: Samantha Smith
Telephone 07805 739 238
Email samantha.smith@penrose.org.uk

This course is run by our external partner. If you are interested and would like more information please contact Samantha Smith on the above details.

Come along to the Bedford Beacon drop in space

Thursdays, 17:30 – 20:30

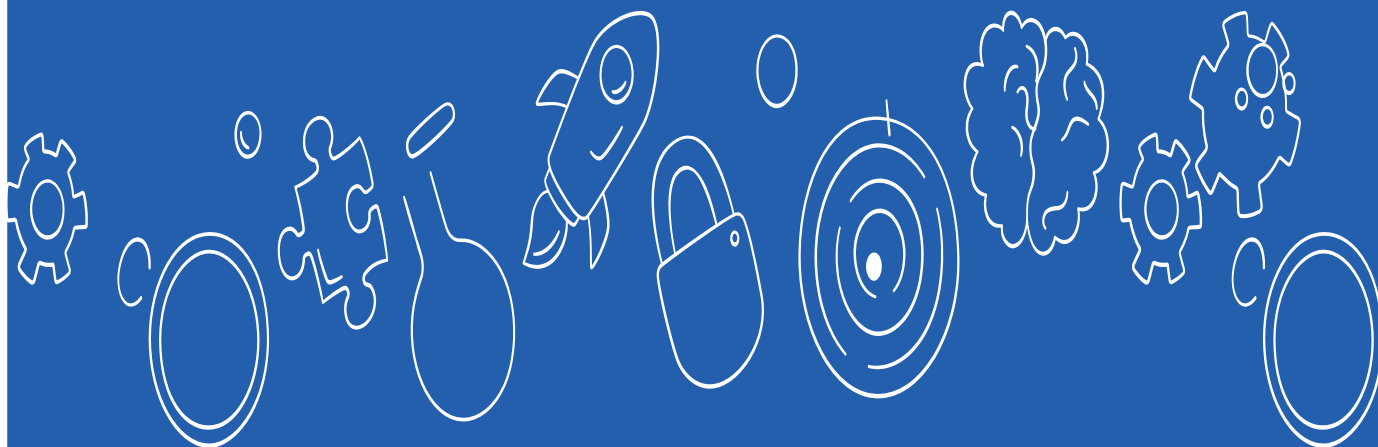
 The Recovery College,
3 Woburn Road, Bedford, MK40 1EG



Drama sessions
Quiz nights
Chilled out space

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

Games & activities
Arts and crafts
Creative writing



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 - 8 weeks

📍 **Jubilation Centre, Bedford**

Timings 10:00 – 12:30

Start Date Monday, 13 January

Break Monday, 17 February

End Date Monday, 10 March

Tutor Sam Fossey, Claire Cooper

This co-operative will build self-confidence and self-esteem while producing high quality products to sell. Good time keeping and prompt messages if absent if you cannot attend.

Art and Wellbeing

Classroom

🕒 2 hours - 4 weeks

📍 **3 Woburn Road, Bedford**

Timings 11:30 – 13:30

Start Date Thursday, 16 January

Break No

End Date Thursday, 6 February

Tutor Anthony Barron, Geoff Bennett

This course aims to develop skills in painting and drawing, enhance social interaction, combat isolation and provide pathways in the community to engagement and support with all aspects of mental health.

Art and Wellbeing

Classroom

🕒 2 hours - 4 weeks

📍 **3 Woburn Road, Bedford**

Timings 11:30 – 13:30

Start Date Thursday, 13 February

Break Thursday, 20 February

End Date Thursday, 13 March

Tutor Anthony Barron, Geoff Bennett

This course aims to develop skills in painting and drawing, enhance social interaction, combat isolation and provide pathways in the community to engagement and support with all aspects of mental health.

Art Led Peer Support

Classroom

🕒 2 hours - 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 09:30 – 11:30

Start Date Monday, 13 January

Break Monday, 17 February

End Date Monday, 10 March

Tutor Anthony Barron, Heidi Quinn, Janet Goodman

This course encourages engagement with a variety of art materials, including acrylics.

Art Movements Throughout History

Classroom

🕒 2 hours - 4 weeks

📍 **3 Woburn Road, Bedford**

Timings 13:30 – 15:30

Start Date Tuesday, 14 January

Break No

End Date Tuesday, 4 February

Tutor Anthony Barron

This course aims to demonstrate particular art movements past and present and include their history, innovation and complexity. Promote diversity and inclusivity. Engaging students in the activity of drawing and painting.

Art Movements Throughout History

Classroom

🕒 2 hours - 4 weeks

📍 **3 Woburn Road, Bedford**

Timings 13:30 – 15:30

Start Date Tuesday, 11 February

Break Tuesday, 18 February

End Date Tuesday, 11 March

Tutor Anthony Barron

This course aims to demonstrate particular art movements past and present and include their history, innovation and complexity. Promote diversity and inclusivity. Engaging students in the activity of drawing and painting.

Create and Paint with Numbers

Classroom

⌚ 2 hours - 4 weeks

 **Dunstable Town Football Club, Dunstable**

Timings 13:00 - 15:00

Start Date Thursday, 13 February

Break Thursday, 20 February

End Date Thursday, 13 March

Tutor Trishna Reid, Holly Keeling

Learn about shape dimensions and sequencing in dot paintings and have a go at painting on a small canvas. All sessions in this course need to be attended.

Film Introduction to Screenwriting

Classroom

⌚ 2 hours - 8 weeks

 **Luton Library, Floor 2**

Timings 10:00 - 12:00

Start Date Tuesday, 14 January

Break Tuesday, 18 February

End Date Tuesday, 11 March

Tutor Dianne Thomas, Victoria Hayford

Learn the basics of screenwriting, including genre, character, and plot, and how to craft engaging stories by deconstructing films and reading scripts. Students will produce outlines, treatments, and a short script by the course end.

Model Making

Classroom

⌚ 3 hours - 8 weeks

 **3 Woburn Road, Bedford**

Timings 10:00 - 13:00

Start Date Wednesday, 15 January

Break Wednesday, 19 February

End Date Wednesday, 12 March

Tutor Anthony Barron, Geoff Bennett

Come and build models and miniatures from the past, present and future. These sessions provide guidance and tips to create models that are imaginative and educational, to display when finished

Model Making

Classroom

⌚ 2 hours - 8 weeks

 **3 Woburn Road, Bedford**

Timings 14:30 - 16:30

Start Date Thursday, 16 January

Break Thursday, 20 February

End Date Thursday, 13 March

Tutor Sam Fossey, Geoff Bennett

Come and build models and miniatures from the past, present and future. These sessions provide guidance and tips to create models that are imaginative and educational, to display when finished.

Shout or Whisper

Online

⌚ 1.5 hours - 4 weeks

 **Zoom**

Timings 19:00 - 20:30

Start Date Wednesday, 15 January

Break No

End Date Wednesday, 5 February

Tutor Amit Shenmar, Will Coles, Thomas Irvin

Poetry is a beautiful way to express yourself. Whatever your literary level, be it a budding poet, a wilful scribbler, or a wordsmith.

Writing for Self Expression

Classroom & Online

⌚ 1.5 hours - 4 weeks

 **Zoom/Luton Library, Floor 2**

Timings 10:00 - 11:30

Start Date Friday, 7 February

Break Friday, 21 February

End Date Friday, 7 March

Tutor Amit Shenmar, Shelley Silas

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. We 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:		
Do you live in supported living accommodation? Yes <input type="checkbox"/> No <input type="checkbox"/>		
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"/>		
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 ☐ Meppershall ☐
Luton ☐ Sandy ☐ Shefford ☐ 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 ☐ ELFT website ☐ Social Media ☐ Supported Living Accommodation ☐ Word of mouth ☐
 Other ☐ 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 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 315987

Index

ADHD and Me	32
Anxiety and Wellbeing	20
Are you Exhausted?	20
Art and Craft Co-operative	42
Art and Wellbeing	42
Art Led Peer Support	42
Art Movements Throughout History	42
Bedford Food for Thought	38
Bereavement	32
Better place to start - open up your possibilities	32
Carers Information and Support Programmes	32
Compassionate Friends Skills workshop	38
Computer Skills for Beginners	32
Connects	38
Coping with Low Mood and Depression	20
Create and Paint with Numbers	42
Death Café	33
Diabetes Type 2	20
Diverse Cultures Men's Group	20
Diverse Cultures Women's Group	20
Domestic Abuse and Mental Health (Women Only)	33
Film Introduction to Screenwriting	43
First Aid for the Soul	21

Five Ways to Wellbeing	33
Free Employability Workshops	33
Get into Volunteering	38
Healthy Relationships	33
How to Build Emotion Resilience	34
ICT Computer Classes	34
Improving sleep	21
Knitting to Improve Wellbeing	38
Learn to Make do or Mend	38
Let's Talk Affirmation	21
Let's Talk Anxiety	21
Let's Talk Assertive Communication	21
Let's Talk Body Image	21
Let's Talk Compassion and Kindness to ourselves and others	22
Let's Talk Depression	22
Let's Talk Grief after Bereavement or Loss	22
Let's Talk Healthy Eating	22
Let's Talk Loneliness and Isolation	22
Let's Talk Low Mood	22
Let's Talk Managing Emotions	23
Let's Talk Motivation	23
Let's Talk Navigating Relationships and breakups	23
Let's Talk Panic Attacks and Fear	23

Let's Talk Relationships	23
Let's Talk Sleep	23
Let's Talk Understanding Anger	24
Let's Talk Understanding Hoarding	24
Let's Talk Understanding My Sexuality and breaking down Stigma	24
LGBTQ+ and Allies - Being Me!	34
Living Well with Dementia	34
Making Sense of Anger	24
Meditation with Petar	24
Men's Health and Wellbeing	24-25
Model Making	43
Money Matters	35
Movement for Wellbeing	25
Neurodiverse Thinking Skills	25
Neurodiversity - What is that?	35
Overcoming the Effects of Bullying	25
Parthway to Inner Strength and Self Respect	25
Penrose - Roots to Recovery	39
Positive Body Image	26
Positive Thinking	26
Power of Music	39
Recycle-a-Bike	39
Relapse Prevention	26

Roots to Success	39
Seven Steps to Self-Belief	26
Shingles	26
Six Simple Tips to Help Reduce Worry	26
Shout or Whisper	43
Skills and CV	35
Staying Safe Online	35
Support Your Neurodiverse Child	27
Surviving Abuse	27
The Future Me - Fulfilling our Potentials	27
Three Calming Techniques for Anxiety	27
Thriving with ADHD	27
Thriving with Dyslexia	27
Voice Box	28
Women and Hair Loss	28
Wellbeing Course - Ampthill	35
Wellbeing Course - Biggleswade	35
Wellbeing Course - Sandy	36
Wellbeing Course - Stotfold	36
Writing for Self Expression	43
You are not Alone	28-29
Your Digital Memories Matter	29



I found this course very informative as the staff was great and very supportive and understanding of my situation. I learnt a lot from the team as well as other individuals who were also doing the courses. I have gone through tough times recently and these courses have helped me mentally which as a result has been making me feel much better physically.



This was a brilliant workshop, the trainer clearly has so much knowledge and experience to impart and it was a shame that the hour dedicated to it wasn't long enough as lots of things were just touched on and could have been elaborated and explained in more detail.



East London
NHS Foundation Trust