









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

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

# Your journey starts today

# Welcome to Bedfordshire and Luton Recovery College

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.



This course gives Practical and emotional hamilies living with addiction is so vital, as is the opportunity to listen and be listened to wished beyond anything else this we could jup with the professional and where necessates psychiatric support our loved ones need. On the it feels like no one listens and we feel so

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# Our approach

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

**Rethink** 

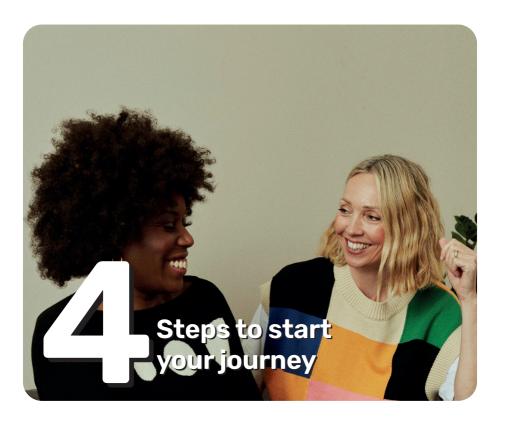
Relearn

Recharge

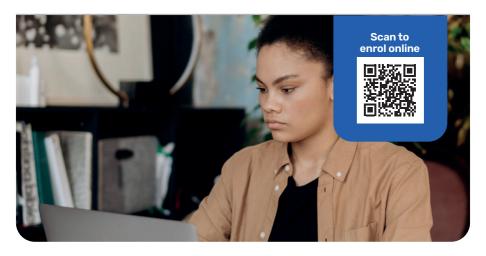
Our Recovery College is inclusive to all: service users, carers, family, friends, neighbours, staff and the general public. All are welcome to enrol as students. The educational workshops and courses we offer are all free and focus on recovery and wellbeing. They are designed, co-produced and delivered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

Recovery has many definitions and one which resonates with many people is that it is about a deeply personal journey to live as well as possible and have a meaningful and satisfying life. The tools we share in workshops and courses aim to support people to become an expert in their own recovery and understanding by exploring hope, choice and opportunity. By learning together we can make progress in challenging the stigma surrounding mental illness, and over time we hope to contribute to changing society to be more tolerant, inclusive, accepting and compassionate.

Contact us elft.recoverycollege@nhs.net 01234 263 621 or 01582 315 987



- Find a course you wish to attend
- Check if you need to contact us directly or through our partners
- Enrol on our website, or contact the relevant partner
- 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 3150987

#### 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

#### **FAOs**

#### 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.



































#### **Contact Our Partners**

Alzhiemer's Society

Telelphone: 01582 320224 Email: luton@alzheimers.org.uk

Website: www.alzheimers.org.uk

Autism Bedfordshire

Telelphone: 01234 350 704

Email: enquries@autismbedfordshire.org Website: www.autismbedfordshire.net

Carers in Bedfordshire

Telelphone: 0300 111 1919

Email: contact@carersinbeds.org.uk

Website: www.carersinbeds.org.uk/contact/us

Disability Resouce Centre

Telelphone: 01582 470 900 Email: info@drcbeds.org.uk

Website: www.drcbeds.org.uk/contact-us

Groundwork

Telelphone: 0121 236 8565 Email: info@groundwork.org.uk

Website: www.groundwork.org.uk

Keech Hospice Care Telelphone: 01582 492 339

Email: letmehelp@keech.org.uk

Website: www.keech.org.uk

Luton Adult Learning

Telelphone: 01582 490 033 Email: info@lutonacl.ac.uk Website: www.lutonacl.ac.uk Luton All Women's Centre Telelphone: 01582 416 783

Email: support@lawc.org.uk

Website: www.lutonallwomenscentre.org.uk

Mind BLMK

Telelphone: 0300 330 0648 Email: hq@mind-blmk.or.uk

Website: www.mind-blmk.org.uk

Penrose Roots

Telelphone: 01582 343 230

Email: samantha.smith@socialinterestgroup.

org.uk

The Noah Academy

Telelphone: 01582 726 152

Email: academy@noahenterprise.org Website: www.noahenterprise.org

Total Wellbeing Luton

Telelphone: 0300 555 4152

Email: info@totalwellbeingluton.org Website: www.totalwellbeingluton.org

University of Bedfordshire

Telelphone: 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.

#### **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.

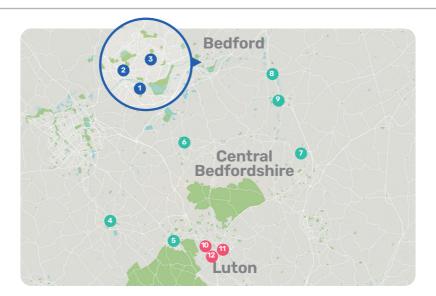


#### Classroom

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**

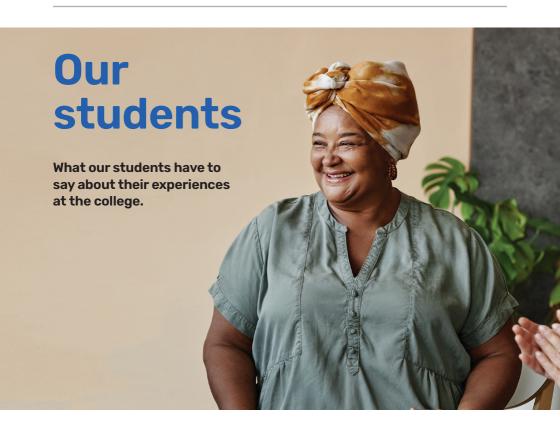
- Jubilation Centre
  Moulton Avenue, Bedford, MK42 OHL
- 2 Recovery College Bedford 3 Woburn Road, Bedford, MK40 1EG
- 3 University of Bedfordshire Polhill Avenue, Bedford, MK419EA

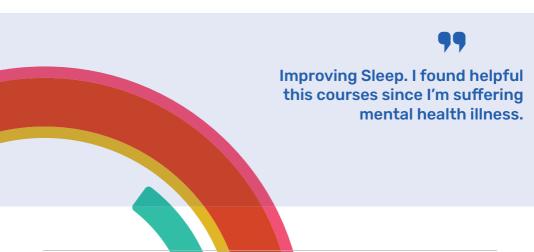
#### **Central Bedfordshire**

- The Lighthouse
  Whichellos Wharf, The Elms, Stoke Road,
  Leighton Buzzard, LU7 2TD
- Grove View Hub
  Court Drive, Dunstable, LU5 4JD
- Parkside Community Hall Woburn Street, Ampthill, MK45 2HX
- St Mary's Church Hall51 Church Road, Stofold, SG5 4NE
- 8 Sandy Baptist Church Hall 1 Kings Road, Sandy, SG19 1EJ
- St Andrews Church 45 Shortmead Street, Biggleswade, SG18 0AT

#### Luton

- Recovery College Luton
  Luton Central Library, 2nd Floor,
  St George's Square, Luton, LU1 2NG
- University of Bedfordshire
  University Square, Luton, LU1 3JU
- Luton All Women's Centre
  TheSpires,AdelaideStreet,Luton,LU15BB









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.

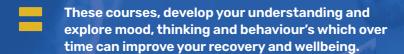


Neurodiverse Thinking Skills. Second time doing this workshop really good session lots of good helpful information.

# Find a course or workshop

- P19 Recovery & Wellbeing
- P29 Building on Knowledge & Skills
- P39 Getting Involved
- P45 Creativity & Self Expression

# Recovery & Wellbeing



#### **Anxiety and Wellbeing**

Classroom &

**Online** 

#### Zoom/Luton Library, Floor 2

**Timinas** Date

12:00 - 13:00 Tuesday, 4 March

Break

**Fnd Date** Tuesday, 4 March

Tutor Amit Shenmar, Total Wellbeing

#### Are you Exhausted?

Online

(L) 1 hour



Zoom

**Timinas** 12:30 - 13:30

Start Date Monday 20 January

Break No

End Date Monday 20 January

Dianne Thomas, Olive Hickmott Tutor

#### **Coping with Low Mood and Depression**

Classroom &

Online

(L) 1 hour

#### Zoom/Luton Library, Floor 2

**Timings** 12:00 - 13:00

Start Date Tuesday, 14 January

Break No

End Date Tuesday, 14 January

Amit Shenmar, Total Wellbeing Tutor

#### Diabetes Type 2

**Online** 

(L) 1.5 hour



Timings 14:00 - 15:30

Start Date Tuesday, 28 January

Break

Tuesday, 28 January End Date

Tutor Joginder Khinder, Jen Menton

#### **Diverse Cultures Men's Group**

Classroom (L) 2 hours - 8 weeks

#### 3 Woburn Road, Bedford

Timings 10:30 - 12:30

Start Date Wednesday, January Wednesday, 19 February Break **End Date** Wednesday, 12 March

Tutor Amit Shenmar, Mark De Gietlink

#### **Diverse Cultures Women's Group**

Classroom (L) 2 hours - 8 weeks



#### 3 Woburn Road, Bedford

Timinas 11:00 - 13:00

Start Date Wednesday, 15 January Break Wednesday, 19 February End Date Wednesday, 12 March

Tutor Manjeet Gill-Saini, Jaswinder Gill

#### First Aid for the Soul

Classroom &

**Online** 

1.5 hours - 4 weeks

#### Zoom/Luton Library, Floor 2

Timings 13:00 - 15:00

Start Date Thursday, 13 February Thursday, 20 February Break Thursday, 13 March End Date

Tutor Dianne Thomas, Haneefah

Muhammad

#### Improving Sleep

Online

(L) 1 hour



#### Zoom

Timings 12:30 - 13:30

Start Date Monday 24 February

Break

End Date Monday 20 January

Tutor Dianne Thomas, Olive Hickmott

#### Let's Talk Affirmation

Classroom (L) 1.5 hours

#### **Grove View Hub, Dunstable**

**Timinas** 10:30 - 12:00 Start Date Monday, 3 March

Break Nο

Fnd Date Monday, 3 March

Tutor Trishna Reid, Karen Mcleggan

#### Let's Talk Anxiety

Classroom (L) 1.5 hours

The Lighthouse, Leighton Buzzard

11:00 - 12:30 **Timinas** 

Start Date Wednesday, 15 January

Break

End Date Wednesday, 15 January

Trishna Reid Tutor

#### Let's Talk Assertive Communication

Classroom (L) 1.5 hours

#### **Grove View Hub, Dunstable**

Timings 10:30 - 12:00 Start Date Monday, 10 March

Break No

End Date Monday, 10 March

Trishna Reid, Karen Mcleggan Tutor

#### Let's Talk Body Image

Classroom (L) 1.5 hours

#### **Grove View Hub, Dunstable**

Timings 10:30 - 12:00

Start Date Monday, 10 February

Break

End Date Monday, 10 February

Tutor Trishna Reid, Karen Mcleggan

#### Let's Talk Compassion and Kindness to Ourselves and Others

Classroom ( 1.5 hours

**Dunstable Town Football Club** 

13:00 - 14:30 Timings

Start Date Thursday, 6 February

Break No

Thursday. 6 February End Date

Trishna Reid Tutor

#### Let's Talk Depression

Classroom (L) 1.5 hours

#### The Lighthouse, Leighton Buzzard

Timings 11:00 - 12:30

Start Date Wednesday, 22 January

Break

End Date Wednesday, 22 January

Trishna Reid Tutor

#### 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

End Date Wednesday, 29 January

Tutor Trishna Reid

#### Let's Talk Health Eating

Classroom (L) 1.5 hours



#### **Grove View Hub, Dunstable**

Timings 10:30 - 12:00

Start Date Monday, 20 January

Break Nο

End Date Monday, 20 January

Tutor Trishna Reid, Karen Mcleggan

#### Let's Talk Loneliness and Isolation

Classroom ( ) 1.5 hours

#### The Lighthouse, Leighton Buzzard

**Timinas** 11:00 - 12:30

Start Date Wednesday, 5 February

Break

Fnd Date Wednesday, 5 February

Tutor Trishna Reid

#### Let's Talk Low Mood

Classroom ( 1.5 hours

#### Grove View Hub, Dunstable

**Timinas** 10:30 - 12:00 Start Date Monday, 13 January

Break No

End Date Monday, 13 January

Trishna Reid, Karen Mcleggan

#### Let's Talk Managing Emotions

Classroom (L) 1.5 hours



#### **Grove View Hub, Dunstable**

Timings 10:30 - 12:00

Start Date Monday, 27 January

Break No

End Date Monday, 27 January

Trishna Reid, Karen Mcleggan

#### Let's Talk Motivation

Classroom (L) 1.5 hours

#### The Lighthouse, Leighton Buzzard

Timings 11:00 - 12:30

Start Date Wednesday, 12 February

Break

End Date Wednesday, 12 February

Tutor Trishna Reid

#### Let's Talk Navigating **Relationships and Breakups**

Classroom ( 1.5 hours

#### **Grove View Hub, Dunstable**

10:30 - 12:00 Timings

Start Date Monday, 24 February

Break

End Date Monday, 24 February

Trishna Reid, Karen Mcleggan Tutor

#### Let's Talk Panic Attacks and Fear

Classroom (L) 1.5 hours

#### The Lighthouse, Leighton Buzzard

Timings 11:00 - 12:30

Start Date Wednesday, 26 February

Break

End Date Wednesday, 26 February

Trishna Reid Tutor

#### Let's Talk Relationships

Classroom ( ) 1.5 hours

#### The Lighthouse, Leighton Buzzard 11:00 - 12:30

Timings

Start Date Wednesday, 5 March

Break

End Date Wednesday, 5 March

Tutor Trishna Reid

#### Let's Talk Sleep

Classroom (L) 1.5 hours

#### The Lighthouse, Leighton Buzzard

11:00 - 12:30 Timinas

Start Date Wednesday, 12 March

Break

End Date Wednesday, 12 March

Tutor Trishna Reid

#### Let's Talk Understanding Anger

Classroom ( ) 1.5 hours

#### **Dunstable Town Football Club**

**Timings** 13:00 - 14:30

Start Date Thursday. 30 January

Break

Thursday. 30 January Fnd Date

Tutor Trishna Reid

#### Let's Talk Understanding Hoarding

Classroom (L) 1.5 hours

#### **Grove View Hub, Dunstable**

**Timinas** 10:30 - 12:00

Start Date Monday, 3 February Break No

End Date Monday, 3 February

Trishna Reid, Karen Mcleggan Tutor

#### Let's Talk Understanding My Sexuality and Breaking down Stigma

Classroom (L) 1.5 hours

#### **Dunstable Town Football Club**

**Timings** 13:00 - 14:30

Start Date Thursday, 16 January

Break Nο

Thursday. 16 January **End Date** 

Tutor Trishna Reid

#### **Making Sense Of Anger**

Online

(L) 1.5 hours - 4 weeks

Zoom

**Timings** 13:00 - 14:30

Start Date Tuesday, 21 January

Break

End Date Tuesday, 11 February

Tutor Tara Curtis

#### **Meditation with Petar**

**Online** 

(L) 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

#### Men's Health and Wellbeing

Online

(L) 1 hour - 4 weeks



#### (iii) Zoom

Timinas 15:00 - 16:00

Start Date Thursday, 16 January

Break No

End Date Thursday, 16 January Anthony Barron, Stuart Gill Tutor

#### Men's Health and Wellbeing

**Online** 

(L) 1 hour - 4 weeks



#### Zoom

15:00 - 16:00 Timinas

Start Date Thursday, 13 February Break Thursday, 20 February Fnd Date Thursday, 13 March

Anthony Barron, Stuart Gill Tutor

#### **Movement for Wellbeing**

Classroom (L) 1.5 hours - 8 weeks



#### 3 Woburn Road, Bedford

Timings 13:30 - 15:00

Start Date Wednesday, 15 January Break Wednesday, 19 February End Date Wednesday, 12 March

Manjeet Gill-Saini, Jaswinder Gill Tutor

#### **Neurodiverse Thinking Skills**

**Online** 

(L) 1 hour



Zoom

**Timings** 12:30 - 13:30

Start Date Monday, 3 February

Break Nο

End Date Monday, 3 February

Tutor Dianne Thomas, Olive Hickmott

#### **Positive Body Image**

Classroom &

**Online** 

Zoom/Luton Library, Floor 2

Timings 12:00 - 13:00

Date Tuesday, 4 February

Break

End Date Tuesday, 4 February

Tutor Amit Shenmar, Total Wellbeing

(L) 2 hours

#### **Neurodiverse Thinking Skills**

Online

(L) 1 hour



Zoom

**Timinas** 12:30 - 13:30 Start Date Monday, 10 March

Break No

End Date Monday, 10 March

Dianne Thomas, Olive Hickmott Tutor

#### Positive Thinking

Online

Zoom

Timinas 12:00 - 14:00

Start Date Thursday, 6 February

Break No

End Date Thursday, 6 February

Claire Cooper, Fiona Thompson Tutor

#### **Overcoming the Effects of Bullying**

Online





**Timinas** 12:00 - 14:00

Start Date Thursday, 23 January

Break No

Fnd Date Thursday, 23 January

Sam Fossey, Fiona Thompson

#### Relapse Prevention

Classroom (L) 1.5 hours - 6 weeks

**Grove View Hub, Dunstable** 

10:00 - 12:00 Timinas Start Date Thursday, 23 January

Thursday, 20 February Break Thursday, 6 March Fnd Date

Trishna Reid Tutor

#### **Pathway to Inner Strength** and Self Respect

**Online** 

(L) 1.5 hours - 6 weeks



**Timinas** 14:00 - 15:30

Start Date Wednesday, 15 January Wednesday, 19 February Break

End Date Wednesday, 26 February

Tutor Amit Shenmar, Karen Mcleggan

#### Seven Steps to Self-Belief

Zoom

Timings 12:00 - 14:00

Start Date Thursday, 30 January

Break

**Online** 

Thursday, 30 January End Date

Claire Cooper, Fiona Thompson Tutor

(L) 2 hours

#### **Shingles**

**Online** 

1.5 hours

Zoom

**Timings** 14:30 - 16:00 Start Date Tuesday, 11 March

Break Nο

End Date Tuesday, 11 March

Tutor Joginder Khinder, Marian

Nicholson

#### Six Simple Tips to help Reduce Worry

Online

(L) 2 hours



**Timings** 12:00 - 14:00

Start Date Thursday, 13 February

Break Nο

End Date Thursday, 13 February

Tutor Claire Cooper, Fiona Thompson

#### **Support Your Neurodiverse Child**

**Online** 

🕒 1 hour



12:30 - 13:30 **Timings** 

Start Date Monday, 27 January

Break Nο

**End Date** Monday, 27 January

Tutor Dianne Thomas, Olive Hickmott

#### **Surviving Abuse**

**Online** 

(L) 2 hours

Zoom

**Timinas** 12:00 - 14:00

Start Date Thursday, 27 February

Break

End Date Thursday, 27 February

Tutor Sam Fossey, Fiona Thompson

#### The Future Me Fulfilling our Potentials

Classroom ( ) 1.5 hours

#### **Dunstable Town Football Club**

Timings 13:00 - 14:30

Start Date Thursday, 23 January

Break No

End Date Thursday. 23 January

Tutor Trishna Reid

#### Three Calming Techniques for Anxiety

(L) 2 hours

Online  $\odot$ 

#### Zoom

Timinas 12:00 - 14:00 Start Date Thursday, 6 March

Break No

End Date Thursday, 6 March

Claire Cooper, Fiona Thompson Tutor

#### Thriving with ADHD

**Online** 

(L) 1 hour



#### Zoom

**Timinas** 12:30 - 13:30 Start Date Monday, 3 March

Break No

End Date Monday, 3 March

Dianne Thomas, Olive Hickmott Tutor

#### Thriving with Dyslexia

#### (L) 1 hour

#### **Online** Zoom

Timings 12:30 - 13:30

Start Date Monday, 10 February

Break No

Monday, 10 February End Date

Dianne Thomas, Olive Hickmott Tutor

#### Voice Box

Classroom &

**Online** 

(L) 1.5 hours - 8 weeks

Zoom/3 Woburn Road, Bedford 14:00 - 15:30 **Timings** 

Date Thursday, 2 January

Break Nο

End Date Thursday, 27 March

Tutor Kyle Mcdonald, Steering Panel

#### **Women and Hair Loss**

Classroom &

(L) 1.25 hours **Online** 

Zoom/Luton Library, Floor 2

13:00 - 14:15 **Timings** Start Date Tuesday, 11 March

Break Nο

End Date Tuesday, 11 March

Tutor Joginder Khinder, Karen

Mcleggan

#### You are not Alone

Classroom (L) 1.5 hours - 2 weeks

#### The Lighthouse, Leighton Buzzard

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

#### You are not Alone

Classroom (L) 1.5 hours - 2 weeks

The Lighthouse, Leighton Buzzard

Timings 19:00 - 20:30 Start Date Monday, 3 March

Break Nο

End Date Monday, 10 March

Trishna Reid, Valarie Forsev Tutor

#### You are not Alone

**Online** 

(L) 1.5 hours - 2 weeks



Zoom

Timings 18:30 - 20:00

Start Date Thursday, 16 January

Break Nο

End Date Thursday, 23 January Tutor Trishna Reid, Valarie Forsey

#### You are not Alone

**Online** 

(L) 1.5 hours - 2 weeks



O Zoom

Timinas 18:30 - 20:00

Start Date Thursday, 6 February

Break No

End Date Thursday, 13 February Trishna Reid, Valarie Forsey Tutor

#### You are not Alone

**Online** 

(L) 1.5 hours - 2 weeks

Zoom

Timinas 18:30 - 20:00

Start Date Thursday, 27 February

Break No

Fnd Date Thursday, 6 March

Tutor Trishna Reid, Valarie Forsey

#### **Your Digital Memories Matter**

**Online** 

Contact **Keech Hospice Care** 

Telephone 01582 497 815

Email Karen, Hibbert@keech, org.uk

# 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

**Timinas** 11:00 - 13:00 Start Date Friday, 10 January

Break Nο

End Date Friday, 14 February

Tutor Carl Ramsey

#### ADHD and Me

Online

(L) 1.5 hours - 6 weeks



#### Zoom

**Timinas** 10:00-11:30

Start Date Wednesday, 22 January Break Wednesday, 19 & 26 February

Wednesday, 12 March End Date Dianne Thomas, Michelle Tutor

Wingrove

#### Rereavement

Classroom (L) 2 hours - 2 weeks



#### 3 Woburn Road, Bedford

Timings 13:00 - 15:00 Start Date Tuesday, 4 February

Break Nο

End Date Tuesday, 11 February

Tutor

Joginder Khinder, Mary Ellen

Covte

#### Better place to start - Open up your possibilities

#### Classroom



Contact **Luton Adult Learning** Telephone 01582 490033 Email info@luton.ac.uk

#### **Carers Information Support Programmes**

Classroom &

**Online** 

#### Luton

Alzheimer' Society Contact Telephone 01582 320 224

luton@alzheimers.org.uk Email

#### **Computer Skills for Beginners**

#### Classroom

#### **Bedford & Central Bedfordshire**

Contact Noah Enterprise Telephone 01234 863 123

bedfordacademy@noahenterprise.org Email

#### **Death Cafe**

#### Classroom



#### Luton

Karen Hibbert Contact Telephone 01582 497815

Karen.Hibbert@keec.org.uk Email

#### Domestic Abuse and Mental Health

Online

(L) 1.5 hours session

Zoom

Timinas 11:30 - 13:00

Start Date Tuesday, 4 February

Break No

End Date Tuesday, 4 February

Tutor Sarah Loftus, Nicky Pascale

#### **Domestic Abuse and Mental Health**

Online



(L) 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

#### Five ways to wellbeing

#### Classroom



Contact Luton Adult Learning Telephone 01582 490033 Email info@luton.ac.uk

#### **Free Employability Workshops**

#### Classroom



Contact Luton Adult Learning Telephone 01582 490033 Email info@luton.ac.uk

#### **Healthy Relationships**

#### Classroom &



**Online** 

(L) 1.5 hours - 8 weeks

#### Zoom/3 Woburn Road, Bedford

13:00 - 14:30 **Timings** Start Date Tuesday, 14 January Break Tuesday, 18 February End Date Tuesday, 11 March

Tutor Carl Ramsey, Essma Bechkoum

#### **How to Build Emotion Resillience**

**Online** 

1.5 hours

**Timings** 10:00 - 11:30 Start Date Friday, 31 January

Break

End Date Friday, 31 January

Tutor Caroline Cook, Nicky Pascale

#### **How to Build Emotion Resillience**

Online

(L) 1.5 hours

13:00 - 14:30 Timinas Start Date Friday, 7 March

Break

End Date Friday, 7 March

Tutor Caroline Cook, Nicky Pascale

#### **ICT Computer Classes**

#### Classroom



#### Luton

Contact Luton Adult Learning Telephone 01582 490033 Email info@luton.ac.uk

#### LGBTQ+ and Allies - Being Me!

Online

(L) 1.5 hours

#### Zoom

Timings 14:30 - 16:00 Start Date Monday, 27 January

Break

End Date Monday, 27 January Tutor Dianne Thomas, Debbie **Brathwaite** 

#### LGBTQ+ and Allies - Being Me!

**Online** 

(L) 1.5 hours

#### (iii) Zoom

Timings 14:30 - 16:00

Start Date Monday, 24 February

Break

End Date Monday, 24 February Dianne Thomas, Debbie Tutor

Brathwaite

#### **Living Well with Dementia**

#### Classroom

#### Luton

Contact Alzheimer's Society Telephone 01582 320 224

luton@alzheimers.org.uk Email

#### **Money Matters**

#### Classroom



#### Luton

Contact **Luton Adult Learning** Telephone 01582 490033 info@luton.ac.uk Email

#### Neurodiversity - What is that?

Online



(L) 1.5 hours - 6 weeks



**Timings** 

10:30 - 12:00 Start Date Tuesday, 28 January

Break

Tuesday, 18 February

End Date Tuesday 11 March Tutor

Dianne Thomas, Natasha Faroog

#### Skills and CV

#### Classroom



Contact **Luton Adult Learning** 

Telephone 01582 490033

Fmail info@luton.ac.uk

#### Staying safe online

#### Classroom

Luton

Contact **Luton Adult Learning** Telephone 01582 490033 Email info@luton.ac.uk

#### **Wellbeing Course Ampthill**

Classroom (L) 2 hours - 6 weeks

#### Parkside Community Hall, Ampthill

**Timinas** 10:00 - 12:00 Start Date Friday, 24 January Breaks Friday, 21 February End Date Friday, 7 March

Tutor Sam Fossey, Caram Jakhu

#### **Wellbeing Course Biggleswade**

Classroom (L) 2 hours - 8 weeks

#### St Andrews Church, Biggleswade

Timings 10:30 - 12:30

Start Date Tuesday, 14 January Breaks Tuesday, 18 February Tuesday, 11 March End Date

Tutor Sam Fossey, Claire Cooper

#### Wellbeing Course Sandy

Classroom (L) 1.5 hours - 8 weeks

#### Sandy Baptist Church Hall, Sandy

Timinas 13:00 - 14:30

Start Date Tuesday, 14 January Breaks Tuesday, 18 February End Date Tuesday, 11 March

Sam Fossey, Claire Coope Tutor

#### **Wellbeing Course Stotfold**

Classroom (L) 1.5 hours - 8 weeks

#### The Roecroft Centre, Stotfold

Timinas 13:00 - 14:30

Start Date Wednesday, 15 January Break Wednesday, 19 January End Date Wednesday, 12 March Tutor Sam Fossey, Claire Cooper

# **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

Fmail samantha.smith@penrose.org.

#### **Compassionate Friends workshop**

#### Classroom



#### Luton

Contact Karen Hibbert Telephone 01582 497815

Email Karen.Hibbert@keec.org.uk

#### **Connects**

#### Classroom/Garden



#### Luton

Contact Samantha Smith Telephone 07805 739 238

Email samantha.smith@penrose.org.

#### **Get into Volunteering**

#### Classroom



#### Luton

Contact Luton Adult Learning Telephone 01582 490033 Email info@luton.ac.uk

#### **Knitting to Improve Wellbeing**

Classroom (L) 2 hours - 8 weeks

#### 3 Woburn Road, Bedford

**Timinas** 11:30 - 13:30 Start Date Monday, 13 January Breaks Monday, 17 February End Date Monday, 10 March

Tutor Anthony Barron, Heidi Quinn,

Janet Goodman

#### Learn to Make do or Mend



#### Classroom (L) 2 hours - 4 weeks

#### 3 Woburn Road, Bedford

Timings 13:00-15:00

Start Date Wednesday, 22 January

Breaks

End Date Wednesday, 12 February Tutor Joginder Khinder, Kat Brkljac

#### Penrose - Roots to Recovery

#### **Outdoors**



#### Luton

Contact Samantha Smith Telephone 07805 739 238

Email samantha.smith@penrose.org.

#### **Power of Music**

#### Online



(L) 1.5 hours - 6 weeks

#### Zoom

10:00 - 11:30 Timinas

Start Date Monday, 13 January Breaks Monday, 17 February Fnd Date Monday, 24 February

Tutor Amit Shenmar, Michelle Wingrove

#### Recycle-a-Bike



Contact Samantha Smith Telephone 07805 739 238

samantha.smith@penrose.org. Email

#### **Roots to Success**

#### **Outdoors**



#### Luton

Contact Samantha Smith Telephone 07805 739 238

samantha.smith@penrose.org. Fmail

# **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 (L) 2.5 hours - 8 weeks

#### **Jubilation Centre, Bedford**

**Timinas** 10:00 - 12:30

Start Date Monday, 13 January Breaks Monday, 17 February End Date Monday, 10 March

Tutor Sam Fossey, Claire Cooper

#### Art and Wellbeing

Classroom ( ) 2 hours - 4 weeks

#### 3 Woburn Road, Bedford

11:30 - 13:30 Timinas Start Date Thursday, 16 January

Breaks No

Fnd Date Thursday, 6 February

Tutor Anthony Barron Geoff Bennett

#### Art and Wellbeing





#### 3 Woburn Road, Bedford

**Timinas** 11:30 - 13:30

Start Date Thursday, 13 February Thursday, 20 February **Breaks** Thursday, 13 March Fnd Date

Tutor Anthony Barron Geoff Bennett

#### **Art Led Peer Support**

Classroom (L) 2 hours - 8 weeks

#### 3 Woburn Road, Bedford

**Timinas** 09:30 - 11:30 Start Date Monday, 13 January Monday, 17 February Breaks End Date Monday, 10 March

Tutor Anthony Barron, Heidi Quinn,

Janet Goodman

#### Art Movements Throughout History

Classroom (L) 2 hours - 4 weeks

#### 3 Woburn Road, Bedford

Timinas 13:30 - 15:30

Start Date Tuesday, 14 January

Breaks Nο

End Date Tuesday, 4 February Tutor **Anthony Barron** 

#### Art Movements Throughout History

Classroom (L) 2 hours - 4 weeks



#### 3 Woburn Road, Bedford

13:30 - 15:30 Timinas

Start Date Tuesday, 11 February Breaks Tuesday, 18 February End Date Tuesday, 11 March Anthony Barron Tutor

#### Create and Paint with Numbers

Classroom (L) 2 hours - 4 weeks

#### **Dunstable Town Football Club**

Timinas 13:00 - 15:00 Start Date Thursday, 13 February Breaks Thursday, 20 February Thursday, 13 March Fnd Date Trishna Reid, Holly Keeling Tutor

#### Film Introduction to Screenwriting

Classroom (1) 1.5 hours - 8 weeks



#### Luton Library, Floor 2

Timings 10:00 - 14:00 Start Date Tuesday, 14 January Breaks Tuesday, 18 February

Tuesday, 11 March End Date

Tutor Dianne Thomas, Victoria Hayford

#### **Model Making**

Classroom ( ) 3 hours - 8 weeks



#### 3 Woburn Road, Bedford

Timinas 10:00 - 13:00

Start Date Wednesday, 15 January Breaks Wednesday, 19 February End Date Wednesday, 12 March

Tutor Anthony Barron, Geoff Bennett

#### **Model Making**

Classroom ( 2 hours - 8 weeks



3 Woburn Road, Bedford

14:30 - 16:30 **Timinas** Start Date Thursday, 16 January Breaks Thursday, 20 January End Date Thursday, 13 March

Tutor Sam Fossey, Geoff Bennett

#### **Shout or Whisper**

Online

(L) 1.5 hours - 4 weeks



**Timinas** 19:00 - 20:30

Start Date Wednesday, 15 January

Breaks No

End Date Wednesday, 5 February Amit Shenmar, Will Coles. Tutor

Thomas Irvin

#### **Writing for Self Expression**

Classroom & Online

(L) 1.5 hours - 4 weeks

#### Zoom/Luton Library, Floor 2

10:00 - 11:30 Timings Start Date Friday, 7 February Breaks Friday, 21 February End Date Friday, 7 March

Tutor Amit Shenmar, Shelley Silas

# Come along to the **Bedford Beacon drop** in space

Thursdays, 17:30 - 20:30

The Recovery College,

3 Woburn Road, Bedford, MK40 1EG

Games & activities **Arts and crafts** Creative writing **Drama sessions Quiz nights** 

Chilled out space

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





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.

