



**DISCOVERY COLLEGE
BEDS & LUTON**

SPRING TERM PROSPECTUS

February-April 2025



**The comeback is always
greater than the setback.**

**Courage is not the absence of
fear, but the triumph over it.**

Curiosity is a superpower.

**Wherever attention goes,
energy flows.**

CONTENTS

| | | |
|---|-----------------------------------|--------------|
| ✦ | The Discovery College..... | 4 |
| ✦ | Our Journey | 5 |
| ✦ | Our agreement | 6 |
| ✦ | DisCo Feedback | 7 |
| ✦ | Gallery | 8 |
| ✦ | How to sign up | 9 |
| ✦ | DisCo Workshops | 10-17 |
| ✦ | Our Partnerships | 18 |
| ✦ | Resources | 19 |
| ✦ | Contact Details | 20 |

THE DISCOVERY COLLEGE

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

All workshops are designed and facilitated with the help of young people. Our Peer Mentors are role-models, who empower others to take control of their life through sharing lived experience. Our Subject Mentors will have the knowledge and skills to help young people reach their potential.

The Spring Term 2025 will be delivered across different venues in Bedfordshire and online. Our face-to-face workshops will have a creative theme, complimenting the online sessions.

All eight workshops are stand-alone, welcoming young people to join us in a safe space that fosters inclusivity.

OUR JOURNEY

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

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

Since the first term in spring 2022, many of the young people we worked with flourished in their community, becoming proactive about their wellbeing and empowering their peers.

Encouraging young people's growth is achieved through constant support, trust and relationship building. We have seen young people who start off less engaged, who then begin to blossom and participate freely.

Through reflection and co-production we flourish together with the young people.

STUDENT CHARTER

**THROUGHOUT THE WELLBEING SESSIONS
WE ALL COMMIT TO :**

- **Maintaining confidentiality at all times**
- **Respecting what others have to say and their views**
- **A non-judgemental culture**
- **Being mindful of each others' feelings**
- **Allowing space if there is a need for time out**
- **Making sure everyone is comfortable**
- **Creating a fair environment**
- **Be open to exploring other options**

DISCO FEEDBACK

“Participating in the workshops made me realise how much I needed it for me and my personal growth. This awareness is a true testament to how passionate and encouraging you and your team are to inspiring and uplifting the lives of young people.” - DisCo Student

“My daughter enjoyed the creative workshops, it was nice to see her out and about. Thank you for facilitating them and making my daughter feel comfortable.” - DisCo Parent

“Sessions were interesting, students did not have opportunities like this at their previous school. They felt comfortable with talking, being open and felt they were understood and listened too.” - Alternative Provision Representative

“ Students seemed to appreciate the structured yet flexible approach, which allowed them to engage at their own pace. Overall, the atmosphere was positive, with a clear focus on learning and mutual respect.” - ESOL Mentor

GALLERY



**Creating Jewellery
Workshop, November 2024**



**Photography Workshop,
December 2024**



**Creating Art through Music
Workshop, December 2024**



**Photography Workshop,
December 2024**



**DISCO Programme for ESOL
Students, October-December 2024**



**Creating Jewellery
Workshop, November 2024**

HOW TO SIGN UP

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

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

What's next?

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



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

mindrecovery.net.org.uk/providers_profile/bedford-and-luton-discovery-college



Get Baking!

In this workshop we will explore baking as a strategy to look after our wellbeing.

It can decrease stress, boost our mood and increase our self-confidence as baking is an activity that requires focus and concentration, which can ensure we stay present in the moment.

Baking is also a great way to connect with others. Food is not just a necessity for survival, it is also an expression of one's self, one's culture and creativity.

Date:

Wednesday, 19th February

Time:

3-5pm

Venue:

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

Facilitators:

Mihaela Iancu and Charlotte Sherrell



Understanding Anxiety and Low Mood

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

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

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

**Date:
Wednesday, 26th February**

**Time:
5-6.30pm**

**Venue:
Online-Zoom**

**Facilitators:
Mihaela Iancu and Callen Hopkins**



Boundaries and Bridges

Boundaries and consent are the tools that create bridges for healthy relationships. They are essential in all our interactions.

Explore different types of boundaries and how setting them can improve our relationship with self and others.

Learn about the importance of mutual consent to protect yourself and those around you.

**Date:
Wednesday, 5th March**

**Time:
5-6.30pm**

**Venue:
Online-Zoom**

**Facilitators:
Sarah Bateman and Shana Ryan**



Creating Jewellery

This workshop will engage your imagination and develop your dexterity.

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

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

**Date:
Monday, 10th March**

**Time:
5-7pm**

**Venue:
Project 229, 227-229 Bedford Rd, Kempston,
Bedford MK42 8DA**

**Facilitators:
Mihaela Iancu and Sarah Bateman**



Building Resilience

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

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

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

Date:

Wednesday, 12th March

Time:

5-6.30pm

Venue:

Online-Zoom

Facilitators:

Charlotte Sherrell and Fatema Dipita



Improving Physical Wellbeing

Exercising regularly improves our mental health and wellbeing. Together with a healthy diet and a better sleep routine helps us to maintain the body's optimal functioning. A good sense of balance between exercise, diet and sleep can improve energy levels and bring a more positive outlook on life.

We will invite you to explore our recommendations for these three pillars to build on your physical resilience.

**Date:
Wednesday, 19th March**

**Time:
5-6.30pm**

**Venue:
Online-Zoom**

**Facilitators:
Shiblu Miah and Zawad Zarif**



Creating Art through Music

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

In this session we will learn more about how the creative arts and emotions are intertwined and how they can support our wellbeing.

The practical part of the session will focus on translating a broad playlist of music into a visual artistic creation.

**Date:
Wednesday, 26th March**

**Time:
5-7pm**

**Venue:
The Hub (Flitwick Town Council), Derwent Rise,
Flitwick, Bedford MK45 1QJ**

**Facilitators:
Sarah Bateman and Raphael Suh**



Future Visions

Create or find a sense of personal identity as a first step in your discovery journey. Take the time to explore your strengths and achievements in order to visualise your future.

Have fun creating your vision board as a tool for reaching your potential. By putting your aspirations on display in a visually appealing way, it might become easier to stay motivated and focused on achieving them.

**Date:
Thursday, 3rd April**

**Time:
5-7pm**

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

**Facilitators:
Shiblu Miah and Charlotte Sherrell**

OUR PARTNERSHIPS

Carers in Bedfordshire

Tel no: 03001111919

carersinbeds.org.uk

Integrated Care Hub

Tel no: 03003008980

groveviewhub.co.uk

Project 229

Tel no: 01234 840880

project229.org

Recovery College Bedfordshire and Luton

Tel no: 01234 880340

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

SSG Services

Tel no: 01234340782

ssgservices.co.uk

The Hub(Flitwick Town Council)

Tel no: 01525631900

flitwick.gov.uk/living-and-working/youth-hub/

TOKKO Youth Centre

Tel no: 01582 544990

tokko.co.uk

Youth Scape Luton

Tel no: 01582877220

youthscape.co.uk/ys-luton



Flitwick
Town Council



RESOURCES

Be Body Positive

bebodypositive.org.uk

Bedford Local Offer:

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

Central Bedfordshire SEND Local Offer:

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

Luton's Local Offer SEND Information Hub:

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

CHUMS

chums.uk.com/bedfordshire-services

Crisis Cafes Bedfordshire

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

Healthwatch

healthwatchbedfordborough.co.uk

Hub of Hope

hubofhope.co.uk

Mind BLMK

mind-blmk.org.uk

Open Door Bedfordshire

bedfordopendoor.org.uk

Samaritans

samaritans.org

UK Safer Internet Centre

saferinternet.org.uk

Wellbeing Apps -Free from Google Play:

Calm Harm, Childline, Daylio, Headspace, Youngminds.

CONTACT

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

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

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

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

**Charlotte Sherrell - Business Apprentice
charlotte.sherrell@nhs.net**



discoverycollegebedsluton2021



**East London
NHS Foundation Trust**

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry, no matter how small, should be recorded to ensure the integrity of the financial statements. This includes not only sales and purchases but also expenses and income. The document also highlights the need for regular reconciliation of bank statements and the company's records to identify any discrepancies early on.

In addition, the document provides a detailed breakdown of the accounting cycle, from identifying the accounting entity to preparing financial statements. It explains how each step contributes to the overall accuracy and reliability of the financial data. The document also includes a section on the importance of internal controls, which are designed to prevent errors and fraud within the organization.

The second part of the document focuses on the practical application of these principles. It provides a series of examples and exercises that illustrate how to record and classify transactions. These examples cover a wide range of business activities, from the purchase of inventory to the sale of finished goods. The document also includes a section on the preparation of journal entries, which are the foundation of the accounting system.

Finally, the document concludes with a summary of the key points discussed throughout the document. It reiterates the importance of accuracy, consistency, and transparency in financial reporting. The document also provides a list of resources for further study and a glossary of key terms used throughout the document.