



East London
NHS Foundation Trust

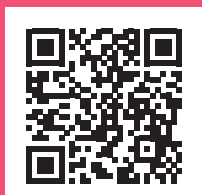
Bedfordshire and Luton

RECOVERY
College 
Rethink
Relearn
Recharge

Prospectus April–August 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

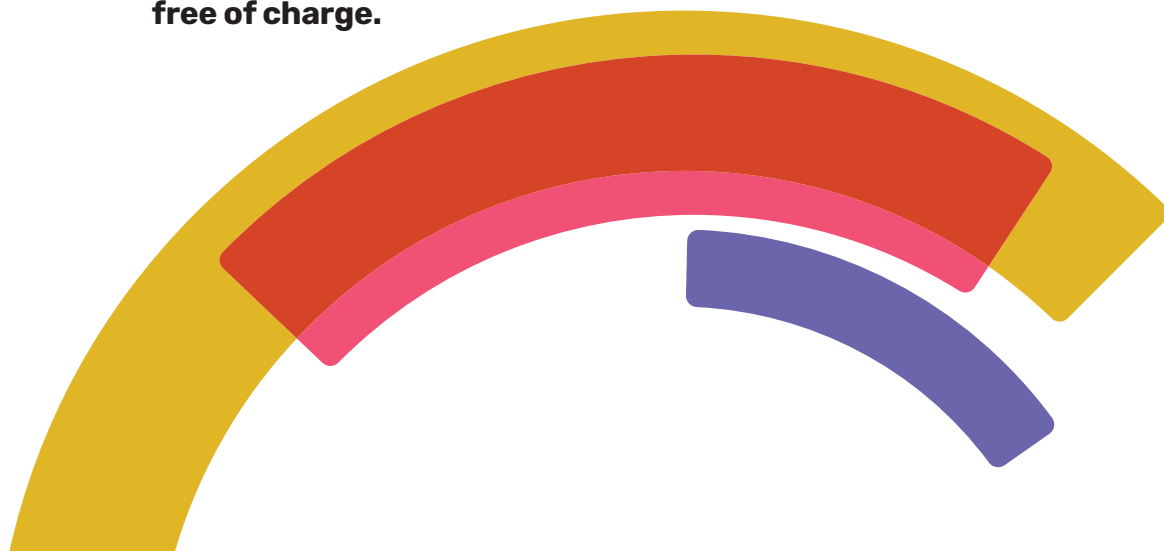
We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

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.**



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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

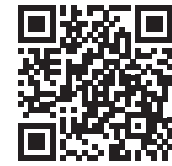
Our Recovery College is inclusive to all; service users, carers, family, friends, neighbours, staff and the general public. All are welcome to enrol as students. The educational workshops and courses we offer are all free and focus on recovery and wellbeing. They are designed, co-produced and delivered 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

Scan to
enrol online



How to enrol

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

How to register

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

Already registered?

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

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

1

Find a course you wish to attend

2

Check if you need to contact us directly or through our partners

3

Enrol on our website, or contact the relevant partner directly

4

Begin your journey towards recovery

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 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

Contact us with
any questions

elft.recoverycollege@nhs.uk

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.

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.

Bedford Food for Thought Penrose

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

Better place to start open up Possibilities Luton Adult Learning

A Better place to start is a short course that empowers learners to identify their own steps for a positive future, with personalised guidance and support.

Carers Information Support Programme Alzheimer's Society

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

Compassionate Friends - Keech Hospice Care

Community of Compassionate Friends deliver care to help dispel the myths about dying and bereavement, helping communities to be better informed and more confident in having these conversations.

Computer Skills for Beginners - Noah

Familiarise yourself with the digital world, in a safe and supportive beginner's environment.

Connects - Penrose

Community gardening and the indoor activities are aimed at individuals who are making that first step out of social isolation or who need a smaller group to build their confidence.

Five Ways to Wellbeing - Luton Adult Learning

Explores the different ways you can include the five ways to wellbeing into your daily life.

Free Employability Workshops - Luton Adult Learning

Join one of our many Employability Workshops and take a positive step towards your future.

Get Into Volunteering - Luton Adult Learning

Volunteering can make a real difference to your own life and the lives of those around you. Giving some of your time to help others can be empowering.

Living Well with Dementia - Alzheimer's Society

For people in the early stages of dementia with a diagnosis. They aim to increase your confidence in managing day-to-day and help you plan for the future.

Money Matters - Luton Adult Learning

Practical tips on why money matters, how to budget better, spend smarter and wise ways to save.

No Barriers Here - Keech Hospice Care

No Barriers Here is an equity-oriented, arts-based, approach to advance care planning, aimed at people, groups and communities who may be marginalised in healthcare. Each workshop is designed to explore a different aspect of the advance care planning process.

Passport to the NHS - Luton Adult Learning

Interested in working with the NHS Receive free support for job readiness, skills building, applications, interviews and career planning. Learn about the variety of opportunities from Community Support and Hospital Settings to Admin, IT and Facilities.

Roots to Recovery - Penrose

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

Recycle-a-Bike - Penrose

Upcycling and basic bike maintenance, working with donated bikes

Skills and CV - Luton Adult Learning

Identify the transferable and adaptable skills you possess, use them to create a personal statement. We also look at the key features that need to be included on a CV and focus.

Staying Safe Online - Luton Adult Learning

Keep yourself and your family safe and be aware of scams, fraud and harassment online.

Talking About Inclusive Healthcare Keech Hospice Care

A series related to inequalities and inequity within palliative care. The main focus is to highlight many lesser taught and misunderstood areas in care that require addressing when providing care for patients and relatives who are living with a life limiting condition.

- Palliative Care and the Homeless Community
- What Have I Done To Deserve This?
- LGBTQIA+ community living with a palliative illness
- Racism & Casteism in Palliative Care

Roots to Success - Penrose

Basic horticulture alongside growing flowers and vegetables. Learning how to grow your own and build new friendships.

Your Digital Memories Matter - Keech Hospice Care

We will provide you with an understanding of what your digital legacy means, what your digital assets are, where to go for help and how to turn this into conversation with family and friends.

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.or.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

St Giles
Telephone: 0207 708 8000
Email: info@stgilestrust.org.uk
Website: www.stgilestrust.org.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

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.

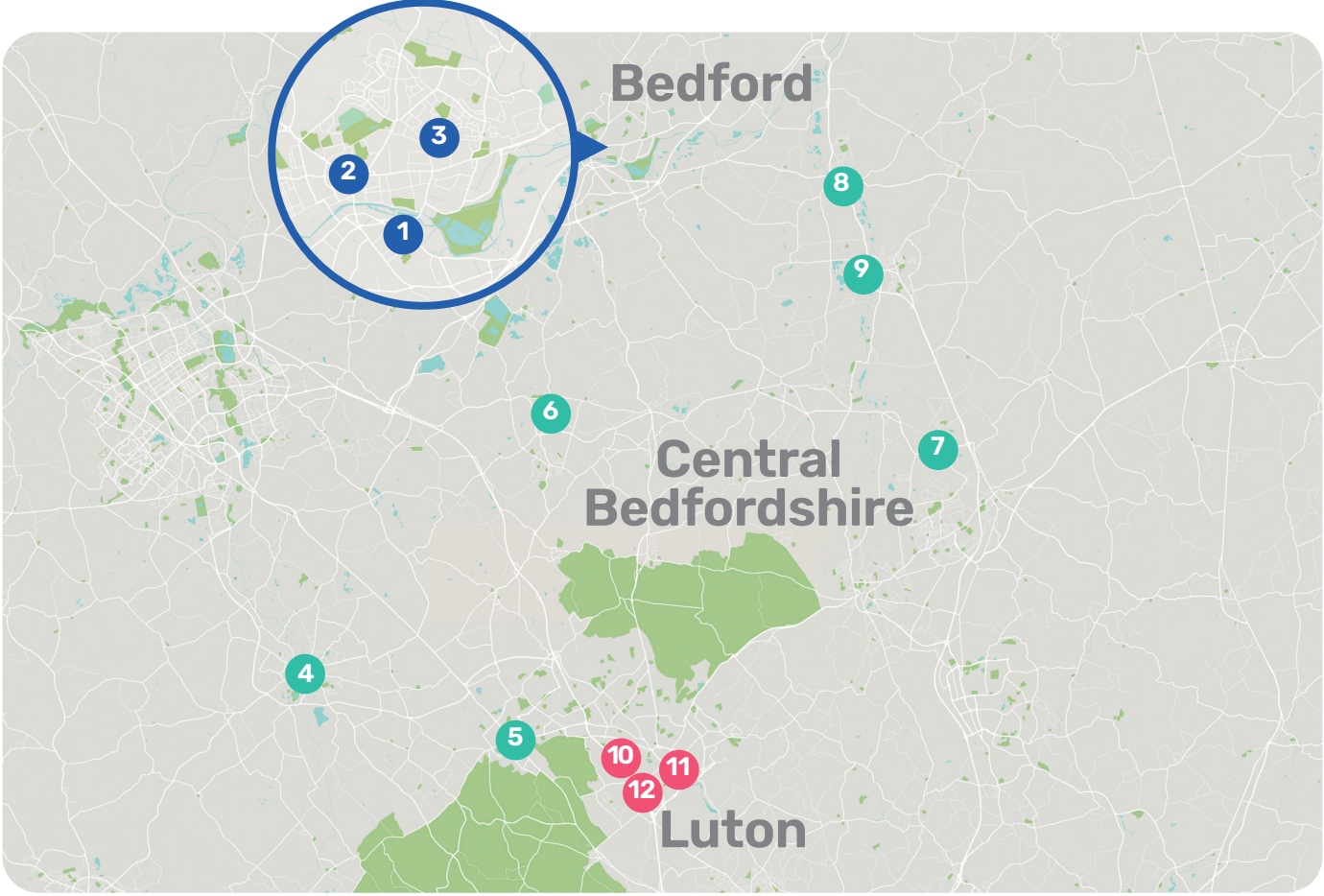


Classroom

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
- 10 Dunstable Town Football Club**
Creasy Park Drive, Dunstable, LU6 1BB

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

Find a course or workshop

P13

Recovery & Wellbeing

P21

Building on Knowledge & Skills

P25

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.

Diabetes - Type 2

Online Zoom

1½ hours, 1 week, 2 sessions

Timings 14:00 – 15:30
 Date Tuesday, 20 May
 Date Tuesday, 15 July
 Tutor Jen Menton, Yvonne Mountcastle

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

Diverse Cultures Men's Group

Classroom 3 Woburn Road, Bedford

2 hours, 16 weeks

Timings 10:30 – 12:30
 Date Wednesday, 16 April – 13 August
 Break Wednesday, 28 May, 2 July
 Tutor Amit Shenmar

Get together for friendships, mutual support and encouragement. A range of games and activities available. Options to bring in activity/hobby from home and work on in class.

Diverse Cultures Women's Group

Classroom 3 Woburn Road, Bedford

2 hours, 16 weeks

Timings 11:00 – 13:00
 Date Wednesday, 16 April – 13 August
 Break Wednesday, 28 May, 2 July
 Tutor Manjeet Gill-Saini, Jaswinder Gill

Building friendships, mutual support and encouragement. Optional Life skills learning available. Participants are welcome to bring in projects/hobby from home.

Drug and Alcohol Family Support

Online Zoom

1½ hours, 2 weeks, 4 sessions

Timings 18:30 – 20:00
 Date Thursday, 17 April – 24 April
 Date Thursday, 8 May – 15 May
 Date Monday, 2 June – 9 June
 Date Monday, 7 July – 14 July
 Tutor Trishna Reid, Valarie Forsey

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

Let's Talk Affirmations

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 – 14:30
 Date Thursday, 5 June
 Tutor Trishna Reid

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 Affirmations

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 – 12:30
 Date Wednesday, 25 June
 Tutor Trishna Reid

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 Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 – 15:30
 Date Thursday, 5 June
 Tutor Amit Shenmar

Share tips around alleviating anxiety. We will discuss ways in which we can help with anxiety and to lessen ones stress.



Let's Talk Assertive Communication

Classroom Dunstable Town Football Club

1½ hours, 1 weeks

Timings 13:00 - 14:30
Date Thursday, 12 June
Tutor Trishna Reid

Learn to communicate your ideas and needs clearly and confidently. Improve your listening skills and become more self-aware of your communication style.

Let's Talk Body Image

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 15 May
Tutor Trishna Reid

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 Body Image

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 - 12:30
Date Wednesday, 11 June
Tutor Trishna Reid

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 Boundaries

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 12 June
Tutor Amit Shenmar, Debbie Brathwaite

Looking at boundaries as a form of shaping relationships in a positive way, their importance, how to maintain them and enjoy better connections as a result.

Let's Talk Compassion and Kindness

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 - 12:00
Date Monday, 19 May
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 Compassion and Kindness

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 - 12:30
Date Wednesday, 21 May
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 Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 - 12:30
Date Wednesday, 23 April
Tutor Trishna Reid

Understanding depression, its cause, and its impact on daily life. Participants can openly discuss their experiences and feelings.

Let's Talk Depression

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 19 June
Tutor Amit Shenmar, Debbie Brathwaite

Depression can happen to anyone as people go through life's problems. Let's share and learn about how we can feel better.

Let's Talk Emotions

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
 Date Thursday, 26 June
 Tutor Amit Shenmar, Debbie Brathwaite

Emotions can be a powerful feeling and can affect our thoughts and feeling both good and bad. Let's share, tips, insights and ideas in a positive and non-judgemental way.

Let's Talk Goal Setting

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
 Date Thursday, 10 July
 Tutor Amit Shenmar, Debbie Brathwaite

Goal setting is a great way to motivate people. The more realistic goal the better.

Let's Talk Journaling

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
 Date Thursday, 17 July
 Tutor Amit Shenmar, Debbie Brathwaite

We will look at the process of journaling to explore its benefits in a non-judgemental space.

Let's Talk Living with OCD

Online Zoom

2 hours, 1 week

Timings 12:00 - 14:00
 Date Thursday, 22 MAY
 Tutor Claire Cooper, Petar Djukic

Taking place in a safe and confidential space where we will be sharing lived experiences and coping strategies, with a view to learning from each other.

Let's Talk Long Term Health Condition

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
 Date Thursday, 24 July
 Tutor Amit Shenmar, Debbie Brathwaite

Practical hints and tips to cope, manage and support one another around long term health conditions.

Let's Talk Low Mood

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 - 12:30
 Date Wednesday, 16 April
 Tutor Trishna Reid

Understanding what triggers downward spirals in mood. We will offer tools and techniques that are used to tackle low mood.

Let's Talk Low Mood

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
 Date Thursday, 17 April
 Tutor Trishna Reid

Understanding what triggers downward spirals in mood. We will offer tools and techniques that are used to tackle low mood.

Let's Talk Low Mood

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
 Date Thursday, 31 July
 Tutor Amit Shenmar, Debbie Brathwaite

Improve our mood, state of wellbeing and self-worth. Moods and the type of mood can play a massive role in one's mental health toolkit.

Let’s Talk Managing Emotions

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 – 14:30
Date Thursday, 1 May
Tutor Trishna Reid

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 Relationships

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 – 15:30
Date Thursday, 7 August
Tutor Amit Shenmar, Debbie Brathwaite

Explore and investigate different types of relationships. They are a key way in which we understand and move through the world.

Let’s Talk Relationship Breakdowns

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 – 14:30
Date Thursday, 22 May
Tutor Trishna Reid

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 Relationship Breakdowns

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 – 12:30
Date Wednesday, 18 June
Tutor Trishna Reid

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 Self Love

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 – 12:00
Date Monday, 28 April
Tutor Trishna Reid

We offer support with self love, what parts of your life may have changed, how to identify it, and then create an action plan in order to set your goals and reach them.

Let’s Talk Self Love

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 – 12:30
Date Wednesday, 14 May
Tutor Trishna Reid

We offer support with self love, what parts of your life may have changed, how to identify it, and then create an action plan in order to set your goals and reach them.

Let’s Talk Stress

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 – 15:30
Date Thursday, 14 August
Tutor Amit Shenmar, Debbie Brathwaite

Learn how we cope with stress. This is a good workshop for people who live a busy life and want to learn ways to relax.

Let’s Talk Understanding Anger

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 – 12:00
Date Monday, 12 May
Tutor Trishna Reid

We will discuss techniques to manage anger constructively and identify common triggers and underlying causes.

Let's Talk Understanding Hoarding

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 – 14:30
Date Thursday, 8 May
Tutor Trishna Reid

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

Let's Talk Understanding Hoarding

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 – 12:30
Date Wednesday, 4 June
Tutor Trishna Reid

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

Let's Talk Understanding My Sexuality

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 – 12:00
Date Monday, 14 April
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.

Meditation with Petar

Online Zoom

1 hour, 12 weeks

Timings 13:00 – 14:00
Date Friday, 25 April – 25 July
Break Friday, 30 May, 4 July
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 Zoom

1 hour, 4 or 5 weeks, 3 sessions

Timings 15:00 – 16:00
Date Thursday, 24 April – 22 May
Date Thursday, 5 June – 26 June
Date Thursday, 10 July – 7 August
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.

Movement for Wellbeing

Classroom 3 Woburn Road, Bedford

1½ hours, 16 weeks

Timings 13:30 – 15:00
Date Wednesday, 16 April – 13 August
Break Wednesday, 28 May, 2 July
Tutor Manjeet Gill-Saini, Jaswinder Gill

Interactive sessions focusing on movement for wellbeing. Exploring exercises, stretching, relaxation, balance, and dance. Options for those less mobile. (Please seek medical advice prior to exercising).

My Emotional Self

Classroom Luton Library, Floor 2

1½ hours, 6 weeks

Timings 14:00 – 15:30
Date Friday, 11 July – 15 August
Tutor Amit Shenmar, Adrian Shearer

This course will explore psychological theory, peer learning and wellbeing.

Pathway to Inner Strength

Online Zoom

1½ hours, 6 weeks

Timings 14:00 – 15:30
Date Wednesday, 7 May – 18 June
Break Wednesday, 28 May
Tutor Amit Shenmar, Debbie Brathwaite

Boost one's self worth and respect in an uplifting and meaningful way.



Positive Thinking

Online Zoom

2 hours, 1 week

Timings 10:00 - 12:00
Date Thursday, 10 July
Tutor Claire Copper Fiona Thompson

Explore how to achieve positive thinking through a few different techniques that have proven to be effective. Tips that can help train your brain to think more positively.

Power of Music

Online Zoom

1½ hours, 4 weeks

Timings 10:30 - 12:00
Date Monday, 14 April - 19 May
Break Monday, 21 April, 5 May
Tutor Amit Shenmar, Michelle Wingrove

Let's keep those Monday blues away. Join us if want to connect with others to have a laugh.

Relapse Prevention

Classroom Grove View Hub, Dunstable

2 hours, 6 weeks, 2 sessions

Timings 13:00 - 15:00
Date Tuesday, 15 April - 20 May
Date Tuesday, 3 June - 15 July
Tutor Trishna Reid, Nicola Webster

Practical tools, discuss potential triggers, conversations to support manage your recovery. The stigma that comes with lapse/relapse is something we recognise, we want to equip you to avoid/manage the situation.

Six Simple Tips to Help Reduce Worry

Online Zoom

2 hours, 1 week

Timings 12:00 - 14:00
Date Thursday, 19 June
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.

The Future is in our Hands Art Project

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 - 12:30
Date Wednesday, 7 May
Tutor Trishna Reid

A calming creative Art Process for you to think about things/habits we'd like to leave behind and things we hope for in the future.

Unlock Your Potential

Classroom Grove View Hub, Dunstable

1½ hours, 6 weeks

(ALL 6 SESSIONS MUST BE ATTENDED)

Timings 10:30 - 12:00
Date Monday, 2 June - 14 July
Break Monday, 30 June
Tutor Trishna Reid, Angela Costello

Identify skills, support you with job search strategies, boost interview confidence, set employment and personal development goals, and create standout CVs.

Voice Box

Classroom 3 Woburn Road, Bedford

Online Zoom

1½ hours, 22 weeks

Timings 14:00 - 15:30
Date Thursday, 3 April - 29 August
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.

Wellbeing Course Ampthill**Classroom** Parkside Community Hall**2 hours, 15 weeks**

Timings 10:00 – 12:00
 Date Friday, 25 April – 15 August
 Break Friday, 30 May, 4 July
 Tutor Tara Curtis, Caram Jakhu

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** St Andrews Church**2 hours, 15 weeks**

Timings 10:30 – 12:30
 Date Tuesday, 15 April – 5 August
 Break Tuesday, 27 May, 1 July
 Tutor Sam Fossey, Claire Cooper

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** Sandy Baptist Church**1½ hours, 15 weeks**

Timings 13:00 – 14:30
 Date Tuesday, 15 April – 5 August
 Break Tuesday, 27 May, 1 July
 Tutor Sam Fossey, Claire Cooper

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** The Roecroft Centre**1½ hours, 15 weeks**

Timings 13:00 – 14:30
 Date Wednesday, 16 April – 6 August
 Break Wednesday, 28 May, 2 July
 Tutor Sam Fossey, Claire Cooper

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.

**Come
along
to the
over 50's
Disco**

**2nd or 3rd
Wednesday of
each Month
17:30 – 19:00**

 **The Recovery
College,
3 Woburn Road,
Bedford, MK40**

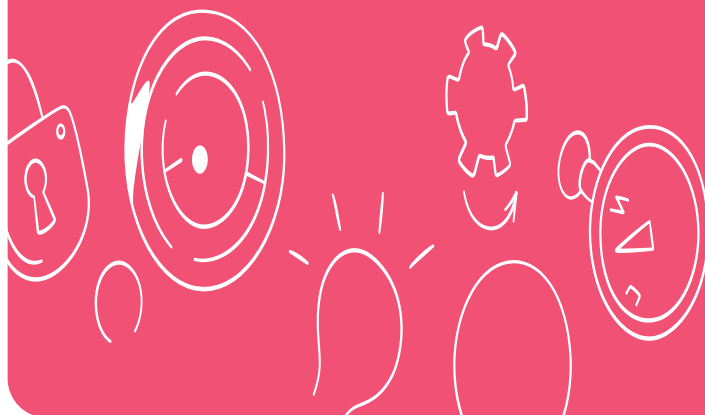
**1EG
To book a place call:
01234 236 621**

**Come along and
meet people and
dance/listen to
tunes from 70's,
80's and 90's**

**Your care worker
needs to accompany
you if you live
in supported
accommodation**



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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 3 Woburn Road, Bedford

2 hours, 6 weeks

Timings 11:00 – 13:00
Date Friday, 25 April – 30 May
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 Zoom

1½ hours, 6 weeks

Timings 10:30 – 12:00
Date Wednesday, 4 June – 16 July
Break Wednesday, 2 July
Tutor Dianne Thomas, Michelle Wingrove

An exploration into the common misconception and new understandings around adult ADHD. To book a place call Dianne Thomas 07767826776.

Are you Exhausted?

Online Zoom

1 hour, 1 week, 2 sessions

Timings 12:30 – 13:30
Date Monday, 9 June
Date Monday, 28 July
Tutor Dianne Thomas, Olive Hickmott

Learn effective techniques covering: Grounding and running positive energy while clearing energies that are not yours and empower yourself to manage your wellbeing better.

Collaging - Who am I?

Classroom Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 11:00 – 12:30
Date Wednesday, 30 April
Tutor Trishna Reid

A creative look at what makes "US". We are unique, we are worthy. Using Collage to express your own story, looking at our "likes" and "loves", our strengths and thoughts.

Digital Skills for Beginners

Classroom Lighthouse, Leighton Buzzard

1½ hours, 2 days, 2 weeks

(ALL 4 SESSIONS MUST BE ATTENDED)

Timings 11:00 – 12:30
Date Wednesday 9 July – Friday 11 July
Date Wednesday 16 July – Friday 18 July
Tutor Trishna Reid, Angela Costello

Learn digital basics, from using a mouse, keyboard, to navigating the internet and sending emails. Using Microsoft you will learn to create letters and spreadsheets at your pace.

Domestic Abuse and Mental Health

Online Zoom (WOMEN ONLY)

1½ hours, 1 week

Timings 10:30 – 12:00
Date Friday, 25 April
Tutor Luton All Women's Centre

Explore how you can identify an abusive relationship and how LAWC can support with Domestic Abuse.

Domestic Abuse and Mental Health

Online Zoom (WOMEN ONLY)

1½ hours, 1 week

Timings 13:00 – 14:30
Date Tuesday, 10 June
Tutor Luton All Women's Centre

Explore how you can identify an abusive relationship and how LAWC can support with Domestic Abuse.

Domestic Abuse and Mental Health

Online Zoom (WOMEN ONLY)

1½ hours, 1 week

Timings 10:30 – 12:00
Date Wednesday, 6 August
Tutor Luton All Women's Centre

Explore how you can identify an abusive relationship and how LAWC can support with Domestic Abuse.



Healthy Relationships

Classroom 3 Woburn Road, Bedford

1½ hours, 9 weeks

Timings 13:00 – 14:30
Date Tuesday, 15 April – 17 June
Break Tuesday, 27 May
Tutor Carl Ramsey, Essma Bechkoum

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

How to Become a Volunteer

Classroom Dunstable Town Football Club

1½ hours, 4 weeks

(ALL 4 SESSIONS MUST BE ATTENDED)

Timings 13:00 – 14:30
Date Thursday, 19 June – 17 July
Break Thursday, 3 July
Tutor Trishna Reid, Angela Costello

This guide helps you take the first step toward learning about impactful volunteer work.

How to Build Emotional Resilience

Online Zoom (WOMEN ONLY)

1½ hours, 1 week

Timings 10:30 – 12:00
Date Tuesday, 13 May
Tutor Luton All Women's Centre

Looking at tools and resources that are known to help and create a plan of support.

How to Build Emotional Resilience

Online Zoom (WOMEN ONLY)

1½ hours, 1 week

Timings 13:00 – 14:30
Date Monday, 16 June
Tutor Luton All Women's Centre

Looking at tools and resources that are known to help and create a plan of support.

How to Build Emotional Resilience

Online Zoom (WOMEN ONLY)

1½ hours, 1 week

Timings 10:30 – 12:00
Date Wednesday, 16 July
Tutor Luton All Women's Centre

Looking at tools and resources that are known to help and create a plan of support.

Improving sleep

Online Zoom

1 hour, 1 week, 3 sessions

Timings 12:30 – 13:30
Date Monday, 19 May
Date Monday, 14 July
Date Monday, 11 August
Tutor Dianne Thomas, Olive Hickmott

Identify unhelpful cycles around sleep, and explore how to make small changes to improve sleep.

Knitting/Crochet to Improve Wellbeing

Classroom 3 Woburn Road, Bedford

2 hours, 14 weeks

Timings 11:30 – 13:30
Date Monday, 14 April – 11 August
Break Monday, 21 April, 5 May, 26 May, 30 June
Tutor Anthony Barron, Heidi Quinn

Improve skills, dexterity, reduce stress, anxiety depression, cognitive function, boost self-confidence and combat social isolation.

LGBTQ+ and Allies – Being Me!

Online Zoom

1½ hours, 1 week, 5 sessions

Timings 14:00 – 15:30
Date Monday, 14 April
Date Monday, 12 May
Date Monday, 9 June
Date Monday, 14 July
Date Monday, 11 August
Tutor Dianne Thomas, Debbie Brathwaite

Share and learn from each other. on topics related to being an ally or part of the LGBTQ+ community.

Lost Stories

Classroom Luton Library, Floor 2

Online Zoom

1½ hours, 4 weeks

Timings 10:30 - 12:00
Date Tuesday, 3 June - 24 June
Tutor Dianne Thomas, Jaswinder Gill

Bedfordshire has an extremely rich cultural heritage with people from all sorts of backgrounds. Learn about different cultural histories, explore some of these stories and connect with others.

Making Sense Of Anger

Online Zoom

1½ hours, 4 weeks

Timings 10:30 - 12:00
Date Wednesday, 23 April - 14 May
Tutor Tara Curtis, Natasha Farooq

We will cover recognising why you get angry, controlling anger safely, dealing with triggers, problem solving and how to change your thought process.

Making Sense Of Anger

Online Zoom

1½ hours, 4 weeks

Timings 13:00 - 14:30
Date Monday, 21 July - 11 August
Tutor Tara Curtis, Natasha Farooq

We will cover recognising why you get angry, controlling anger safely, dealing with triggers, problem solving and how to change your thought process.

Neurodiverse Thinking Skills

Online Zoom

1 hour, 1 week, 2 sessions

Timings 12:30 - 13:30
Date Monday, 28 April
Date Monday, 4 August
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.

Neurodiversity – What is that?

Online Zoom

1½ hours, 6 weeks

Timings 10:30 - 12:00
Date Tuesday, 15 April - 20 May
Tutor Dianne Thomas, Natasha Farooq

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

Resilience

Classroom Luton Library, Floor 2

Online Zoom

1 hour, 1 week

Timings 12:30 - 13:30
Date Tuesday, 5 August
Tutor Amit Shenmar, Total Wellbeing Luton

Learn how to bounce back, face setbacks and build resilience as a team.

Thriving with ADHD

Online Zoom

1 hour, 1 week, 3 sessions

Timings 12:30 - 13:30
Date Monday, 14 April
Date Monday, 2 June
Date Monday, 21 July
Tutor Dianne Thomas, Olive Hickmott

Live well with ADHD. Highlight some of the strengths it may bring and discuss some simple techniques to overcome the challenges and feel empowered.

Thriving with Dyslexia

Online Zoom

1 hour, 1 week, 2 sessions

Timings 12:30 - 13:30
Date Monday, 12 May
Date Monday, 7 July
Tutor Dianne Thomas, Olive Hickmott

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

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 Wellbeing

Classroom 3 Woburn Road, Bedford

2 hours, 4 or 6 weeks, 3 sessions

Timings	11:30 – 13:30
Date	Thursday, 17 April – 22 May
Date	Thursday, 5 June – 26 June
Date	Thursday, 10 July – 14 August
Tutor	Anthony Barron, Geoff Bennett

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 Fusion

Classroom Luton Library, Floor 2

2 hours, 6 weeks

Timings	14:00 – 16:00
Date	Tuesday, 15 April – 20 May
Tutor	Amit Shenmar, Geoff Bennett

This course will explore art focusing on creativity and expression.

Art Led Peer Support

Classroom 3 Woburn Road, Bedford

2 hours, 14 weeks

Timings	09:30 – 11:30
Date	Monday, 14 April – 11 August
Break	Monday, 21 April, 5 May, 26 May, 30 June
Tutor	Anthony Barron, Janet Goodman

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

Art Movements Throughout History

Classroom 3 Woburn Road, Bedford

2 hours, 6 weeks, 2 sessions

Timings	13:30 – 15:30
Date	Tuesday, 15 April – 20 May
Date	Tuesday, 8 July – 12 August
Tutor	Anthony Barron

We aim to demonstrate particular art movements past and present and include their history, innovation and complexity. To be creative with in the session.

Art Therapy Butterfly Project

Online Zoom

1½ hours, 11 weeks

Timings	10:00 – 11:30
Date	Friday, 25 April – 25 July
Break	Friday, 30 May, 20 June, 4 July
Tutor	Moriam Grillo

Artmaking for women to explore personal narratives and reconnect with self. Hope to calm the mind and create space for new ways of being, thinking and feeling.

Calligraphy for Beginners

Classroom Luton Library, Floor 2

2 hours, 3 weeks

Timings	11:00 – 13:00
Date	Friday, 9 May – 23 May
Tutor	Amit Shenmar, Adrian Shearer

Calligraphy is a great skill to learn, let's de-stress, have fun and learn the unique art which is Calligraphy.

Creative Cards Co-operative

Classroom Jubilation Centre, Bedford

2 hours, 14 weeks

Timings	10:00 – 12:00
Date	Monday, 14 April 4 August
Break	Monday, 21 April, 5 May, 26 May, 30 June
Tutor	Sam Fossey, Claire Cooper

Build self-confidence and self-esteem while producing high quality products to sell. Good time keeping and prompt messages if you cannot attend.

Drama - Working with Scripts

Classroom Luton Library, Floor 2

1½ hours, 6 weeks

Timings	13:30 – 15:00
Date	Tuesday, 8 July – 12 August
Tutor	Dianne Thomas, Kat Brkljac

Using various scripts to work towards an optional final performance. Led by people with drama and lived experience. Endeavouring to build confidence, creative thinking, and self-expression.



Expression Through Art

Classroom Luton Library, Floor 2

2 hours, 4 weeks

Timings 14:00 - 16:00
Date Tuesday, 3 June - 24 June
Tutor Anthony Barron, Caram Jakhu

Take four artists, incorporate their art styles and themes onto a piece of work. To develop each weeks work related to each other.

Film Introduction to Screenwriting

Classroom Luton Library, Floor 2

2 hours, 10 weeks

Timings 10:30 - 12:30
Date Monday, 2 June - 11 August
Break Monday, 30 June
Tutor Amit Shenmar, Victoria Hayford

Learn to use creative talents to write a script. It is a unique way, use your imagination and learn fabulous new skill.

Model Making

Classroom 3 Woburn Road, Bedford

3 hours, 4 or 6 weeks, 3 sessions

Timings 10:00 - 13:00
Date Wednesday, 16 April - 21 May
Date Wednesday, 4 June - 25 June
Date Wednesday, 9 July - 13 August
Tutor Anthony Barron, Geoff Bennett

Build models and miniatures from past, present and future. Will provide guidance and tips to create models that are imaginative and educational to display finished.

Model Making

Classroom 3 Woburn Road, Bedford

2 hours, 4 or 6 weeks, 3 sessions

Timings 14:30 - 16:30
Date Thursday, 17 April - 22 May
Date Thursday, 5 June - 26 June
Date Thursday, 10 July - 14 August
Tutor Sam Fossey, Geoff Bennett

Build models and miniatures from past, present and future. Will provide guidance and tips to create models that are imaginative and educational to display finished.

Poetry In Emotions

Classroom Luton Library, Floor 2

Online Zoom

2 hour, 6 weeks

Timings 13:00 - 15:00
Date Thursday, 17 April - 22 May
Tutor Dianne Thomas, Haneefah Muhammed

Explore your emotions and work towards restoring your health, using the creative and healing power of poetry.

Shout or Whisper

Online Zoom

1½ hours, 4 weeks

Timings 19:00 - 20:30
Date Wednesday, 16 April 7 May
Tutor Amit Shenmar, 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.

Wall Art

Online Zoom

2 hours, 2 weeks

Timings 10:00 - 12:00
Date Wednesday, 11 June - 18 June
Tutor Sam Fossey, Fiona Thompson

We will be making a stunning piece of wall art. Simple step by step instructions with incredible results. You will need; Pen, Ruler. Scissors, 6 cardboard toilet rolls tube, Canvas, acrylic paints, paintbrush, UHU Glue.

Writing for Self Expression

Classroom Luton Library, Floor 2

Online Zoom

2 hours, 4 weeks

Timings 10:30 - 12:00
Date Friday, 6 June - 27 June
Tutor Amit Shenmar, Kat Brkljac

An excellent collaborative effort brought to you by the Royal Literary fund where we put our thoughts and feelings into words.

Writing with Flair

Classroom 3 Woburn Road, Bedford

1½ hours, 4 weeks

Timings 14:30 - 16:00


Date Wednesday, 9 July - 30 July

Tutor Anthony Barron, Michelle Wingrove

Express and create poems and short stories which align themselves to peoples lived experiences and imagination. To enhance their writing and literacy abilities.

Come along to the Bedford Beacon drop in space

**Thursdays,
17:30 – 20:30**

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

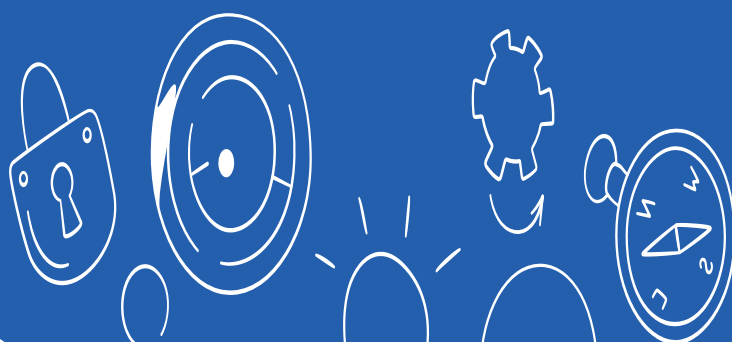
**Games & activities
Arts and crafts**

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

**Drama sessions
Quiz nights
Chilled out space**



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Our students

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



Very interesting and nice to be in a place where I felt excepted and able to share in a safe place.



Having a peer tutor made this course really good. I shall try to attend next time she does positive thinking.



This was one of those workshops on which one wouldn't mind staying longer when time runs out: the slides were well presented and easy to read, the overall content was relevant and the interaction in the room was valuable and very much appreciated. It was a great workshop with a great group.



**Very good understanding people lots of good strategies and links to websites
Thankyou would deffo do this one again**



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