



East London
NHS Foundation Trust

Bedfordshire and Luton



Prospectus September - December 2025

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



Scan to
download this
prospectus



Your journey starts today

Welcome to Bedfordshire and Luton Recovery College

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

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

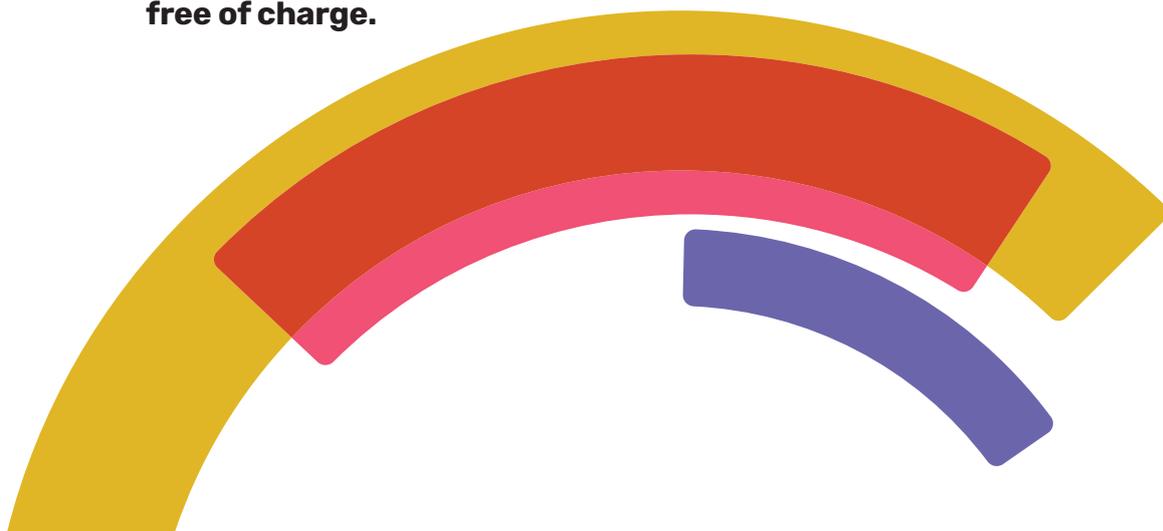
We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

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

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

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

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



Contents

Our approach	4	Learning to suit you	10
How to enrol	5	Ways of learning	10
4 Steps to start your journey	5	Our venues	11
Our values	6	Courses & workshops	14 - 28
Involvement	6	Index	30
Student charter	7		
FAQs	7		
Our partners	8-9		

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
Monday, Tuesday and Friday 9am – 5pm
Thursday 12pm – 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



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 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.

Alzheimer's Society

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

Living Well with Dementia: 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.

Luton Adult Learning

Better place to start open up Possibilities: 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.

Five Ways to Wellbeing: Explores the different ways you can include the five ways to wellbeing into your daily life.

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

Get Into Volunteering: 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.

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

Passport to the NHS: 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.

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

Keech Hospice Care

Compassionate Friends: 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.

Your Digital Memories Matter: 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.

Death Cafe: Thinking about death won't kill you. Come enjoy a slice of cake, tea and a group chat where we talk about death, bereavement and the end-of-life. Together, let's shatter the silence around discussing death.

The Noah Academy

Computer Skills for Beginners Part 1: For those wanting to learn the basics of IT e.g. typing, set up an email address, create a basic word document, how to stay safe online.

Computer Skills for Beginners Part 2: For those wanting to improve their IT skills for everyday use e.g. send emails and attach documents. Create documents or spreadsheets, fill in an online form.

Sew Confident: Unlock your creativity and boost your confidence with our 'Sew Confident' course! Learn the basics of using a sewing machine while enhancing your wellbeing through mindfulness techniques.

Employability Workshop Ready to Work: What's the job: Skills, Education and aspirations. Where to look for jobs: Looking at key job search platforms. CV's and cover letters: Basic rules and tailoring your CV. Job Interviews: Preparation/Research, Mock Interviews. Starting Work: Onboarding process, contracts and payslips.

Creative Confidence: Discover the joy of needlepoint while boosting your wellbeing and confidence. Our 'Creative Confidence' course is designed for beginners to create practical projects while enhancing their mental health and self-assurance.

Contact Our partners

Alzheimer's Society

1. 01582 320224
2. luton@alzheimers.org.uk
3. www.alzheimers.org.uk

Autism Bedfordshire

1. 01234 350 704
2. enquiries@autismbedfordshire.org
3. www.autismbedfordshire.net

Carers in Bedfordshire

1. 0300 111 1919
2. contact@carersinbeds.org.uk
3. www.carersinbeds.org.uk/contact/us

Disability Resouce Centre

1. 01582 470 900
2. info@drcbeds.org.uk
3. www.drcbeds.org.uk/contact-us

Groundwork

1. 0121 236 8565
2. info@groundwork.org.uk
3. www.groundwork.org.uk

Keech Hospice Care

1. 01582 492 339
2. letmehelp@keech.org.uk
3. www.keech.org.uk

Luton Adult Learning

1. 01582 490 033
2. info@lutonacl.ac.uk
3. www.lutonacl.ac.uk

St Giles

1. 0207 708 8000
2. info@stgilestrust.org.uk
3. www.stgilestrust.org.uk

Luton All Women's Centre

1. 01582 416 783
2. support@lawc.org.uk
3. www.lutonallwomenscentre.org.uk

Mind BLMK

1. 0300 330 0648
2. hq@mind-blmk.or.uk
3. www.mind-blmk.org.uk

Penrose Roots

1. 01582 343 230
2. samantha.smith@socialinterestgroup.org.uk
3. www.facebook.com/PenroseRoots

Tibbs Dementia Foundation

1. 01234 210 993
2. contact@tibbsdementia.co.uk
3. <https://tibbsdementia.co.uk>

The Noah Academy

1. 01582 726 152
2. academy@noahenterprise.org
3. www.noahenterprise.org

Total Wellbeing Luton

1. 0300 555 4152
2. info@totalwellbeingluton.org
3. www.totalwellbeingluton.org

University of Bedfordshire

1. 01234 400 400
2. study@beds.ac.uk
3. 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

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.

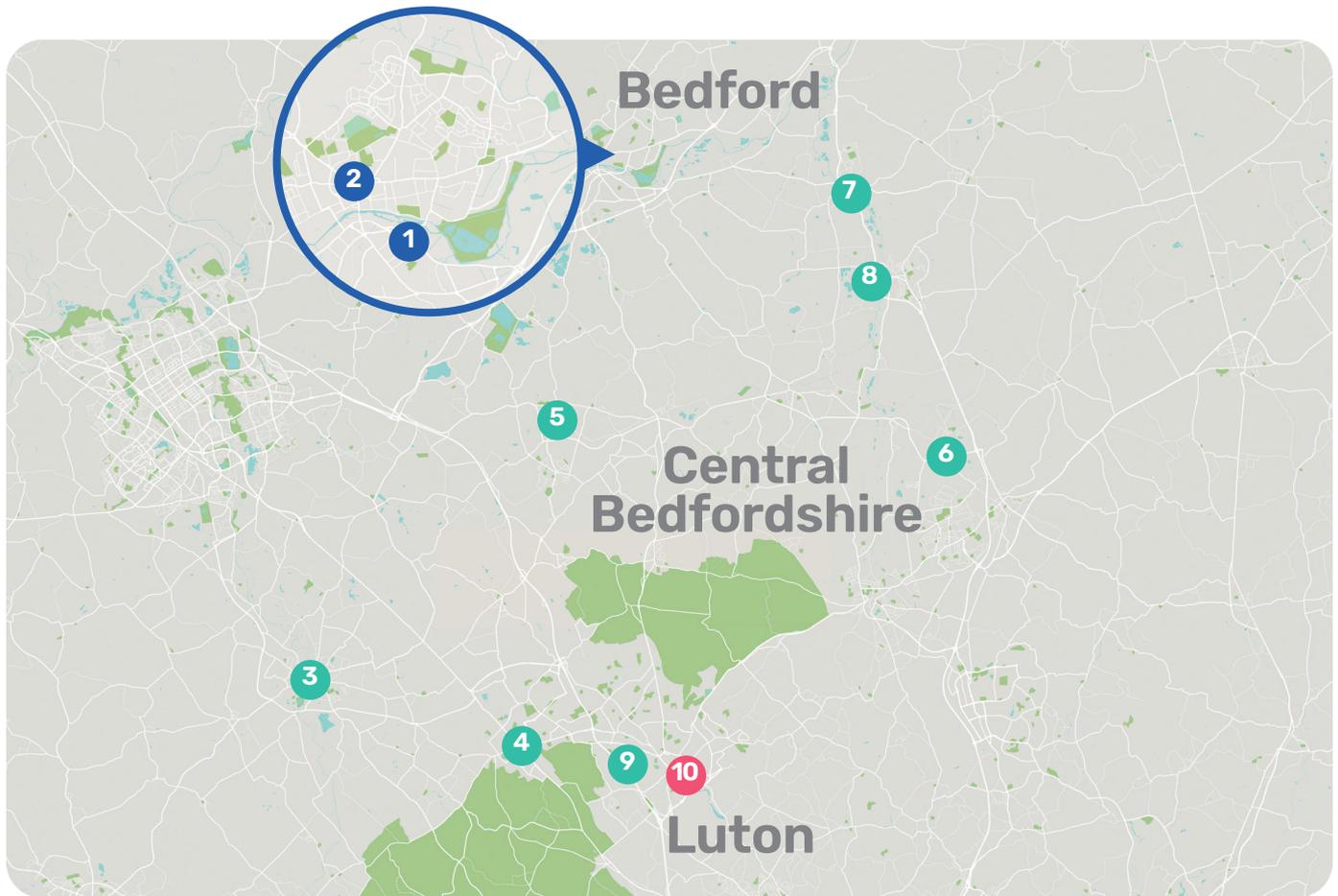


Classroom

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** **Recovery College Bedford**
3 Woburn Road, Bedford, MK40 1EG
- 2** **Lake View Village Hall**
155-160 Brooklands Avenue, Bedford,
MK42 6AB

Central Bedfordshire

- 3** **The Lighthouse**
Whichellos Wharf, The Elms,
Stoke Road, Leighton Buzzard, LU7
2TD
- 4** **Grove View Hub**
Court Drive, Dunstable, LU5 4JD
- 5** **Parkside Community Hall**
Woburn Street, Ampthill, MK45 2HX
- 6** **The Roecroft Centre**
Church Road, Stotfold, SG54NE
- 7** **Sandy Baptist Church Hall**
1 Kings Road, Sandy, SG19 1EJ
- 8** **St Andrews Church**
45 Shortmead Street, Biggleswade,
SG18 0AT
- 9** **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

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

Timings 14:00 – 15:30
Date Wednesday, 15 October
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, 13 weeks

Timings 10:30 – 12:30
Date Wednesday, 17 September – 17 December
Break Wednesday, 29 October
Tutor Amit Shenmar, Mark DeGietelink

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, 11 weeks

Timings 11:00 – 13:00
Date Wednesday, 1 October – 17 December
Break Wednesday, 29 October
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, 18 September – 25 September
Date Thursday, 9 October – 16 October
Date Thursday, 13 November – 20 November
Date Thursday, 4 December – 11 December
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+).

Drug and Alcohol Relapse Prevention

Classroom Grove View Hub, Dunstable

2 hours, 6 weeks, 2 sessions

Timings 13:00 – 15:00
Date Tuesday, 16 September – 21 October
Date Tuesday, 11 November – 16 December
Tutor Trishna Reid, Nicola Webster

(ALL 6 WEEKS MUST BE ATTENDED)

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.

Growing Older and Mental Health

Classroom 3 Woburn Road, Bedford

Online Zoom

1½ hours, 1 week

Timings 10:30 – 12:00
Date Wednesday, 24 September
Tutor Tara Curtis, Debbie Brathwaite

In this session we will discuss how older age and mental health affect each other. We will define "Older", and provide support resources.

Learning Through Role Play

Classroom Luton Library, Floor 2

1½ hours, 6 weeks

Timings 13:30 – 15:00
Date Friday, 19 September – 24 October
Tutor Amit Shenmar, Debbie Brathwaite

A short course looking at alternative options to difficult life situations. Using a holistic approach involving role play and discussion to formulate true peer led solutions.

Let's Talk Active Listening

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 – 12:00
Date Monday, 22 September
Tutor Trishna Reid

Learn how to improve your listening skills and become more self-aware of your listening skills.

Let's Talk Active Listening

Classroom The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 22 October
Tutor Trishna Reid

Learn how to improve your listening skills and become more self-aware of your listening skills.

Let's Talk Affirmations

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 18 September
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 Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 - 12:00
Date Monday, 13 October
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 Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 6 November
Tutor Trishna Reid

To help participants learn what anxiety is and how it affects them. Discuss strategies to support you in managing anxiety.

Let's Talk Anxiety

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 20 November
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 Anxiety

Classroom The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 17 December
Tutor Trishna Reid

To help participants learn what anxiety is and how it affects them. Discuss strategies to support you in managing anxiety.

Let's Talk Assertive Communication

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 - 12:00
Date Monday, 15 September
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 Assertive Communication

Classroom The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 15 October
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 Boundaries

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 18 December
Tutor Amit Shenmar

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, 6 October
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 The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 24 September
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, 13 November
Tutor Amit Shenmar

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 Depression

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 - 12:00
Date Monday, 17 November
Tutor Trishna Reid

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

Let's Talk Goal Setting

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 6 November
Tutor Amit Shenmar

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

Let's Talk Grief after Bereavement or Loss

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 9 October
Tutor Trishna Reid

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

Let's Talk Living with OCD

Online Zoom

2 hours, 1 week, 2 sessions

Timings 10:00 - 11:30
Date Wednesday, 24 September
Date Wednesday, 3 December
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, 27 November
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 Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 - 12:00
Date Monday, 10 November
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 The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 10 December
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 Managing Emotions

Classroom Grove View Hub, Dunstable

1½ hours, 1 week

Timings 10:30 - 12:00
Date Monday 20 October
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 Motivation

Classroom The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 17 September
Tutor Trishna Reid

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

Let's Talk Relationships

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 11 December
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 Grove View Hub, Dunstable

1½ hours, 1 week

Timings 11:00 - 12:30
Date Monday, 29 September
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 Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 23 October
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 Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 2 October
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 Sleep

Classroom Dunstable Town Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 16 October
Tutor Trishna Reid

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

Let's Talk Stress

Classroom Luton Library, Floor 2

1½ hours, 1 week

Timings 14:00 - 15:30
Date Thursday, 4 December
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, 3 November
Tutor Trishna Reid

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

Living with Childlessness

Classroom Luton Library, Floor 2

Online Zoom

1½ hours, 4 weeks

Timings 13:30 - 15:00
Date Thursday, 2 October - 23 October
Tutor Dianne Thomas, Haneefah Muhammad

We will focus on differing issues related to childlessness, from dealing with loss after miscarriage and baby/child loss, not being able to conceive or being childless by choice.

Meditation with Petar

Online Zoom

1 hour, 11 weeks

Timings 13:00 - 14:00
Date Friday, 26 September - 12 December
Break Friday, 31 October
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, 6 weeks, 2 sessions

Timings 15:00 - 16:00
Date Thursday, 18 September - 23 October
Date Thursday, 6 November - 11 December
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, 11 weeks

Timings 13:30 - 15:00
Date Wednesday, 1 October - 17 December
Break Wednesday, 29 October
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).

Overcoming the Effects of Bullying

Online Zoom

2 hours, 1 week

Timings 12:00 - 14:00
Date Thursday, 9 October
Tutor Sam Fossey, Fiona Thompson

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

Positive Thinking

Online Zoom

2 hours, 1 week

Timings 12:00 - 14:00
Date Thursday, 2 October
Tutor Sam Fossey, 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.

Seven Steps to Self Belief

Online Zoom

2 hours, 1 week

Timings 12:00 - 14:00
Date Thursday, 6 November
Tutor Claire Cooper, Fiona Thompson

We aim to explore ways to work on the inner negative voice, turning weakness into strength, being your own motivational coach, by using seven easy steps to self-belief.

Six Simple Tips to Help Reduce Worry

Online Zoom

2 hours, 1 week

Timings 12:00 - 14:00
Date Thursday, 13 November
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 The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 8 October
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.

Three Calming Techniques for Anxiety

Online Zoom

2 hours, 1 week

Timings 10:00 - 12:00
Date Wednesday, 8 October
Tutor Sam Fossey, Fiona Thompson

This Workshop aims to turn Anxiety into Calmness with the Techniques learnt, by focussing on how feelings will change and how Anxiety is a response not a illness.

Unlock Your Potential

Classroom Dunstable Town Football Club

2 hours, 6 weeks

(ALL 6 WEEKS MUST BE ATTENDED)

Timings 10:30 - 12:00
Date Thursday, 13 November - 18 December
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 CV's.

Voice Box

Classroom 3 Woburn Road, Bedford

Online Zoom

1½ hours, 14 weeks

Timings 14:00 - 15:30
Date Thursday, 18 September - 18 December
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, 13 weeks

Timings 10:00 - 12:00
Date Friday, 19 September - 19 December
Break Friday, 31 October
Tutor Tara Curtis, Caram Jakhu

Wellbeing Course Biggleswade

Classroom St Andrews Church

2 hours, 13 weeks

Timings 10:30 - 12:30
Date Tuesday, 16 September - 16 December
Break Tuesday, 28 October
Tutor Sam Fossey, Claire Cooper

Wellbeing Course Stotfold

Classroom The Roecroft Centre, Stotfold

1½ hours, 13 weeks

Timings 13:00 - 14:30
Date Wednesday, 17 September - 17 December
Break Wednesday, 29 October
Tutor Sam Fossey, Claire Cooper

Wellbeing Course Wixams

Classroom Lake View Village Hall, Wixams

2 hours, 6 weeks

Timings 10:00 - 12:00
Date Monday, 6 October - 17 November
Break Monday, 27 October
Tutor Sam Fossey, Claire Cooper

These Wellbeing courses are 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.

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 11:30 - 13:30
Date Friday, 19 September - 24 October
Tutor Carl Ramsey, Essma Bechkoum

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, 5 November - 10 December
Tutor Dianne Thomas, Michelle Wingrove

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

Are you Exhausted?

Online Zoom

1 hour, 1 week, 2 sessions

Timings 12:30 - 13:30
Date Monday, 22 September
Date Monday, 10 November
Tutor Anthony Barron, 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.

BHM Black Activists - The Unsung Heroes

Classroom 3 Woburn Road, Bedford

Classroom Luton Library, Floor 2

Online Zoom

1½ hours, 1 week

Timings 12:30 - 14:00
Date Monday, 6 October
Tutor Tara Curtis, Dianne Thomas

This course is for anyone who would like to learn about Black Activism. We will be spotlighting some of our unsung heroes and an interesting discussion surrounding this subject.

Confidence in Everyday Communication

Classroom The Lighthouse, Leighton Buzzard

2 hours, 1 week

Timings 13:00 - 15:00
Date Wednesday, 3 December
Tutor Trishna Reid, Angela Costello

Helps improve your communication skills with practical tips for clear expression, active listening, confident phone conversations, and navigating discussions in personal and professional settings.

Collaging - Who am I?

Classroom Dunstable Football Club

1½ hours, 1 week

Timings 13:00 - 14:30
Date Thursday, 25 September
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.

Collaging - Who am I?

Classroom The Lighthouse, Leighton Buzzard

1½ hours, 1 week

Timings 12:30 - 14:00
Date Wednesday, 1 October
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.

Communication 101

Classroom 3 Woburn Road, Bedford

Online Zoom

1½ hours, 9 weeks

Timings 13:30 - 15:00
Date Wednesday, 1 October - 3 December
Break Wednesday, 29 October
Tutor Kyle McDonald, Carl Ramsey

A course designed to help people develop and strengthen their communication skills; personally, professionally and emotionally. To develop communication skills, be more aware of how others communicate and explore better ways of communicating on all levels.

Digital Skills for Beginners

Classroom Grove View, Dunstable

2 hours, 4 weeks

(ALL 4 WEEKS MUST BE ATTENDED)

Timings 10:00 - 12:00
Date Monday 24 November - 15 December
Tutor Trishna Reid, Angela Costello

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

Domestic Abuse and Mental Health

Online Zoom

1½ hours, 1 week, 2 sessions **(Women Only)**

Timings 12:30 - 14:00
Date Thursday, 25 September
Timings 10:00 - 11:30
Date Tuesday, 4 November
Tutor Luton All Women's Centre

We will explain what common domestic abuse is, look at all the different types of abuse and how they impact on our wellbeing and mental health. Explore how to identify an abusive relationship and how we can support you if you are affected by this issue.

Healthy Relationships

Classroom 3 Woburn Road, Bedford

1½ hours, 9 weeks

Timings 13:00 - 14:30
Date Tuesday, 16 September - 18 November
Break Tuesday, 28 October
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 The Lighthouse, Leighon Buzzard

2 hours, 4 weeks

(ALL 4 WEEKS MUST BE ATTENDED)

Timings 13:00 - 15:00
Date Wednesday, 5 November - 26 November
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

1½ hours, 1 week, 2 sessions **(Women Only)**

Timings 10:00 - 11:30
Date Wednesday, 1 October
Timings 12:30 - 14:00
Date Tuesday, 2 December
Tutor Luton All Women's Centre

We will help you to think about what helps you when you are down or feel a crisis might be coming on. We will look at tools and resources that have been shown to help, and create a plan of support.

Improving sleep

Online Zoom

1 hour, 1 week, 2 sessions

Timings 12:30 - 13:30
Date Monday, 6 October
Date Monday, 24 November
Tutor Anthony Barron, Olive Hickmott

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

LGBTQ+ and Allies - Being Me!

Online Zoom

1½ hours, 1 week, 4 sessions

Timings 14:00 - 15:30
Date Monday, 15 September
Date Monday, 13 October
Date Monday, 10 November
Date Monday, 8 December
Tutor Dianne Thomas, Debbie Brathwaite

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

Making Sense Of Anger

Online Zoom

1½ hours, 4 weeks

Timings 13:00 - 14:30
Date Wednesday, 17 September - 8 October
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.

Medication and Mental Health

Online Zoom

1½ hours, 1 week, 2 sessions (Women Only)

Timings	11:00 - 12:30
Date	Tuesday, 7 October
Timings	18:00 - 19:30
Date	Wednesday, 26 November
Tutor	Luton All Women's Centre

Gain a better understanding of medications health issues. When medication is likely to be helpful. Feel more confident to interact well with your doctor or psychiatrist to ensure your medication is regularly reviewed. What if you want to change or come off your medications?

Neurodiverse Thinking Skills

Online Zoom

1 hour, 1 week, 2 sessions

Timings	12:30 - 13:30
Date	Monday, 20 October
Date	Monday, 8 December
Tutor	Anthony Barron, 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, 16 September - 21 October
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.

Struggling With The Menopause?

Classroom Luton

Classroom Bedford

Online Zoom

1½ hours, 1 week (Women Only)

Timings	12:30 - 14:00
Date	Monday, 29 September (Luton)
Timings	11:00 - 12:20
Date	Monday, 13 October (Bedford)
Timings	12:30 - 14:00
Date	Tuesday, 18 November (Zoom)
Timings	10:00 - 11:30
Date	Thursday, 4 December (Zoom)
Tutor	Luton All Women's Centre

Finding the menopause tough going? Want to talk about how it's affecting you? Join this introductory session and find out more about our 6 week support group.

Support Your Neurodiverse Child

Online Zoom

1 hour, 1 week, 2 sessions

Timings	12:30 - 13:30
Date	Monday, 13 October
Date	Monday, 1 December
Tutor	Anthony Barron, Olive Hickmott

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

The Five Ways to Wellbeing

Classroom Luton

Classroom Bedford

3 hours, 1 week (Women Only)

Timings	10:00 -13:00
Date	Tuesday, 23 September (Luton)
Timings	10:00 -13:00
Date	Tuesday, 7 October (Bedford)
Tutor	Luton All Women's Centre

Improve mental and physical wellbeing by fostering social connections, encouraging physical activity, promoting mindfulness, stimulating personal growth, and encouraging acts of kindness.

Thriving with ADHD

Online Zoom

1 hour, 1 week, 3 sessions

Timings 12:30 – 13:30
Date Monday, 15 September
Date Monday, 3 November
Date Monday, 15 December
Tutor Anthony Barron, Olive Hickmott

Many adults have had their lives blighted by ADHD symptoms. With the help of modern neuroscience, we can help people learn how to improve their experiences.

Thriving with Dyslexia

Online Zoom

1 hour, 1 week, 2 sessions

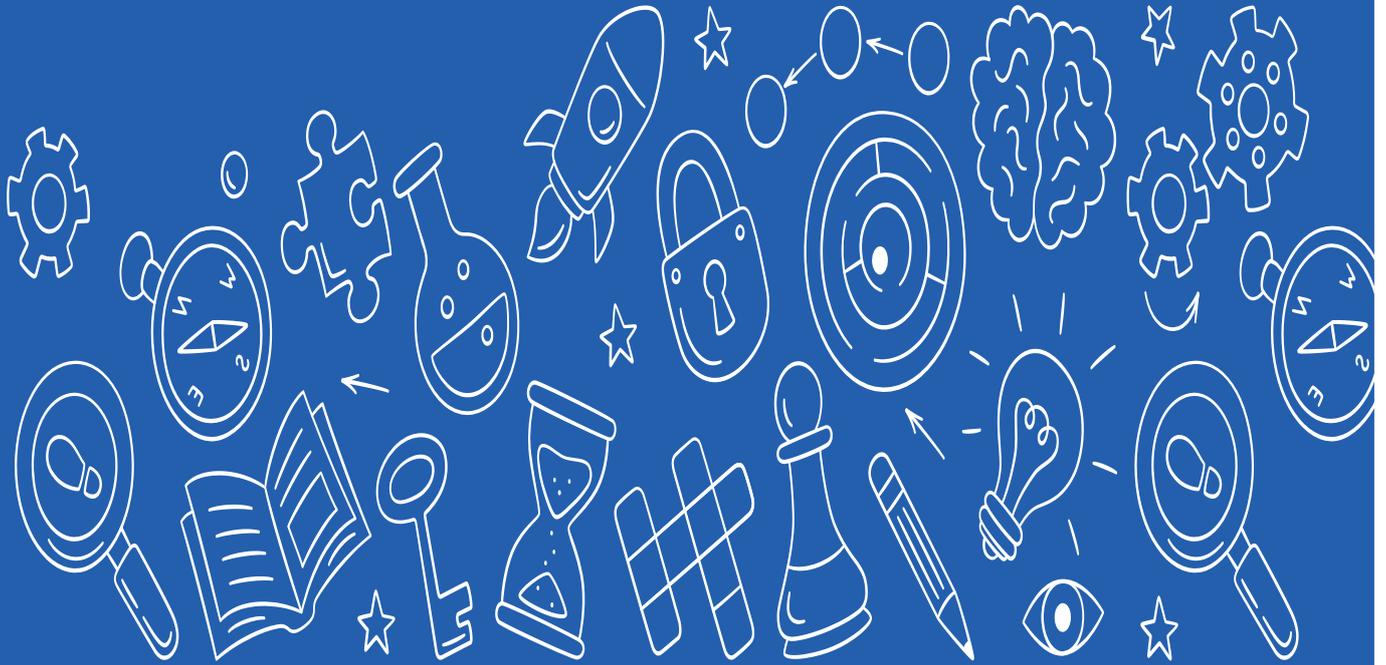
Timings 12:30 – 13:30
Date Monday, 29 September
Date Monday, 17 November
Tutor Anthony Barron, Olive Hickmott

Many adults have had their lives blighted by poor literacy, with or without a dyslexia diagnosis. With the help of modern neuroscience, we can help people learn how to make spelling, reading, handwriting and comprehension much easier.

Come along to the Bedford Beacon drop in space

Thursdays, 17:30 – 20:30

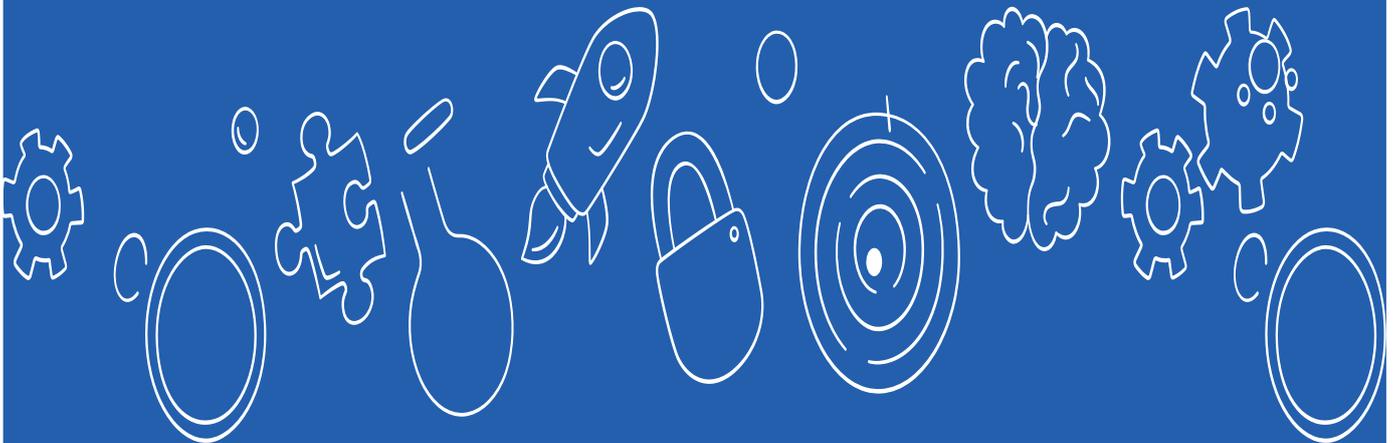
 The Recovery College,
3 Woburn Road, Bedford, MK40 1EG



Drama sessions
Quiz nights
Chilled out space

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

Games & activities
Arts and crafts
Creative writing



East London
NHS Foundation Trust

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 Led Peer Support

Classroom 3 Woburn Road, Bedford

2 hours, 13 weeks

Timings 09:30 – 11:30
Date Monday, 15 September – 15 December
Break Monday, 27 October
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, 16 September – 21 October
Date Tuesday, 4 November – 9 December
Tutor Anthony Barron, Geoff Bennett

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, 10 weeks (Women Only)

Timings 10:00 – 11:30
Date Thursday, 9 October – 18 December
Break Thursday, 30 October
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 The Lighthouse, Leighton Buzzard

1½ hours, 4 weeks

Timings 13:00 – 14:30
Date Friday, 19 September – 10 October
Tutor Trishna Reid, Adrian Shearer

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

Creating Crystal Windchimes

Classroom The Lighthouse, Leighton Buzzard

1½ hours, 2 weeks

Timings 13:00 – 14:30
Date Friday, 17 October – 24 October
Tutor Trishna Reid

Together we will make a windchime to display outside with a range of different healing crystals or beads. This can help you to feel more connected to yourself and the great outdoors.

Drama - Lessons Through Storytelling

Classroom Luton Library, Floor 2

1½ hours, 10 weeks

Timings 14:00 – 15:30
Date Tuesday, 30 September – 9 December
Break Tuesday, 28 October
Tutor Dianne Thomas, Caram Jakhu

The wisdom and worth of stories; how stories can teach us wisdom and practical lessons to apply in everyday life, through Drama techniques in a safe space.

Film Introduction to Screenwriting

Classroom Luton Library, Floor 2

1½ hours, 7 weeks

Timings 10:30 – 12:30
Date Tuesday, 4 November – 16 December
Tutor Amit Shenmar, Victoria Hayford

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

Knitting/Crochet to Improve Wellbeing

Classroom 3 Woburn Road, Bedford

2 hours, 13 weeks

Timings 11:30 – 13:30
Date Monday, 15 September – 15 December
Break Monday, 27 October
Tutor Anthony Barron, Heidi Quinn

The aim of this course is to improve dexterity, reduce stress, anxiety and depression, boost self-confidence and combat social isolation. Also to enjoy and be part of the creative process.

Model Making

Classroom 3 Woburn Road, Bedford

3 hours, 6 weeks, 2 sessions

Timings 10:00 - 13:00
Date Wednesday, 17 September - 22 October
Date Wednesday, 5 November - 10 December
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.

Power of Music

Online Zoom

1½ hours, 6 weeks

Timings 10:30 - 12:00
Date Monday, 15 September - 20 October
Tutor Amit Shenmar, Michelle Wingrove

This is a fun and interactive course where people can share experiences and learn the various ways that music can shape mood, boost confidence and lessen stress.

Self Discovery Through Writing

Classroom 3 Woburn Road, Bedford

Online Zoom

1½ hours, 2 days, 1 week

Timings 10:30 - 12:00
Date Tuesday, 4 November and 5 November
Tutor Tara Curtis, Debbie Brathwaite

We will use a range of Creative Writing techniques: Mindful, Reflective, Freestyle and expressive writing to gain a sense of who we are. Share the story of YOU through writing.

Shout or Whisper

Online Zoom

1½ hours, 4 weeks

Timings 19:00 - 20:30
Date Wednesday, 24 September - 15 October
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 - Christmas Theme

Online Zoom

2 hours, 2 weeks

Timings 10:00 - 12:00
Date Wednesday, 10 December - 17 December
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 roll tubes, canvas, acrylic paints, paintbrush, UHU Glue.

Writing for Self Expression

Classroom Luton Library, Floor 2

Online Zoom

2 hours, 4 weeks

Timings 10:30 - 12:30
Date Friday, 19 September - 10 October
Tutor Amit Shenmar, Kat Brkljac

This workshop includes a workshop around self-expression i.e. that helps a person think about their experiences and putting their thoughts and feelings into words.

Index

ADHD and Me	22	How to Build Emotion Resillience	23
ADHD and Me	22	Improving Sleep	23
Are you Exhausted?	22	Knitting & Crochet to Improve Wellbeing	28
Art Led Peer Support	28	Learning Through Role Play	14
Art Movements Throughout History	28	Let's Talk Active Listening	14/15
Art Therapy - Butterfly Project (Woment Only)	28	Let's Talk Affirmation	15
BHM Black Activists,The Unsung Heroes	22	Let's Talk Anxiety	15
Confidence in Everyday Communication	22	Let's Talk Assertive Communication	15
Calligraphy for Beginners	28	Let's Talk Boundaries	16
Collaging - Who am I?	22	Let's Talk Compassion and Kindness	16
Creating Crystal Windchimes	28	Let's Talk Depression	16
Diabetes Type 2	14	Let's Talk Goal Settings	16
Digital Skills for Beginners	23	Let's Talk Grief after Bereavement/Loss	16
Diverse Cultures Men's Group	14	Let's Talk Living with OCD	16/17
Diverse Cultures Women's Group	14	Let's Talk Long Term Health Condition	17
Domestic Abuse and Mental Health	23	Let's Talk Low Mood	17
Drama - Lessons Through Storytelling	28	Let's Talk Managing Emotions	17
Drug and Alcohol Family Support	14	Let's Talk Relationships	17
Drug and Alcohol Relapse Prevention	14	Let's Talk Relationship Breakdowns	17
Film Introduction to Screenwriting	28	Let's Talk Self Love	17
Growing Older and Mental Health	14	Let's Talk Sleep	18
Healthy Relationships	23	Let's Talk Stress	18
How to become a Vounteer	23	Let's Talk Understanding Anger	18

LGBTQ+ and Allies - Being Me!	23
Living with Childlessness	18
Making Sense of Anger	23
Medication and Mental Health (Women Only)	24
Meditation with Petar	18
Men's Health and Wellbeing	18
Model Making	29
Movement for Wellbeing	18
Neurodiverse Thinking Skills	24
Neurodiversity - What is that?	24
Overcoming The Effects of Bullying	19
Positive Thinking	19
Power of Music	29
Self Discovery Through Writing	29
Seven Steps to Self Belief	19
Shout or Whisper	29
Six Simple Tips to Help Reduce Worry	19
Struggling with the Menopause (Women Only)	24
Supporting Your Neurodiverse Child	24
The Future is in our hands Art Project	19
Three Calming Techniques for Anxiety	19
Thriving with ADHD	25
Thriving with Dyslexia	25
Unlock your Potential	19

Voice Box	19
Wall Art - Christmas Theme	29
Wellbeing Course - Ampthill	20
Wellbeing Course - Biggleswade	20
Wellbeing Course - Sandy	20
Wellbeing Course - Stotfold	20
Writing for Self Expression	29



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