



East London
NHS Foundation Trust

Bedfordshire and Luton

RECOVERY
College 
Rethink
Relearn
Recharge

Prospectus - January - March 2026



Mental health,
recovery &
wellbeing
workshops
and courses

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

Your Journey Starts Today	3	Learning to suit you	11
Our Approach	5	Ways of learning	11
How to enrol	6	Our venues	12
4 steps to start your journey	6	Courses & workshops	15-26
Our Values/ Involvement	7	Index	27
Student charter	8		
FAQs	8		
Our partners	9/10		

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

How to enrol

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

Scan to enrol online



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, using the form on p60 or contact the relevant partner

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 708917**.

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

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 Matters

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.

The Noah Academy

Computer Skills for Beginners

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

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,

01582 320224, luton@alzheimers.org.uk, www.alzheimers.org.uk

Autism Bedfordshire,

01234 350 704, enquiries@autismbedfordshire.org; www.autismbedfordshire.net

Carers in Bedfordshire,

0300 111 1919, contact@carersinbeds.org.uk; www.carersinbeds.org.uk/contact/us

Disability Resouce Centre,

01582 470 900, info@drcbeds.org.uk; www.drcbeds.org.uk/contact-us

Groundwork,

0121 236 8565, info@groundwork.org.uk; www.groundwork.org.uk

Keech Hospice Care,

01582 492 339, letmehelp@keech.org.uk; www.keech.org.uk

Luton Adult Learning,

01582 490 033, info@lutonac.ac.uk; www.lutonac.ac.uk

St Giles,

0207 708 8000, info@stgilestrust.org.uk; www.stgilestrust.org.uk

Luton All Women's Centre,

01582 416 783, support@lawc.org.uk; www.lutonallwomenscentre.org.uk

Mind BLMK,

0300 330 0648, hq@mind-blmk.org.uk; www.mind-blmk.org.uk

Penrose Roots,

01582 343 230, samantha.smith@socialinterestgroup.org.uk; www.facebook.com/PenroseRoots

Tibbs Dementia Foundation,

01234 210 993, contact@tibbsdementia.co.uk; <https://tibbsdementia.co.uk>

The Noah Academy,

01582 726 152, academy@noahenterprise.org; www.noahenterprise.org

Total Wellbeing Luton,

0300 555 4152, info@totalwellbeingluton.org; www.totalwellbeingluton.org

University of Bedfordshire,

01234 400 400, study@beds.ac.uk; www.beds.ac.uk

Learning to suit you

We have four categories to ensure you can easily find the perfect course for you.

Recovery & Wellbeing

These courses develop your understanding and explore mood, thinking and behaviours which over time can improve your recovery and wellbeing.

Building on Knowledge & Skills

These courses and workshops are designed to increase knowledge and skills on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

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.

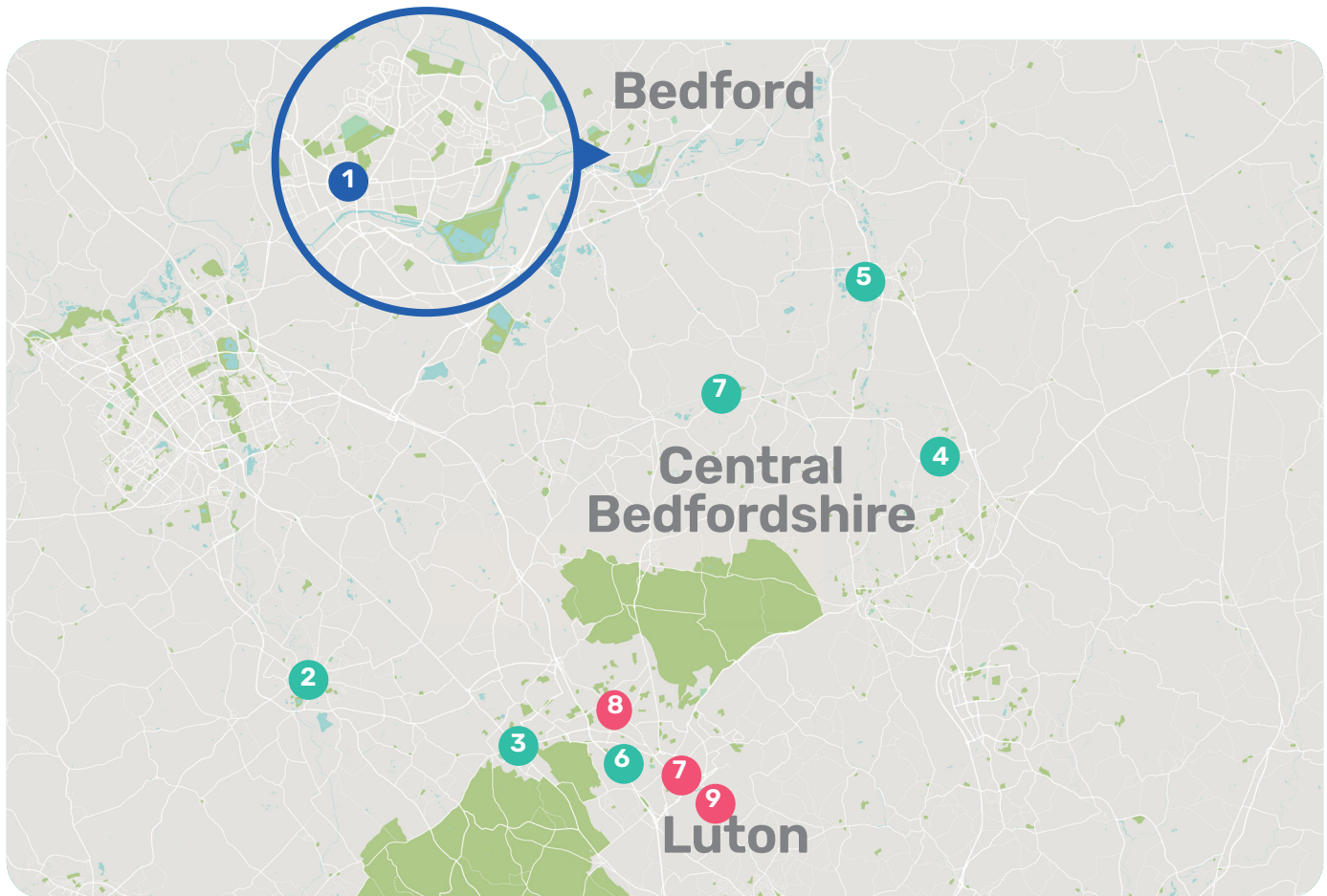


Classroom

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

Central Bedfordshire

- 2 The Lighthouse**
Whichellos Wharf, The Elms,
Stoke Road, Leighton Buzzard, LU7 2TD
- 3 Grove View Hub**
Court Drive, Dunstable, LU5 4JD
- 4 St Mary's Church Hall**
51 Church Road, Stofold, SG5 4NE
- 5 St Andrews Church**
45 Shortmead Street, Biggleswade,
SG18 0AT
- 6 Dunstable Town Football Club**
Creasy Park Drive, Dunstable, LU6 1BB
- 7 Shefford Town Council**, 15 High Street,
Shefford, SG17 5DD

Luton

- 7 Recovery College Luton**
Luton Central Library, 2nd Floor,
St George's Square, Luton, LU1 2NG
- 8 Betty Dodd Court**
35 Grange Avenue, Leagrave, Luton,
LU4 9AS
- 9 Luton All Women's Centre**
The Spires, Adelaide Street, Luton,
LU1 5BB

Find a course or workshop

P19

Recovery & Wellbeing

P35

Building on Knowledge & Skills

P53

Creativity & Self Expression

Recovery & Wellbeing



These courses, develop your understanding and explore mood, thinking and behaviour's which over time can improve your recovery and wellbeing.

Diabetes Type 2

Online

⌚ 1½ hours

MS Teams

Timings 14:00 – 15:30
 Date Wednesday, 4 February
 Date Wednesday, 4 March
 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 Mens Group

Classroom

⌚ 2 hours, 8 weeks

3 Woburn Road, Bedford

Timings 10:30 – 12:30
 Date Wednesday, 14 January – 11 March
 Breaks Wednesday, 18 February
 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 Womens Group

Classroom

⌚ 2 hours, 8 weeks

3 Woburn Road, Bedford

Timings 11:00 – 13:00
 Start Date Wednesday, 14 January – 11 March
 Break Wednesday, 18 February
 Tutor Joginder Khinder, 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

⌚ 1½ hours, 2 weeks, 2 sessions

MS Teams

Timings 18:30 – 20:00
 Date Thursday, 22 January – 29 January
 Date Thursday, 5 March – 12 March
 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

⌚ 2 hours, 7 weeks

(All 7 weeks must be attended)

Grove View Hub, Dunstable

Timings 13:00 – 15:00
 Date Tuesday, 13 January – 3 March
 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.

Food and Wellbeing

Online

⌚ 1½ hours

MS Teams

Timings 13:00 – 14:30
 Date Tuesday, 10 February
 Tutor Joginder Khinder, Kat Brijac

We explore the connection between our food and mood which then can affect our wellbeing. We will discuss how healthier eating habits can make us feel better.

Growing Older and Mental Health

Classroom

⌚ 2 hours

3 Woburn Road, Bedford

Timings 10:30 – 12:30
 Date Tuesday, 27 January
 Tutor Tara Cutis, 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.

Improving Wellbeing - Biggleswade

Classroom

⌚ 2 hours, 8 weeks

St Andrews Church, Biggleswade

Timings 10:30 – 12:30
 Date Tuesday, 13 January – 10 March
 Breaks Tuesday, 17 February
 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.

Improving Wellbeing - Shefford

Classroom

⌚ 2 hours, 8 weeks

Shefford Town Council, The Chambers, 15 High Street, Shefford

Timings 13:00 – 14:30
 Date Friday, 16 January – 13 March
 Break Friday, 20 February
 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.

Improving Wellbeing – Stotfold

Classroom

⌚ 1½ hours, 8 weeks

The Roecroft Centre, Stotfold

Timings 13:00 – 14:30
 Date Wednesday, 14 January – 11 March
 Break Wednesday, 18 February
 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.

Let's Talk Active Listening

Classroom

⌚ 1½ hours

Grove View Hub, Dunstable

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

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

Let's Talk Affirmation to Support Wellbeing

Classroom

⌚ 1½ hours

Grove View Hub, Dunstable

Timings 10:30 – 12:00
 Date Monday, 19 January
 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 Assertive Communication

Classroom

⌚ 1½ hours

Grove View Hub, Dunstable

Timings 10:30 – 12:00
 Date Monday, 26 January
 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 Compassion and Kindness to Support Wellbeing

Classroom

⌚ 1½ hours

Grove View Hub, Dunstable

Timings 10:30 – 12:00
 Date Monday, 2 February
 Tutor Trishna Reid

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

Let's Talk about Depression

Classroom

⌚ 1½ hours

Duntable Town Football Club

Timings 10:00 – 11:30
 Date Thursday, 5 February
 Tutor Trishna Reid

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 Hoarding

Classroom

⌚ 1½ hours

📍 **Grove View Hub, Dunstable**

Timings 10:30 – 12:00
Date Monday, 9 February
Tutor Trishna Reid

Explore and understand what “hoarding” is in more depth and the different forms it may take. We will then discuss a range of strategies that people might find useful.

Let's Talk Low Mood

Classroom

⌚ 1½ hours

📍 **Dunstable Town Football Club**

Timings 10:00 – 11:30
Date Thursday, 29 January
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

⌚ 1½ hours

📍 **Dunstable Town Football Club**

Timings 10:00 – 11:30
Date Thursday, 15 January
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 Sleep

Classroom

⌚ 1½ hours

📍 **Dunstable Town Football Club**

Timings 10:00 – 11:30
Date Thursday, 12 February
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.

Meditation for Wellbeing

Online

⌚ 1 hour, 8 weeks

📍 **MS Teams**

Timings 13:00 – 14:00
Start Date Friday, 16 January – 13 March
Break Friday, 20 February
Tutor Claire Cooper, Petar Djukic

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

Men's Health and Wellbeing

Online

⌚ 1 hour, 8 weeks

📍 **MS Teams**

Timings 14:00 – 15:00
Start Date Thursday, 22 January – 12 March
Breaks Thursday, 19 February
Tutor Anthony Barron

To promote discussion on a relevant topic chosen by attendees and staff involved. A safe place to be inclusive, share lived experience and openly value everyone's opinions.

Men's Recovery Circle

Classroom

⌚ 1½ hours, 9 weeks

📍 **Chaul End Centre, 515 Dunstable Road, Luton**

Timings 13:30 – 15:00
Date Thursday, 15 January – 12 March
Tutor Amit Shenmar

Struggling with mental health, addiction, stress and anxiety, anger and depression or just need to talk? You're not alone. Join a safe, non-judgmental space where men support men through life's challenges. No need to book, just come along.

Positive Thinking

Online

⌚ 2 hours

MS Teams

Timings 12:00 – 14:00
Date Thursday, 5 March
Tutor Sam Fossey, Fiona Thompson

Going to explore how to achieve positive thinking through a few different techniques that have proven to be effective. Looking at tips that can help train your brain to think more positively.

Self Reflection Through Art

Classroom

⌚ 1½ hours

The Lighthouse, Leighton Buzzard

Timings 10:00 – 11:30
Date Wednesday, 11 March
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

Self Reflection Through Collaging

Classroom

⌚ 1½ hours

The Lighthouse, Leighton Buzzard

Timings 10:00 – 11:30
Date Wednesday, 14 January
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.

Seven Steps to Self-Belief

Online

⌚ 2 hours

MS Teams

Timings 12:00 – 14:00
Date Thursday, 12 March
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 Tips to Help Reduce Worry

Online

⌚ 2 hours

MS Teams

Timings 12:00 – 14:00
Date Thursday, 26 February
Tutor Claire Cooper, Fiona Thompson

Worry is the wrong kind of self – hypnosis. In this session we will look at why we worry, and how to reduce it with six simple tips to a solution focused result.

Understanding Mental Health - Body Language

Classroom

⌚ 1½ hours

Luton Central Library, 2nd Floor

Timings 11:00 – 12:30
Date Friday, 16 January
Tutor Amit Shenmar, Adrian Shearer

Understanding Body language is a key way to understanding ones' mental health and wellbeing and can be expressed easier than words to people.

Understanding Mental Health - Boundaries

Classroom

⌚ 1½ hours

Luton Central Library, 2nd Floor

Timings 11:00 – 12:30
Date Friday, 23 January
Tutor Amit Shenmar, Adrian Shearer

A safe space where we can discuss appropriate ways to manage boundaries by learning from one another.

Understanding Mental Health - Goal Setting

Classroom

⌚ 1½ hours

Luton Central Library, 2nd Floor

Timings 11:00 – 12:30
Date Friday, 6 February
Tutor Amit Shenmar, Debbie Brathwaite

This workshop will be looking at exploring goals, how this can impact our wellbeing along with techniques and helpful thoughts we can use to achieve them.

Understanding Mental Health - Low Mood

Classroom ⌚ 1½ hours

📍 **Luton Central Library, 2nd Floor**

Timings 11:00 - 12:30
Date Friday, 13 February
Tutor Amit Shenmar, Adrian Shearer

Low mood and feeling down is a part of life. Let's share coping strategies and ways to manage our emotional state in an honest and constructive way.

Understanding Mental Health - Motivation

Classroom ⌚ 1½ hours

📍 **Luton Central Library, 2nd Floor**

Timings 11:00 - 12:30
Date Friday, 27 February
Tutor Amit Shenmar, Debbie Brathwaite

Compassion and kindness can have a positive and long lasting impact on our relationships and our mental health.

Understanding Mental Health - Relationships

Classroom ⌚ 1½ hours

📍 **Luton Central Library, 2nd Floor**

Timings 11:00 - 12:30
Date Friday, 6 March
Tutor Amit Shenmar, Debbie Brathwaite

Relationships are key part of our lives i.e. expressing our emotions and can be played out in many parts of our lives such as, social, work, personal or romantic. Let's learn how to manage them in the best way.

Understanding Mental Health - Self Love

Classroom ⌚ 1½ hours

📍 **Luton Central Library, 2nd Floor**

Timings 11:00 - 12:30
Date Friday, 13 March
Tutor Amit Shenmar, Debbie Brathwaite

This workshop will be focusing on different ways to uplift yourself, empower, and encourage self love and care through discussion.

Unlock Your Potential

Classroom ⌚ 2 hours, 6 weeks

(All 6 weeks must be attended)

📍 **The Lighthouse, Leighton Buzzard**

Timings 10:00 - 12:00
Date Wednesday, 21 January - 4 March
Break Wednesday, 18 February
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.

Women's Recovery Circle

Classroom ⌚ 1½ hours, 9 weeks

📍 **Chaul End Centre, 515 Dunstable Road, Luton**

Timings 13:30 - 15:00
Date Monday, 12 January - 9 March
Tutor Trishna Reid, Nickii Webster

This is a supportive, safe space for women navigating mental health challenges, emotional healing, trauma recovery, or addiction. Whether you're managing anxiety, depression, grief, or simply feeling overwhelmed – you are not alone, just come along.

Your Voice, Your Wellbeing

Classroom & **Online** ⌚ 1½ hours, 10 weeks

📍 **MS Teams/3 Woburn Road, Bedford**

Timings 14:00 - 15:30
Date Thursday, 8 January - 12 March
Tutor Kyle McDonald, Kat Brkljac

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.

Building on Knowledge & Skills

- These courses and workshops are designed to increase knowledge and skills on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

ADHD and Me

Classroom

🕒 2 hours, 6 weeks

📍 **3 Woburn Road, Bedford**

Timings 13:00 - 15:00
Date Friday, 16 January - 20 February
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

🕒 1½ hours, 6 weeks

📍 **MS Teams**

Timings 13:00 - 14:30
Date Tuesday, 27 January - 10 March
Break Tuesday, 17 February
Tutor Dianne Thomas, Michelle Wingrove

An exploration into the common misconception and new understandings around adult ADHD. If you would like to book a place please call Dianne Thomas 07767826776.

Communication and Wellbeing Pop-Up Workshops

Classroom

🕒 2 hours, 5 weeks

📍 **Woburn Road, Bedford**

Timings 12:00 - 14:00
Date Wednesday, 25 February - 25 March
Tutor Kyle McDonald, Leah Brown

elps to develop our understanding of communication. How this relates to our engagements with others. Helping us to identify how we can express ourselves and build confidence and healthy connections with others.

Digital Skills for Beginners

Classroom

🕒 2 hours, 4 weeks

(All 4 weeks must be attended)

📍 **Dunstable Town Football Club**

Timings 10:00 - 12:00
Date Thursday 26 February - 19 March
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 (Women Only)

Online

🕒 1½ hours

📍 **Zoom**

Timings 13:00 - 14:30
Date Tuesday, 3 February
Tutor Luton All Women's Centre

What common domestic abuse is, look at all the different types of abuse and how they impact on our wellbeing and mental health. ow to identify an abusive relationship and how we can support you.

Healthy Relationships

Classroom

🕒 2 hours, 6 weeks

📍 **Woburn Road, Bedford**

Timings 13:00 - 15:00
Date Tuesday, 13 January - 17 February
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.

Help with Budgeting Tips

Online

🕒 1½ hours, 3 weeks

📍 **MS Teams**

Timings 12:00 - 13:30
Date Thursday, 29 January - 12 February
Tutor Sam Fossey, Fiona Thompson

elp to reduce anxiety and stress around Budgeting. We have tips and advice to help you budget well; to make the most of your money, and advice on where to go to deal with Debt.

How to Build Emotional Resilience (Women Only)

Online

🕒 1½ hours

📍 **Zoom**

Timings 12:30 - 14:00
Date Friday, 30 January
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 ⌚ 1 hour

 **MS Teams**

Timings 12:30 – 13:30
Date Monday, 9 February
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.

Improving Your Wellbeing (Women Only)

Online ⌚ 3 hours

 **Luton and Bedford**

Timings 10:00 – 13:00 – Bedford
Date Friday, 23 January
Timings 10:00 – 13:00 – Luton
Date Tuesday, 24 February
Tutor Luton All Women's Centre

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

Learn Skills to Become a Volunteer with Bedfordshire Employment and Skills Academy (BESA)

Classroom ⌚ 2 hours, 4 weeks

(All 4 weeks must be attended)

 **Grove View Hub, Dunstable**

Timings 10:00 – 12:00
Date Monday 23 February – 16 March
Tutor Trishna Reid, Angela Costello

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

Making Sense of Anger

Online ⌚ 1½ hours 4 weeks

 **MS Teams**

Timings 13:00 – 14:30
Date Tuesday, 24 February – 17 March
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 (Women Only)

Online ⌚ 1½ hours

 **Zoom**

Timings 11:00 – 12:30
Date Tuesday, 27 January
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 Strengths

Online ⌚ 1 hour

 **MS Teams**

Timings 12:30 – 13:30
Date Monday, 12 February
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 ⌚ 1½ hours, 6 weeks

 **MS Teams**

Timings 10:30 – 12:00
Date Tuesday, 20 January – 3 March
Break Tuesday, 19 February
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 (Women Only)

Online

⌚ 1½ hours

📍 Zoom

Timings 12:30 – 14:00
 Date Tuesday, 10 February
 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 Family

Online

⌚ 1 hour

📍 MS Teams

Timings 12:30 – 13:30
 Date Monday, 19 January
 Date Monday, 2 March
 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 list.

Thriving with (ADHD)

Online

⌚ 1 hour, 2 sessions

📍 MS Teams

Timings 12:30 – 13:30
 Date Monday, 26 January
 Date Monday, 9 March
 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

⌚ 1 hour

📍 MS Teams

Timings 12:30 – 13:30
 Date Monday, 12 January
 Date Monday, 23 February
 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.

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 and Wellbeing

Classroom

⌚ 2 hours, 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 09:30 - 11:30
 Date Monday, 12 January - 9 March
 Breaks Monday, 16 February
 Tutor Anthony Barron, Heidi Quinn, Janet Goodman

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

Art Movements and Wellbeing

Classroom

⌚ 2 hours, 5 weeks

📍 **3 Woburn Road, Bedford**

Timings 12:30 - 14:30
 Date Tuesday, 13 January - 10 March
 Breaks Tuesday, 17 February
 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.

Knitting, Crochet and Wellbeing

Classroom

⌚ 2 hours, 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 11:30 - 13:30
 Date Monday, 12 January - 9 March
 Breaks Monday, 16 February
 Tutor Anthony Barron, Heidi Quinn, Janet Goodman

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 and Wellbeing

Classroom

⌚ 2 hours. 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 10:00 - 13:00
 Date Wednesday, 14 January - 11 March
 Breaks Wednesday, 18 February
 Tutor Anthony Barron, Geoff Bennett

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

Movement for Wellbeing

Classroom

⌚ 2 hours, 8 weeks

📍 **3 Woburn Road, Bedford**

Timings 13:30 - 15:00
 Start Date Wednesday, 14 January - 11 March
 Break Wednesday, 18 February
 Tutor Jaswinder Gill

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

Music, Mind and Mental Health

Online

⌚ 1½ hours, 5 weeks

📍 **MS Teams**

Timings 10:30 - 12:00
 Date Monday, 12 January - 9 February
 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.

Music, Mind and Mental Health

Classroom

⌚ 1½ hours, 4 weeks

📍 **Betty Dodd Leagrave, Luton**

Timings 13:00 - 14:30
 Date Wednesday, 14 January - 4 February
 Tutor Tara Curtis, 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.

Poetry for Wellbeing

Classroom & **Online** ⌚ 2 hours, 6 weeks

📍 **MS Teams/Luton Central Library, 2nd Floor**

Timings 13:00 – 15:00
 Date Thursday, 29 January – 12 March
 Breaks Thursday, 19 February
 Tutor Dianne Thomas, Haneefah Muhammad

Use poetry writing exercises to express thoughts and feelings. The workshops support you to explore your emotions and work towards restoring your wellbeing, using the creative and healing power of poetry.

Self Discovery Through Writing

Classroom ⌚ 1½ hours, 2 days

📍 **3 Woburn Road, Bedford**

Timings 13:30 – 15:00
 Date Wednesday, 19 January and 20 January
 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.

Writing for Self Expression

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

📍 **MS Teams/Luton Central Library, 2nd Floor**

Timings 10:30 – 12:00
 Date Friday, 23 January – 13 February
 Tutor Amit Shenmar, Kat Brijac

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

Index

ADHD and Me	21	Let's Talk Active Listening	16	Self Reflection Through Art	18
ADHD and Me	21	Let's Talk Affirmation to Support Wellbeing	16	Self Reflection Through Collaging	18
Art Led Peer Support and Wellbeing	25	Let's Talk Assertive Communication	16	Seven Steps to Self-Belief	18
Art Movement and Wellbeing	25	Let's Talk Compassion and Kindness to Support Wellbeing	16	Six Tips to Help Reduce Worry	18
Communication and Wellbeing Pop-Up Workshops	21	Let's Talk Depression	16	Struggling with the Menopause (Women Only)	23
Diabetes Type 2	15	Let's Talk Hoarding	17	Supporting Your Neurodiverse Family	23
Digital Skills for Beginners	21	Let's Talk Low Mood	17	Thriving with ADHD	23
Diverse Cultures Men's Group	15	Let's Talk Managing Emotions	17	Thriving with Dyslexia	23
Diverse Cultures Women's Group	15	Let's Talk Sleep	17	Understanding Mental Health - Body Language	18
Domestic Abuse and Mental Health (Women Only)	21	Making Sense of Anger	22	Understanding Mental Health - Boundaries	18
Drug and Alcohol Family Support	15	Medication and Mental Health (Women Only)	22	Understanding Mental Health - Goal Setting	18
Food and Wellbeing	15	Meditation for Wellbeing	17	Understanding Mental Health - Low Mood	19
Growing Older and Mental Health	15	Men's Health and Wellbeing	17	Understanding Mental Health - Motivation	19
Healthy Relationships	21	Men's Recovery Circle	17	Understanding Mental Health - Relationships	19
Help with Budgeting Tips	21	Model Making and Wellbeing	25	Understanding Mental Health - Self Love	19
How to Build Emotional Resilience	22	Movement for Wellbeing	25	Unlock Your Potential	19
Improving Sleep	22	Music, Mind and Mental Health	25	Women's Recovery Circle	19
Improving Your Wellbeing - Biggleswade	16	Neurodiverse Strengths	22	Writing for Self-Expression	26
Improving Your Wellbeing - Shefford	16	Neurodiversity - What is That?	22	Your Voice, Your Wellbeing	19
Improving Your Wellbeing - Stotfold	16	Poetry for Wellbeing	26		
Improving your Wellbeing (Women Only)	22	Positive Thinking	18		
Knitting, Crochet and Wellbeing	25	Self Discovery Through Writing	26		
Learn Skills to become a Volunteer with Bedfordshire Employment & Skills Academy (BESA)	22				

Come along to the Bedford Beacon drop in space

Thursdays, 17:30 – 21:00

The Recovery College,

3 Woburn Road, Bedford, MK40 1EG

IT Drop In

Do you need help using your Smartphone, Tablet or Laptop?

Want to send emails? Listen to Music? Watch Video's or use What's App? All your questions answered in this drop in IT session.

3 Woburn Road, Bedford.

Tuesday

13 January – 10 March

13:00 – 15:00

To Book a place please contact:

elft.recoverycollege@nhs.net



East London
NHS Foundation Trust

