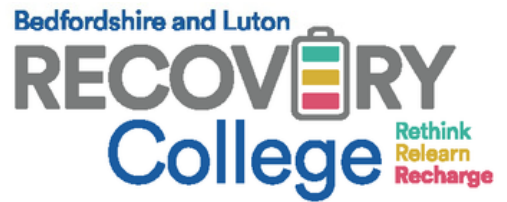




East London
NHS Foundation Trust



Prospectus September - December 2026

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

Scan to
download this
prospectus



Your journey starts today

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

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

Welcome to Bedfordshire and Luton Recovery College

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

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

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

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

All of our courses and workshops are free of charge.

Contents

Your Journey Starts Today	2	Learning to suit you	8
Our Approach	4	Ways of learning	8
How to enrol	5	Our venues	9
4 steps to start your journey	5	Courses & workshops	12-22
Our Values/Involvement	6	Our partners	23 -24
Student charter	7	Index	25
FAQs	7		

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

4

Steps to start your journey

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

4

Begin your journey towards recovery

Our values

We promote a positive student experience based on the principles of recovery.

We believe by bringing together the Recovery College principles of recovery, East London Foundation Trust values and the University of Bedfordshire values we encapsulate a meaningful and solid value base that underpins everything we do in the development of the our

**Recovery College
principles of recovery**

Opportunity: To do things you want to do
Choice: Control of your future
Hope: Believing a meaningful life is possible



**East London Foundation
Trust values**

We Care
We Respect
We Are Inclusive



**University of Bedfordshire
values**

**Strive to offer transformational
educational change for people's lives.**

Involvement

Co-production

Co-production is at the heart of what we do at our Recovery College. People with personal and professional experience of mental health problems work together, equally, to design, facilitate and evaluate the courses and workshops. Our workshops and courses are co-facilitated by a broad range of professional staff and people with lived experience including: University Lecturers, Doctors, Mental Health Staff, and Student Nurses alongside the expertise from staff from partner organisations.

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.

Do you provide child care?

You would need to make your own child care arrangements.

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.

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.

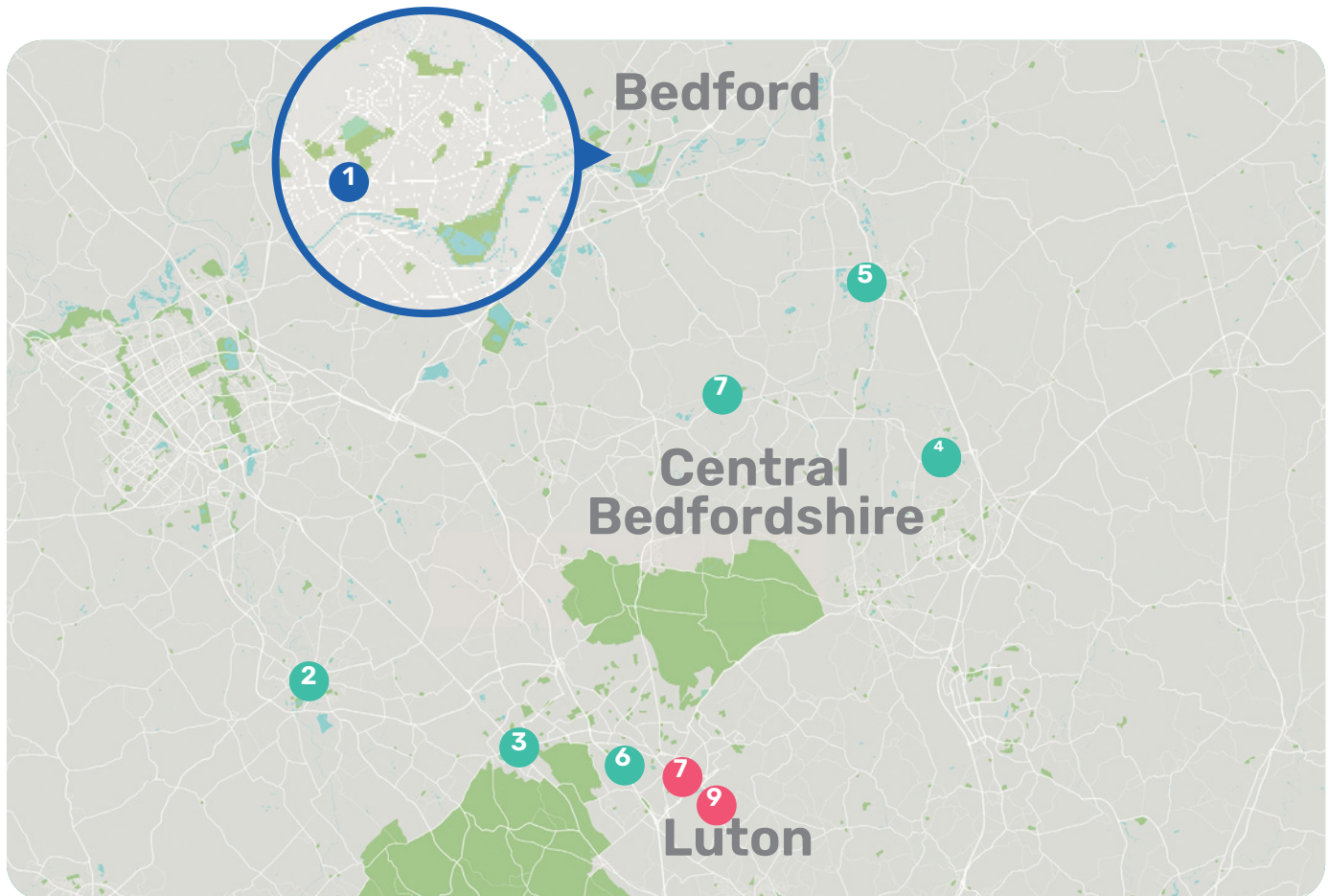


Classroom

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 0A
- 6** **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** **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.

Alternative ways to De-Stress for better Mental Health

2 hours, 6 week course

Classroom 3 Woburn Road, Bedford

Timings 10:30 - 12:30
Date Monday, 2 November - 7 December
Break -
Tutor Tara Curtis, Caram Jakhu

This workshop explores different ways to enhance ones' mood. This includes holistic approaches at how sound, touch and breathing can lower stress level and increase serotonin (feel good hormone) in the brain.

Building Positive Relationships for Wellbeing

2 hours, 5 week course

Classroom The Lighthouse, Leighton Buzzard

Timings 10:30 - 12:30
Date Wednesday, 16 September - 14 October
Break -
Tutor Trishna Reid, Simone Griffin (BESA)

To develop learners' understanding of relationships, communication, emotional awareness, and personal boundaries, enabling them to build and maintain healthy and respectful relationships in everyday life.

Building Positive Relationships for Wellbeing

2 hours, 5 week course

Classroom Grove View Hub, Dunstable

Timings 10:30 - 12:30
Date Monday, 2 November - 7 December
Break -
Tutor Trishna Reid, Simone Griffin (BESA)

To develop learners' understanding of relationships, communication, emotional awareness, and personal boundaries, enabling them to build and maintain healthy and respectful relationships in everyday life.

Build Your Potential with Bedfordshire Employment and Skills Academy (BESA)

2 hours, 6 week course

Classroom 3 Woburn Road, Bedford

Timings 14:00 - 16:00
Date Monday, 21 September - 2 November
Break Monday 26 October
Tutor Tara Curtis, Suki Gill (BESA)

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

Confidence in Everyday Communication with Bedfordshire Employment and Skills Academy (BESA)

2 hours, 1 week, 2 workshops

Classroom The Lighthouse, Leighton Buzzard

Timings 10:30 - 12:30
Date Wednesday, 21 October

Timings 13:00 - 15:00
Date Friday 13 November
Tutor Trishna Reid, Simone Griffin (BESA)

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

Difficult Conversations for Better Mental Health

1.5 hours, 4 week course

Classroom Luton Library, Floor 2

Online MS Teams

Timings 13:00 - 14:30
Date Friday, 18 September - 9 October
Break -
Tutor Amit Shenmar, Adrian Shearer

Ready to turn a difficult conversation into productive dialogue? Join us as we learn how to have that conversation we have been avoiding.

Diverse Cultures Men's Group

2 hours, 12 week course

Classroom 3, Woburn Road, Bedford

Timings 10:30 – 12:30

Date Wednesday, 16 September – 9 December

Break **Wednesday, 28 October**

Tutor Amit Shenmar

Weekly men's wellbeing sessions supporting mental health in a warm, welcoming space. Build friendships, socialise, share peer support, with options for activities or bring in a hobby from home. Led by male, and at times female, facilitators. Light refreshments provided.

Diverse Cultures Women's Group

2 hours, 12 week course

Classroom 3, Woburn Road, Bedford

Timings 11:00 – 13:00

Date Wednesday, 16 September – 9 December

Break **Wednesday, 28 October**

Tutor Joginder Khinder, Jaswinder Gill

Weekly women's wellbeing sessions supporting mental health in a warm, welcoming space. Build friendships, socialise, share peer support, and join in with classroom activities or bring a hobby from home. Led by female facilitators. Light refreshments provided.

Drug and Alcohol Relapse Prevention

2 hours, 6 week course

Classroom Grove View Hub, Dunstable

Timings 10:30 – 12:30

Date Monday, 14 September – 19 October

Break -

Tutor Trishna Reid, Nicola Webster

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

Drug and Alcohol Relapse Prevention

2 hours, 6 week course

Classroom The Lighthouse, Leighton Buzzard

Timings 10:30 – 12:30

Date Wednesday, 4 November – 9 December

Break -

Tutor Trishna Reid, Nicola Webster

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

Improving Your Wellbeing - Biggleswade

2 hours, 12 week course

Classroom St Andrews Church, Biggleswade

Timings 10:30 – 12:30

Date Tuesday, 15 September – 8 December

Break **Tuesday, 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.

Improving Your Wellbeing - Stotfold

1.5 hours, 12 week course

Classroom The Roecroft Centre, Stotfold

Timings 13:00 – 14:30

Date Wednesday, 16 September – 9 December

Break **Wednesday, 28 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.

Meditation for Wellbeing

1 hour, 12 week course

Online MS Teams

Timings 13:00 – 14:00

Date Friday, 18 September – 11 December

Break Friday, 30 October

Tutor Claire Cooper, Petar Djukic

Make time to relax and reduce tension levels, with a guided meditation, using breathing and mindfulness techniques, in a safe, welcoming space.

Steps to Self-Belief and Positivity

2 hours, 3 week course

Classroom 3, Woburn Road, Bedford

Timings 13:00 – 15:00

Date Monday, 5 October – 19 October

Break –

Tutor Sam Fossey, Fiona Thompson

Empowering Techniques in Seven Steps to improve Self Belief and looking at incredible ways to learn to think with Positivity whilst improving Well being.

Men's Recovery Circle

2 hours, 15 week course

Classroom Chaul End Centre, Dunstable Road

Timings 13:30 – 15:30

Date Thursday, 3 September – 17 December

Break –

Tutor Trishna Reid, Anthony Barron

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.

Technology Made Easy with Bedfordshire Employment and Skills Academy (BESA)

All sessions must be attended to joining this course

2.5 hours, 10 week course

Classroom 3, Woburn Road, Bedford

Timings 14:00 – 16:30

Date Friday, 18 September – 27 November

Break Friday, 30 October

Tutor Simone Griffin (BESA)

This 10 week digital course is designed for beginners looking to build essential technology skills and gain confidence in using digital tools, manage files and securely create and manage email accounts, word, excel and powerpoint.

Reduce Your Anxiety and Worry

1.5 hours, 3 week course

Classroom 3, Woburn Road, Bedford

Classroom Luton Library, Floor 2

Online MS Teams

Timings 12:00 – 13:30

Date Thursday, 5 November – 19 November

Break –

Tutor Sam Fossey, Claire Cooper, Fiona Thompson

Looking at Calming Techniques to reduce Anxiety and Worry with a theory and practical approach, with a solution focussed result.

Understanding Bereavement and Loss

This course does not offer Therapy

2 hours, 4 week course

Classroom 3 Woburn Road, Bedford

Timings 13:00 – 15:00

Date Thursday, 24 September – 15 October

Break –

Tutor Joginder Khinder, Keech Hospice

A 4-week course covering the different types of losses and bereavement; and exploring the overwhelming emotions when dealing with loss and bereavement. We will learn strategies, acknowledge that healing is personal; introducing compassion and rediscovering hope.

Wellbeing in Menopause Through Self-Compassion *Women Only*

All sessions must be attended to joining this course

2 hours, 8 week course

Online

MS Teams

Timings 14:00 – 16:00

Date Wednesday, 28 October – 16 December

Break –

Tutor Dr Helen Donovan, Consultant Clinical Psychologist

An online 8 week course to improve wellbeing through self-compassion for women experiencing distress during menopause. Sessions are a mix of teaching, discussion, exercises and meditations.

Women's Recovery Circle

2 hours, 15 week course

Classroom

Chaul End Centre, Luton

Timings 13:00 – 15:00

Date Monday, 7 September – 14 December

Break –

Tutor Trishna Reid, Nicola 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.

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

2 hours, 6 week course

Classroom 3, Woburn Road, Bedford

Timings 13:00 - 15:00

Date Friday, 9 October - 20 November

Break Friday, 30 October

Tutor Carl Ramsey, Essma Bechkoum

An exploration into the common misconception and new understanding around ADHD.

If you would like to book a place please call Carl Ramsey 07554 499 378.

ADHD and Me

2 hours, 6 week course

Online MS Teams

Timings 10:30 - 12:30

Date Tuesday, 3 November - 8 December

Break -

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 07769 519 841

Better Sleep, Better Mind

Women Only

1.5 hours, 1 week workshop

Online Zoom

Timings 14:00 - 15:30

Date Wednesday, 14 October

Break None

Tutor Luton All Women's Centre

We will help you to think about how to improve your sleep with tips, techniques and meditation.

Budgeting for Wellbeing

1.5 hours, 3 week course

Classroom 3, Woburn Road, Bedford

Classroom Luton Library, Floor 2

Online MS Teams

Timings 13:00 - 14:30

Date Monday, 9 November - 23 November

Break -

Tutor Sam Fossey, Amit Shenmar, Fiona Thompson

Let us help 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.

Communication and Wellbeing

2 hours, 5 week course, 2 course

Classroom 3, Woburn Road, Bedford

Online MS Teams

Timings 12:00 - 14:00

Date Wednesday, 9 September - 7 October

Date Wednesday, 4 November - 2 December

Tutor Kyle McDonald, Leah Brown

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

Domestic Abuse and Mental Health

Women Only

1.5 hours, 1 week workshop

Online Zoom

Timings 10:00 - 11:30

Date Friday, 18 September

Tutor Luton All Women's Centre

This workshop 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. We will explore how you can identify an abusive relationship and how Luton All Women's Centre can support you if you are affected by this issue.

Food and Wellbeing

2 hours, 4 week course

Classroom 3, Woburn Road, Bedford

Timings 10:00 – 12:00

Date Tuesday, 10 November – 1 December

Break –

Tutor Joginder Khinder, Kat Brkljac

Some studies suggest that what we eat and drink can affect how we feel. This 4-week course aims to increase our understanding of the principles of healthier eating and the role of food in maintaining better health. The aim is to enable students to learn how good nutrition can reduce the risks of some diseases by making food choices that support their mental and physical health.

Healthy Relationships

2 hours, 6 week course

Classroom 3, Woburn Road, Bedford

Timings 13:00 – 15:00

Date Tuesday, 6 October – 17 November

Break –

Tutor Carl Ramsey, Essma Bechkoum

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

How to Build Emotional Resilience

Women Only

1.5 hours, 1 week workshop

Online Zoom

Timings 10:00 – 11:30

Date Friday, 24 September

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.

Learn a Craft for Wellbeing

2 hours, 5 week course

Classroom 3, Woburn Road, Bedford

Timings 10:30 – 12:30

Date Tuesday, 29 September – 3 November

Break 27 October

Tutor Joginder Khinder, Debbie Brathwaite

Sewing offers numerous benefits, including fostering creativity, reducing stress through mindful, meditative, and productive activity. Enhances cognitive skills, improves hand-eye coordination, provides a sense of accomplishment that boosts self-esteem.

Making Sense of Anger

2 hours, 4 week course

Classroom 3, Woburn Road, Bedford

Classroom Luton Library, Floor 2

Online MS Teams

Timings 13:30 – 15:30

Date Monday, 2 November – 23 November

Break –

Tutor Tara Curtis, Dianne Thomas

In this 4 week course, 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

1.5 hours, 1 week, 2 workshops

Online Zoom

Timings 18:00 – 19:30

Date Wednesday, 11 November

Timings 11:00 – 12:30

Date Tuesday, 1 December

Tutor Luton All Women's Centre

Gain a better understanding of medications that are given to treat, or to help, people with a range of mental 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?

Men's Health and Wellbeing

1 hour, 5 week course, 2 courses

Online MS Teams

Timings 14:00 - 15:00

Date Friday- 25 September - 23 October

Date Friday - 6 November - 4 December

Tutor Anthony Barron

This Course provides Men a forum to exchange relevant ideas through appropriate, open and honest discussion a pathway to recovery and good Mental Health Wellbeing through open, honest reflective and appropriate communication.

Neurodiversity – What is that?

2 hours, 6 week course

Classroom Luton Library, Floor 2

Online MS Teams

Timings 13:30 - 15:30

Date Thursday, 17 September - 22 October

Break -

Tutor Dianne Thomas

Come and discover what neurodiversity means. 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.

Supporting Challenges within Neurodiversity

1 hour, 3 week course, 2 courses

Classroom 3, Woburn Road, Bedford

Online MS Teams

Timings 12:30 - 13:30

Date Monday, 5 October - 19 October

Timings 12:30 - 13:30

Date Monday, 23 November - 7 December

Tutor Anthony Barron, Olive Hickmott

When you learn more about your own experiences and those of others, you will find ways to turn Dyslexia around, put ADHD strengths to work for you and bring your thinking from intensity to calm, whilst improving the ADHD challenges that are being identified recently as Rejection Sensitive Dysphoria.

Supporting your Neurodiverse Family

1 hour, 3 week course, 2 courses

Classroom 3, Woburn Road, Bedford

Online MS Teams

Timings 12:30 - 13:30

Date Monday, 14 September - 28 September

Timings 12:30 - 13:30

Date Monday, 2 November - 16 November

Tutor Anthony Barron, Olive Hickmott

To guide parents, grandparents, children and learning support to understand more about neurodiversity, including its strengths and challenges, what the profiles mean in real life, simple observations that anyone can notice, plus techniques for improving sleep.

Creativity & Self Expression



These courses and workshop 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

1.5 hours, 11 week course

Classroom 3, Woburn Road, Bedford

Timings 09:30 – 11:00
 Date Monday, 21 September – 7 December
Break Monday, 26 October
 Tutor Anthony Barron, Heidi Quinn, Janet Goodman

This course will aim to introduce new skills and knowledge of painting techniques to Participate with other students a shared experience and a journey to increase improvement of mental Health well being and combat social isolation.

Exploring Art Therapy

2 hours, 1 week workshop

Classroom Luton Library, Floor 2

Timings 11:00 – 13:00
 Date Monday, 21 September
Break -
 Tutor Dianne Thomas,
 Anna Kazmierczak – Artist & Social Prescriber,
 Jutsna Khan – Health and Wellbeing Coach

Art Therapy Taster with Anna & Jutsna blends creativity and nature to enhance wellbeing using texture colour and uplifting messages to inspire self-expression, emotional release, mindfulness and inner confidence.

Art Movements and Wellbeing

2 hours, 6 week course, 2 courses

Classroom 3, Woburn Road, Bedford

Timings 11:00 – 13:00
 Date Tuesday, 15 September – 20 October
 Timings 11:00 – 13:00
 Date Tuesday, 3 November – 8 December
 Tutor Anthony Barron, Geoff Bennett

This course provides a platform to increase social connection, improve communication skills, Mental Health and Wellbeing and awareness of a creative impulse in each of us.

Knitting, Crochet and Wellbeing

2 hours, 11 week course

Classroom 3, Woburn Road, Bedford

Timings 11:30 – 13:30
 Date Monday, 21 September – 7 December
Break Monday, 26 October
 Tutor Anthony Barron, Heidi Quinn, Janet Goodman

This course aims to increase skills in the field of Knitting and Crochet. To enhance social connection, combat isolation and feel a sense of achievement in a completed piece of work.

Diverse Cultures Movement for Wellbeing

1.5 hours, 12 week course

Classroom 3, Woburn Road, Bedford

Timings 13:30 – 15:00
 Date Wednesday, 16 September – 9 December
Break Wednesday, 28 October
 Tutor Joginder Khinder, Jaswinder Gill

A friendly, supportive space to discover movement for mental and physical wellbeing. Explore stretching, balance, relaxation, light exercise, dance movements and optional outdoor walking. Adaptable sessions. As required, please seek medical advice prior to participating.

Mental Health and the Creation of Art

2 hours, 6 week course

Classroom Luton Library, Floor 2

Timings 10:30 – 12:30
 Date Tuesday, 15 September – 20 October
Break -
 Tutor Dianne Thomas, Caram Jakhu

From the artists selected, we learn from negativity, we can inspire hope and connection. Students see mental health can be a catalyst to inspire change and create an expressive outlook.

Model Making and Wellbeing

2 hours, 6 weeks course, 2 courses

Classroom 3, Woburn Road, Bedford

Timings 10:00 – 12:00

Date Wednesday, 16 September – 21 October

Timings 10:00 – 12:00

Date Wednesday, 4 November – 9 December

Tutor Anthony Barron, Geoff Bennett

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

Voice Box - Your Voice, Your Wellbeing

1.5 hours, 14 week course

Classroom 3, Woburn Road, Bedford

Online MS Teams

Timings 14:00 – 15:30

Date Thursday, 3 September – 10 December

Break Thursday, 29 October

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.

Poetry and Mindfulness with Shout or Whisper

1.5 hours, 6 week course

Online MS Teams

• **Date has changed since printing**

Timings 19:00 – 20:30

Date Tuesday 15 September – 20 October

Break -

Tutor Amit Shenmar, Tom Irvine (Shout or Whisper)

A six week course looking at poetry, learning about different styles of writing, developing your craft in a fun and supportive learning environment.

Come along to the Bedford Beacon drop in space

Games & activities
Arts and crafts
Creative writing

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



East London
NHS Foundation Trust

Games & activities
Arts and crafts
Creative writing

Drama sessions
Quiz nights
Chilled out space

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

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.

Managing Personal Finance

PA n interactive and exciting short course, that provides practical skills, tips and challenges to manage your finances more efficiently. There are tip sheets, tools and apps to explore all to help you keep a track of where your money goes... The course looks at how to reduce grocery bills and manage food waste, and how to budget better.

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.

Luton Adult Learning

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

Disability Resource Centre

01582 470 900

info@drcbeds.org.uk

www.drcbeds.org.uk

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@lutonacl.ac.uk

www.lutonacl.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.or.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

Index

ADHD and Me	17	How to Build Emotional Resilience	18	Women's Recovery Circle	15
ADHD and Me	17	Improving Wellbeing - Biggleswade	13		
Alternative Ways to De-Stress for Better Mental Wellbeing	12	Knitting, Crochet and Wellbeing	21		
Art Led Peer Support and Wellbeing	21	Learn a Craft for Wellbeing	18		
Art Movement and Wellbeing	21	Making Sense of Anger	18		
Better Sleep, Better Mind (Women Only)	17	Medication and Mental Health (Women Only)	18		
Budgeting for Wellbeing	17	Meditation for Wellbeing	14		
Building Positive Relationships for Wellbeing	12	Men's Health and Wellbeing	19		
Build Your Potential with BESA	12	Men's Recovery Circle	14		
Communication and Wellbeing	17	Mental Health and the Creation of Art	21		
Confidence in Everyday Communication with BESA	12	Model Making and Wellbeing	21		
Difficult Conversation for Better Mental Health	12	Neurodiversity - What is That?	19		
Diverse Cultures Men's Group	13	Poetry and Mindfulness with Shout or Whisper	21		
Diverse Cultures Movement for Wellbeing	21	Reduce your Anxiety and Worry	14		
Diverse Cultures Women's Group	13	Steps to Self-Belief and Positivity	14		
Domestic abuse and Mental Health (Women Only)	22	Supporting Challenges within Neurodiversity	19		
Improving Your Wellbeing - Stotfold	17	Supporting Your Neurodiverse Young Family	19		
Drug and Alcohol Relapse Prevention	13	Technology Made Easy with BESA	14		
Exploring Art Therapy	21	Understanding Bereavement and Loss	14		
Food and Wellbeing	18	Voice Box - Your Voice, Your Wellbeing	21		
Healthy Relationships	18	Wellbeing in Menopause Through Self-Compassion (Women Only)	15		

Bedfordshire & Luton IPS Employment Service

Supporting people into meaningful employment as part of recovery

The Bedfordshire & Luton IPS Employment Service supports people accessing secondary mental health services to explore, find, and sustain paid work as an important part of their recovery journey. We believe employment can build confidence, independence, routine, and wellbeing, and our friendly team provides personalised, practical support based on each person's goals and strengths. We work closely with mental health teams, local employers, and community partners to offer timely support. If IPS isn't the right fit, we will help by signposting to other suitable employment or vocational services, so no one is left without guidance. To learn more about the service or to self-refer, please visit:

<https://www.elft.nhs.uk/services/bedfordshire-and-luton-ips-employment-service>





Want to quit smoking, lose weight, or build healthier habits to feel better in yourself? Choose You offers free support to help you reach your goals. With flexible options like support programmes, group sessions, one-to-one guidance, and self-help tools, we're here to help you every step of the way. Go to this link for more information: www.chooseyou.co.uk

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

The Lighthouse

Whichellos Wharf, The Elms, Stoke Road, Leighton Buzzard. LU7 2TD

Tel: 01234 263 621

Wednesday and Friday 10am – 3pm



East London
NHS Foundation Trust