

Recovery College

Prospectus

May - August 2019



Bedfordshire & Luton Recovery College

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

To the memory of Laura Gibson

Mental Health Nursing Student
Caring and compassionate



We Care - We Respect - We are Inclusive

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Contents	Page(s)
Forewords from Peer Tutors	4
Welcome To The Bedfordshire And Luton Recovery College	5
Co-Production Within The Recovery College	6
What is a Peer Tutor?	7
What is Recovery?	8
How To Enrol	9
Course Information	10-53
Recovery Charter	54
Frequently Asked Questions	55-56
Other Useful Resources	57-58
Mini Directory	59-61
Map of Localities by Recovery College	62
Courses and Workshop Venues	63-64
How We Manage Your Information	65
Compliments, Comments and Complaints	65

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Peer Tutor Forewords

"I am excited to bring this new prospectus to you for the Summer term for the Bedfordshire and Luton Recovery Colleges.

As a newly qualified Peer Tutor I have enjoyed being part of the team trying to make the design easier to navigate so that you can see more easily where and when courses are running.

You can attend any of the courses, at any location as long as you can get there! There are lots of new courses, many of which have been developed following your comments. If there is anything you want to see in the next prospectus, please let Staff at the Recovery College know and we will try and find someone to facilitate it.

Meanwhile, enjoy browsing through this prospectus and I hope you will find something that interests you".

Felicity Stocker

"My experience of the Recovery College has been excellent with participating in workshops at crucial times in my recuperation and WRAP plan. Part of my care plan has included engaging with workshops relevant to my development plus growth".

Adwoa Date-Bah

Dates for our Peer Tutor "Drop In's"

Monday 13 May - 11am-1pm
Recovery College,
3 Woburn Road,
Bedford, MK40 1EG

Friday 28 June - 1pm 3pm
The Weatherley Centre,
Purcell Room
Eagle Farm Road,
Biggleswade, SG18 8JH

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Introduction

Welcome to the Bedfordshire and Luton Recovery College

The Bedfordshire and Luton Recovery Colleges are open to everyone living and working in Bedfordshire and Luton.

We are part of the Bedfordshire and Luton Mental Health Academy which is a formal partnership the East London Foundation Partnership Trust and The University of Bedfordshire.

What do we do?

We use an educational approach to enable students to realise their aspirations and manage their wellbeing.

We offer a wide range of free courses and workshops which are recovery focused and aim to provide strategies and techniques for individuals to use in their daily lives to promote self-management. We support individuals to become expert in their own recovery journey by exploring hope, control, choice and opportunity.

We offer an ever increasing number of courses which vary in content, length and learning. The majority of our courses are co-produced and co delivered with Peer Tutors. By learning together we can make progress in challenging the stigma surrounding mental health and work together in a non-judgemental environment

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Co-Production within the Recovery College

What is Co-Production?

A Co-production working partnership brings together those who use services and those who provide them.

“For most of the people most of the time, being able to discuss, define and shape their own interactions with the services they use is central to their sense of autonomy, dignity and agency”.

(Hunter & Ritchie, 2007)

The Co-Production approach encourages individuals with a lived experience, to share their journey with a view to enable others, whilst developing their own skills and strengths which supports the development of the service.

Our Partners

We work closely with other teams and organisations and are proud to offer many of our courses in partnership with them. We are delighted with our working partnerships and are grateful for all their contributions into the continuing success of our Recovery Colleges.

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

What is a Peer Tutor?

All our Peer Tutors have lived experience of mental health challenges and their own personal recovery journey.

Peers with lived experience act as role models for hope and recovery, share their lived expertise with others; helping to embed a culture of recovery and reduce stigma.



Our Peer Tutors work as a team. We use the knowledge and experience of our Peer tutors and staff to co-produce our courses and workshops.

Becoming a Peer Tutor

All our vacancies are advertised on the NHS Jobs website.

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

What is Recovery?

'The principles of recovery oriented mental health practice is to ensure that mental health services are being delivered in a way that supports the recovery of the mental health consumer'.

(National Standards for Mental Health Services, 2010)

The Recovery Model

Aims:

To help people with mental health problems to move forward, set new goals and develop relationships that give their lives meaning.

Recovery emphasises that, while people may not have full control over their symptoms, they are able to have full control over their lives

An Example of the Recovery Model



6 Key Principles of Recovery:

- | | |
|----------------------------------|------------------------|
| 1. Uniqueness of the Individual | 4. Dignity and Respect |
| 2. Partnership and Communication | 5. Real Choices |
| 3. Attitudes and Rights | 6. Evaluating Recovery |

These principles are encompassed in all the aspects of the work we do at the Recovery College.

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

How to Enrol

To attend any of the Recovery College courses and workshops you will need to complete and submit an enrolment form prior to the commencement of the course.

You can obtain an enrolment form by

- Contacting us on 01234 263621 for Bedford and Central Bedfordshire
- Contacting us on 01582 708917 for Luton
- Email us on elft.recoverycollege@nhs.net

We will send the enrolment forms out to you.

You can also pick up a form from our Recovery Colleges at:

- 3 Woburn Road, Bedford. MK40 1EG
- 29 Barford Avenue, Bedford. MK42 0DS
- Charter House, Alma Street, Luton, LU1 2PJ

Next Stage

On receipt of your enrolment form a member of staff will contact you to discuss your needs and course availability.

Note: If you have not heard back from us within a fortnight, please contact us on.

Reserve List

Our courses are very popular and are often oversubscribed. If we are unable to offer you a space on your chosen course we may be able to offer you an alternative or place your name on the reserve list.

If a space becomes available we will offer it to you before the end of term.

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B01 Aerobics	Date, Time, Venue, Facilitator
<p>Aerobics can help to develop a healthier lifestyle through gentle group exercises, as well as build confidence and social skills. This friendly group offers a range of beneficial exercise from a qualified fitness instructor.</p>	<p>Monday 29 April - 8 July 11am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Hazel Dudley Independent Facilitator</i></p>
B02 Anxiety Management	Date, Time, Venue, Facilitator
<p>We aim to help individuals struggling with anxiety to gain insight into the way forward by tried and tested CBT techniques for a more relaxed and confident way of being. Come and join us if you want to challenge your feelings of fear and dread in a group where others truly understand. Once we have received your enrolment form you will be contacted by a team member to arrange meeting you to discuss any queries you may have and to go through the course content.</p>	<p>Tuesday 4 June - 9 July 10.30am - 12.30pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Martin Reddy and Sue Risiott</i> Recovery College East London NHS Foundation Trust</p>
B03 Anxiety Management	Date, Time, Venue, Facilitator
<p>These workshops are for those struggling with anxiety and the impact it has on their wider lives and relationships. We welcome you to this one day workshop which aims to make learning fun and enjoyable.</p>	<p>Thursday 18 July 10am - 2pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Friday 2 August 12.30pm - 4.30pm De Parys Group Bromham Surgery, Molivers Lane, Bromham, Bedfordshire, MK43 8JT</p> <p><i>Martin Reddy Recovery College</i> <i>Jim Patrick Recovery College Peer Tutor</i> East London NHS Foundation Trust</p>

“The Facilitator was great! Had time to answer questions very good information, learnt a lot thanks”

(Drug and Alcohol Awareness
February 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B04 Art and Design Co-Operative	Date, Time, Venue, Facilitator
<p>An opportunity for like-minded people to enjoy all aspects of craft. This group produces high quality products to sell where the profits are invested back into the group's funds to buy more craft equipment for further creative projects. Although this is an open group, a commitment to the cooperative is expected. Coming to group helps build self-confidence and friendship with like-minded people in a safe environment.</p>	<p>Tuesday 30 April - 30 July 10am - 12pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p>Sam Fossey Recovery College East London NHS Foundation Trust</p>
B05 Art Led Peer Support Group	Date, Time, Venue, Facilitator
<p>This group is to encourage engagement with various art materials, such as acrylic's or choice of material. This will occur in a friendly and safe environment facilitated by volunteers, who have continuous staff support. To create a piece of work that will further confidence and inclusion in a group setting.</p>	<p>Monday 3 June - 29 July 9.30am - 11.30am Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Heidi Quinn, Janet Goodman and Geoff Bennet Recovery College Volunteer East London NHS Foundation Trust</p>
B06 Asian Men's Dosti	Date, Time, Venue, Facilitator
<p>Increase and understanding of mental ill health, identify self-help skills, healthy living and create community links</p>	<p>Monday 17 May - 26 August 1pm – 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Joginder Khinder East London NHS Foundation Trust</p>
B07 Balancing My Lifestyle	Date, Time, Venue, Facilitator
<p>This workshop aims to allow time to think about your lifestyle, identify changes you would like to make and work towards making these changes. You will have the opportunity to explore the benefits of purposeful activity and the how to achieve a meaningful lifestyle balance.</p> <p>The sessions will cover the following areas: The importance of activity. Creating a lifestyle that is moving forwards Organisational Skills Creating a lifestyle that makes you feel good Goal Setting and problem solving</p>	<p>Tuesday 27 August 11am - 1.30pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Sara McClurg Recovery College Debbie Brathwaite Recovery College Peer Tutor East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B08 Bedfordshire Recovery College Forum

The Recovery College is committed to providing opportunities for those who use the Recovery College, friends and family who have a caring role, our partners e.g. the University of Bedfordshire, and other associated groups and professionals. We intend to come together each month to seek your input and participation into this process to ensure everyone concerned has a voice. This will feed into the decision making process which determines how we move forward and shape the Recovery College in Bedfordshire.

Date, Time, Venue, Facilitator

Wednesday 19 June
1pm - 3pm

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

Wednesday 17 July
1.30pm - 3.30pm

Recovery College, 29 Barford Avenue,
Bedford, MK42 0DS

***Martin Reddy Recovery College
East London NHS Foundation Trust***

B09 Boost Your Recovery Through Games

An informal creative and fun activity group which aims to develop confidence, motivation, concentration, self-esteem and increase social networks.

Date, Time, Venue, Facilitator

Tuesday 21 May - 23 July
2pm - 4pm

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

***Sara McClurg Recovery College
Denise Elliot Recovery College Volunteer
East London NHS Foundation Trust***

B10 Care Farming And Organic Food Growing

We explore applied care farming and organic food growing methods, using outdoor communal spaces and private gardens. We support learning on composting, organic soil formulation, seed collection, seed preservation, seedling production and direct planting. We develop mixed cropping systems using conservation agriculture. We process value added seasonal produce with solar energy for sustainable humanity. You will meet other volunteers from various countries. This research based course is co-produced with patients, guests, volunteers, students and mentors using community-based participatory research (CBPR).

Date, Time, Venue, Facilitator

Saturday 27 April - 6 July
11am - 12pm

**With opportunities to stay
on site and work independently**
Christ the King Catholic Church Grounds
Harrowden Road, Bedford MK42 0SP

For any queries regarding the course please

**email: suzanne.enoharthur@nhs.net;
suzanne@vpwa.org;**

or visit

<http://www.vpwa.org>;

for independent Volunteer placement information

**Or text Suzanne on (0044) 07901652426
East London NHS Trust**

**Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net**

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B11 Combating Isolation	Date, Time, Venue, Facilitator
<p>This workshop is for anyone who experiences feelings of isolation, who would like to make positive steps towards finding opportunities to improve social contact.</p>	<p>Thursday 1 August 1pm - 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Wednesday 14 August 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Clare Essex, Deputy Manager, Recovery College East London NHS Foundation Trust</i></p>
B12 Cooking Well For Less	Date, Time, Venue, Facilitator
<p>This 4 week course provides a basic introduction to understanding skills in preparing and cooking a simple meal, which is both healthy and cost effective. To use the group to improve social interaction and self esteem</p>	<p>Thursday 16 May - 6 June 1.30pm - 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Thursday 4 July - 25 July 1.30pm - 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Anthony Barron Recovery College East London NHS Foundation Trust</i></p>
B13 Creative Writing	Date, Time, Venue, Facilitator
<p>Friendly and supportive workshop, for up to 8 people. Why not give it a try! No experience of creative writing necessary. Learning to express yourself positively through the written word and increase your wellbeing.</p>	<p>Tuesday 4 June 10am - 12.30pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Jo Sale Senior Lecturer Bella Madden Senior Lecturer Midwifery University of Bedfordshire</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
 please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B14 Developing Confidence

The course is a structured Cognitive Behavioural Therapy (CBT) based course that helps members to gain insight into low confidence and low self-esteem. This fun and inclusive course is designed to provide a comprehensive understanding around the area of confidence, and how we can begin to improve on it. We will explore the major themes that underpin low confidence, such as self-esteem, assertiveness and our ability to speak with others. Working in a group can help you overcome some issues that are currently holding you back and begin to feel good about yourself.

Date, Time, Venue, Facilitator

Tuesday 28 May
10.30am - 2.30pm
 Recovery College, 29 Barford Avenue,
 Bedford, MK42 0DS

Martin Reddy and Sue Risiott
Recovery College
East London NHS Foundation Trust

B15 Drawing with the Grid

The Grid method has been used as an effective artistic tool even by the greats like Vincent Van Gogh and Leonardo Da Vinci. This workshop will give you the self-confidence and practical skills to create your own artwork. The skills learnt from this session can be adapted to any further art projects you wish to do at home.

Date, Time, Venue, Facilitator

Monday 13 May - 10 June
1pm - 2.30pm
(Bank Holiday Break on 27 May)
 Recovery College, 29 Barford Avenue,
 Bedford, MK42 0DS

Claire Cooper Recovery College
East London NHS Foundation Trust

B16 Drug and Alcohol Awareness

An interactive workshop of basic drug and alcohol awareness. Information about P2R Services and treatment support offered to those who are wishing to address their substance use. Information on CLI (SAMAS) Recovery Support for those wanting to move on from structured treatment into community peer recovery support.

Date, Time, Venue, Facilitator

Wednesday 8 May
2pm - 4pm
 Recovery College, 29 Barford Avenue,
 Bedford, MK42 0DS

Wednesday 31 July
2pm - 4pm
 Recovery College, 3 Woburn Road,
 Bedford, MK40 1EG

Emily Slater and Lucy Whitwham
Pathway To Recovery
East London NHS Foundation Trust

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B17 Employment Toolkit	Date, Time, Venue, Facilitator
<p>Practical step by step guide to help you apply for jobs.</p>	<p>Wednesday 24 July 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Gail Gay Employment Services East London NHS Foundation Trust</i></p>
B18 Express Yourself Through Collage	Date, Time, Venue, Facilitator
<p>This workshop will allow you to work with various images and papers in a free and creative way in order to produce a unique art piece at the end of the course</p>	<p>Monday 24 June - 15 July 1pm - 2.30pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Claire Cooper Recovery College East London NHS Foundation Trust</i></p>
B19 First Aid	Date, Time, Venue, Facilitator
<p>Would you like to come and attend a First aid workshop to help to give you practical tools to manage in your day to day life or out in the community?</p> <p>What do the workshops cover?</p> <p>The free workshops, delivered by Red Cross educators, aim to help adults learn first aid.</p> <ul style="list-style-type: none"> • Learn essential first aid skills, including how to help someone who is unresponsive and breathing/not breathing, bleeding heavily or has a burn. • Build the confidence and willingness to help in a first aid emergency. • Assess and manage risks to make informed choices when helping others. 	<p>Wednesday 10 July 12.30pm - 3pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p>Wednesday 14 August 12.30pm - 3pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Jill Organ British Red Cross Adult Education Coordinator East of England</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B20 Gardening Group Peer Led

Meets weekly together to learn more about growing flowers, vegetables and fruit. All are welcome, from complete beginners to the more experienced. Enjoy the sunshine and fresh air with us!

Following on from the success of the Woburn Road gardening group, we are pleased to offer another space to enjoy nature and learn about growing, in a relaxed and friendly atmosphere, where all are welcome.

Date, Time, Venue, Facilitator

Monday 20 May - 29 July
10am - 12pm

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

Thursday 23 May - 25 July
10am - 12pm

Recovery College, 29 Barford Avenue,
 Bedford, MK42 0DS

*Jayne Murden Recovery College Volunteer
 East London NHS Foundation Trust*

B21 Improving My Sleep

The workshop gives factual information about sleep and sleep cycles and introduces sleep hygiene and CBT, helping people to understand how unhelpful thoughts and behaviours may feed into difficulties with sleep and looks at helpful strategies to manage these problems.

In the workshop you will be introduced to tools and techniques for you to work through independently at home.

Date, Time, Venue, Facilitator

Wednesday 26 June
1pm - 3pm

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

*Stephen Hatton
 Improving Access to Psychological
 Therapies
 East London NHS Foundation Trust*

Friday 9 August
10am - 12pm

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

*Lucy Evans
 Improving Access to Psychological
 Therapies
 East London NHS Foundation Trust*

*"It was a comfortable environment
 where you didn't feel judged. The
 interaction was beneficial."*

*(Understanding my Anger March
 2019)*

Places are FREE but must be booked in advance. To book a place or make an enquiry
 please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B22 Increasing My Motivation	Date, Time, Venue, Facilitator
<p>Gaining insight into the common symptoms of depression and the vicious cycle of thoughts, feelings and behaviours. The aim is to learn how to increase motivation by changing your behaviours through behaviour activation.</p>	<p>Tuesday 7 May 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Emma Chapman</i> <i>Improving Access to Psychological Therapies</i> <i>East London NHS Foundation Trust</i></p> <p>Thursday 25 July 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Rhian Davies</i> <i>Improving Access to Psychological Therapies</i> <i>East London NHS Foundation Trust</i></p>
B23 Indian Classical Dance Style Odissi	Date, Time, Venue, Facilitator
<p>This dance workshop will be an introductory fun filled session learning at the oldest Indian classical dance style Odissi.</p> <p>The participants will get to try out foot positions, basic movements, hand gestures and expressions. Parvati has experience of teaching and performing Odissi for over 30 years and would enjoy sharing the joy she has experienced through this art form with the participants. Loose clothing that allows free movements is advisable. Look forward to seeing as many of you as possible!</p>	<p>Wednesday's 1, 8, and 15 May</p> <p>10, 17 and 24 July</p> <p>7, 14 and 21 August</p> <p>3.30pm - 5pm Project 229 227 - 229 Bedford Road, Kempston, Bedford, MK42 8DA</p> <p><i>Parvati Rajamai - CMHT Bedford West</i> <i>East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
 please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B24 Interview Skills	Date, Time, Venue, Facilitator
<p>This workshop is suitable for service users and carers only accessing ELFT services.</p> <p>The workshop tells you the things you need to know to be able to participate on staff interview panels as a service user or carer representative.</p> <p>You will learn about how the trust recruits people and how interview panels work. The most important thing is that you bring the voice and experience of service users and carers to the interview panel and help the trust employ the right people.</p>	<p>Tuesday 11 June 10.30am - 12.30pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Kamila Naseova People Participation Lead For Bedford Borough</i></p> <p><i>Sadhya Noorin Recovery College Peer Tutor</i> <i>East London NHS Foundation Trust</i></p>
B25 Introduction to Craft	Date, Time, Venue, Facilitator
<p>Uses a variety of skills in the craft making process, to socialise with other people and improve confidence and mood.</p>	<p>Monday 20 May - 22 July 2pm - 3.30pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Anthony Barron Recovery College</i></p> <p><i>Sheila Franklin Recovery College Volunteer</i> <i>East London NHS Foundation Trust</i></p>
B26 Introduction to Recovery	Date, Time, Venue, Facilitator
<p>What is Recovery?</p> <p>This workshop aims to provide an understanding of what recovery is, what the recovery journey means and how unique each person's journey is.</p>	<p>Tuesday 21 May 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Clare Essex Deputy Manager Recovery College</i> <i>East London NHS Foundation Trust</i></p>

“Loved the afternoon, exceeded expectations learnt new skills. Can't wait for the next course met such nice people”

(Willow Lanterns February 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B27 Living Well With A Long Term Condition	Date, Time, Venue, Facilitator
<p>This workshop is for anyone with a long term condition who is interested in taking an active approach to help themselves to improve personal well-being, and explore how to live life in a more positive way.</p>	<p>Friday 26 July 1pm - 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Thursday 22 August 1pm - 3pm De Parys Group Bromham Surgery, Molivers Lane, Bromham, Bedfordshire, MK43 8JT</p> <p><i>Clare Essex Deputy Manager Recovery College East London NHS Foundation Trust</i></p>
B28 Managing Mood and Motivation	Date, Time, Venue, Facilitator
<p>This workshop provides the space for individuals to consider how low mood and lack of motivation can impact on day to day life and compromise a full and purposeful life. The workshop uses interactive exercises to identify and explore ways to improve mood and increase motivation.</p>	<p>Thursday 13 June 2pm - 4pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Sara McClurg Recovery College Debbie Brathwaite Recovery College Peer Tutor East London NHS Foundation Trust</p>
B29 Mindful Meditation	Date, Time, Venue, Facilitator
<p>A Mindful Meditation to encourage relaxation. The Meditation is led by the Lifestyle Hub co-ordinator.</p> <p>The session will begin with an introduction to the style of meditation we will be doing, why we might want to meditate and how it works. This session will be non-spiritual and non-religious. Please wear comfortable clothing and if you prefer to sit on the floor, please bring a cushion / blanket to enhance your comfort, otherwise no special kit is required.</p> <p>The session will last no longer than 1 hour with 20 minutes of active meditation.</p>	<p>Friday 24 May 2pm - 3pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p>Claire Maw Lifestyle Hub Co-ordinator</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B30 Multi-Cultural Women's Life Skills	Date, Time, Venue, Facilitator
<p>An opportunity to interact and create community links with women from diverse backgrounds. Gain better understanding of mental health and wellbeing, as well as identifying self-help skills to aid your journey to recovery.</p>	<p>Wednesday 15 May – 28 August 1pm – 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Joginder Khinder</i> East London NHS Foundation Trust</p>
B31 My Rights Under the Mental Health Act 1983	Date, Time, Venue, Facilitator
<p>The session will give an overview of the role, rights and importance of the Nearest Relative in the context of assessments under the Mental Health Act; to help attendees understand how an AMHP decides who the Nearest Relative is and some of the complex practical issues that can arise; and to explain the grounds, and process, for Nearest Relative displacement.</p>	<p>Thursday 6 June 10.30am - 12.30pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p>Monday 1 July 2pm – 4pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>David Markovitch</i> Mental Health Law Manager Kit Chand AMHP Lead East London NHS Foundation Trust</p>
B32 Painting for You	Date, Time, Venue, Facilitator
<p>Create your own personalised art using a range of materials with guidance from an experienced artist.</p> <p>The aim of the course is to develop skills in the art making process, using your imagination to achieve a piece of work which is enjoyable and will improve your mental health well-being. To share ideas in a group setting.</p>	<p>Tuesday 21 May - 23 July 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Anthony Barron Recovery College</i> Pedram Nayeri Recovery College Volunteer East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B33 Pastel Workshop	Date, Time, Venue, Facilitator
<p>Pastels are soft, colourful chalks which can be used to smudge colours together to create striking designs and pictures. If you like the feeling of chalk and getting your hands messy, then this workshop can help you explore colour in a different way</p>	<p>Thursday 25 July 10.30am - 12.30pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Claire Cooper Recovery College East London NHS Foundation Trust</i></p>
B34 Presentation Skills	Date, Time, Venue, Facilitator
<p>Join this friendly and supportive environment to learn about skills and tips for speaking in groups and presenting your ideas, personal story and formal presentations.</p>	<p>Wednesday 26 June 10am - 12.30pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Jo Sale Senior Lecturer University of Bedfordshire Jim Patrick Recovery College Peer Tutor East London NHS Foundation Trust</i></p>
B35 Pyrography for Beginners	Date, Time, Venue, Facilitator
<p>Pyrography is an effective way to create a decorative piece of art work on wood.</p>	<p>Wednesday 22 May - 24 July 1pm - 3.30pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Alan Jones and Claire Ludbrook Recovery College Volunteers East London NHS Foundation Trust</i></p>
B36 Recovery Through Activity: Looking After Me	Date, Time, Venue, Facilitator
<p>This course provides an opportunity explore your current lifestyle and identify how it can impact your mental health and wellbeing. It will enable you to begin to make changes to your lifestyle to have a positive benefit to your mental health and wellbeing.</p>	<p>Friday 7 June - 12 July 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Clare Essex Deputy Manager, Recovery College Rajveer Kaur Recovery College Peer Tutor East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
 please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

<p>B37 Recovery Through Art</p> <p>This course will help individuals to develop new skills and interest. Improve concentration and communication. Different art materials maybe sourced and there will be books and images for inspiration. Personal projects are welcome and can be brought into the session and worked on.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Thursday 23 May - 25 July 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Anthony Barron Recovery College</i> <i>Emma Sanderson Recovery College</i> <i>Volunteer</i> <i>East London NHS Foundation Trust</i></p>
<p>B38 Relaxation</p> <p>If you feel you have a lot of tension that you would like to address and alleviate then this relaxation workshop maybe the one for you. It is accepted that by incorporating regular relaxation techniques into your daily routines, can cut down on stress and help you feel more in control of how you feel.</p> <p>This workshop will provide a safe space in which you will learn new skills on how to relax and breathe by using various mindful techniques and exercises that are accessible online and that you can adapt at home. We respectfully ask that people aim to arrive 10 minutes before the group starts as the relaxation process requires an uninterrupted environment and we cannot allow late arrivals.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Monday 13 May - 15 July 1pm - 2pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p>Tuesday 14 May - 16 July 1pm - 2pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Petar Djukic Recovery College Peer Tutor</i></p>
<p>B39 Self-Belief</p> <p>This 4 week course will help you to explore ways to work on the inner negative voice, turning weakness into strength, how to be your own motivational coach and getting your mind on your side.</p> <p>Come and join us if you want to challenge your self-belief with others who understand.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Wednesday 17 July - 7 August 10am - 12pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Sam Fossey and Clare Essex</i> <i>Recovery College</i> <i>East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B40 Self-Belief	Date, Time, Venue, Facilitator
<p>'This workshop aims to explore ways to work on the inner negative voice, turning weakness into strength, how to be your own motivational coach and getting your mind on your side.'</p>	<p>Friday 9 August 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Clare Essex Deputy Manager Recovery College East London NHS Foundation Trust</i></p>
B41 Self-Discovery Through Writing	Date, Time, Venue, Facilitator
<p>This course uses a range of Creative Writing techniques such as: Mindful, Reflective, Freestyle and Expressive Writing, to support people to reflect and gain a sense of who they are.</p> <p>The course encourages opportunities for expression and a chance for people to share their story in a safe and friendly environment.</p> <p>This course is for people who wish to explore and reflect on their experiences using the written medium.</p>	<p>Thursday 23 May - 25 July 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Sara McClurg Recovery College Denise Elliot Recovery College Volunteer East London NHS Foundation Trust</i></p>
B42 SMART Ways To Wellbeing	Date, Time, Venue, Facilitator
<p>This workshop supports individuals to consider their lifestyle and the impact it may have on their wellbeing. The aim of the workshop is to enable individuals to work towards change as part of their recovery journey. The workshop combines goal setting and problem solving activities to create a purposeful lifestyle and a positive wellbeing</p>	<p>Thursday 6 June 2pm - 4pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Sara McClurg Recovery College Debbie Brathwaite Recovery College Peer Tutor East London NHS Foundation Trust</i></p>
B43 Social Discussion Group	Date, Time, Venue, Facilitator
<p>This group's aim is to encourage the development of communication skills, learning how to interact with others in a group and how to develop listening skills.</p> <p>The group will participate in the use of appropriate dialogue whilst engaged in a debate with others or when involved in a less formal chat. The group will provide opportunities to increasing confidence and developing friendships.</p>	<p>Tuesday 21 May - 24 September 2pm - 3pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Martin Reddy Recovery College East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B44 Suicide Awareness	Date, Time, Venue, Facilitator
<p>Aim: To improve participant's confidence in dealing with disclosure of suicidal thoughts and plans.</p> <p>Objectives</p> <ul style="list-style-type: none"> • To enable participants to identify their attitudes to suicide • To give participants skills to help someone experiencing suicidal thoughts and signpost towards support • To provide data on suicide <p>Please be aware that this is not a therapeutic space.</p> <p>Details and maps can be found by going to https://www.beds.ac.uk/about-us/campuses</p>	<p>Wednesday 5 June 9.30am - 1pm University of Bedfordshire, Room G2.11 Gateway Building, Polhill Campus Polhill Avenue, Bedford, MK41 9EA</p> <p><i>Jo Sale Senior Lecturer Jill Gale Mental Health Advisor University of Bedfordshire</i></p>
B45 Thinking of Working	Date, Time, Venue, Facilitator
<p>Are there barriers stopping you from working? Would you like to return to work and feeling unsure if you could? Come and join us to talk through your hopes, aspirations and what you consider are barriers to reaching your employment goals</p>	<p>Wednesday 25 June 10am - 12pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Karen Simpson Employment Services East London NHS Foundation Trust</i></p>
B46 Tree Of Life	Date, Time, Venue, Facilitator
<p>A one day workshop which uses the arts to focus on your strengths and abilities through the metaphor of a tree. Everyone will make their own tree which tells their own story. We don't focus on the past, we use the tree to look to the future. The art you make is not interpreted – your views on what you've made are what matter. You can share as much or as little as you'd like. You don't need to be good at art, music, drama or dance to attend this workshop. All art materials will be provided. Please bring your lunch with you.</p>	<p>Thursday 16 May 10am - 4pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Nicki Power Art Therapist Rachael Hood Trainee Drama Therapist East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Bedford

B47 Understanding and Managing OCD	Date, Time, Venue, Facilitator
<p>This six week course is designed for those who may have an obsessive compulsive disorder (OCD), or for those who may be friends, relatives or carers of someone living with OCD.</p> <p>The group will provide information about OCD, and use a Cognitive Behavioural Therapy (CBT) based framework to provide information about how people can manage and potentially overcome some of these thoughts and behaviours.</p> <p>During the group you will receive some information about tools for managing anxiety and how you can manage some of the impact compulsions have on your life. This group may provide some information about how you might be able to start to overcome, or manage your OCD symptoms.</p>	<p>Tuesday's 4 June - 9 July 11am - 1pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p><i>Eloise Ainger and Susannah Denly</i> <i>Assistant Psychologists</i> <i>East London NHS Foundation Trust</i></p>
B48 Understanding Depression	Date, Time, Venue, Facilitator
<p>An informal and relaxed workshop that will provide each participant with insight into the symptoms of depression and the various cycles involved in the condition/illness. The workshop will assist candidates to identify the main factors that maintain an individual's depressive experience, and challenge these beliefs. Your group will provide self-management skills to improve wellbeing and boost self-esteem.</p>	<p>Friday 12 July 10am - 2pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Friday 26 July 12.30pm - 4.30pm Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p><i>Martin Reddy Recovery College</i> <i>Jim Patrick Recovery College Peer Tutor</i> <i>East London NHS Foundation Trust</i></p>

***“Fantastic short course, great facilitator,
will actively push for more people to
attend workshop, especially front line
staff teachers”***

“

(Understanding Autism March 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B49 Understanding Hoarding

It is common for hoarded properties to 'cleared out' by cleaning teams. This can lead to further distress and increased hoarding. This course enables people to have a greater awareness and empathy for individuals who have hoarding behaviours. It outlines what hoarding is and possible signs to identify a hoarder. The course explores practical tips, identifying levels of hoarding and ways to support individuals to explore small changes to their behaviours.

- Understanding hoarding
- Positive engagement/Techniques
- Risk/Risk Assessment/Legislation including Safeguarding and Care Act 2014
- Case study work (throughout)

Date, Time, Venue, Facilitator

Thursday 13 June
10.30am - 12.30pm
 Recovery College, 29 Barford Avenue,
 Bedford, MK42 0DS

Rebecca Coughlan
Occupational Therapy Recovery Specialist
East London NHS Foundation Trust

B50 Understanding My Anger

This aims to enable individuals to understand more about; what anger is, why we get angry and recognising the triggers to anger in ourselves. The workshop will also look at dealing with anger, letting go of angry thoughts and managing anger on a long term basis.

Date, Time, Venue, Facilitator

Tuesday 20 August
11am - 1.30pm
 Recovery College, 3 Woburn Road,
 Bedford, MK40 1EG

Sara McClurg Recovery College
Debbie Brathwaite Recovery College Peer Tutor
East London NHS Foundation Trust

B51 Wellness Recovery Action Plan

Wellness Recovery Action Plan is a self-designed prevention and wellness tool that you can use to help you to get well and stay well.

This workshop will explore what it is and how it can be helpful in recovery.

Date, Time, Venue, Facilitator

Monday 3 June
10am - 12pm
 Recovery College, 3 Woburn Road,
 Bedford, MK40 1EG

Tuesday 13 August
10am - 12pm
 Recovery College, 3 Woburn Road,
 Bedford, MK40 1EG

Debbie Buck Lead for Nurse Development
Felicity Stocker Recovery College Peer Tutor
East London NHS Foundation Trust

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Bedford

B52 Yoga	Date, Time, Venue, Facilitator
<p>A 90 minute yoga class, aimed at gently allowing the body to begin to learn how to soften, relax, and feel more open</p> <p>This gentle, restorative session aims to teach participants to gain a better insight into breath work, yoga postures, and relaxation, as well as learning some guided meditation techniques.</p> <p>All abilities and all levels welcome. Yoga mats and pillows are provided, bring a blanket for relaxation.</p>	<p>Thursday 16 May - 18 July 1.30pm - 3pm (No session on 30 May – Half Term) Recovery College, 29 Barford Avenue, Bedford, MK42 0DS</p> <p style="text-align: right;"><i>Racheall Monton Independent Facilitator</i></p>
B53 You and Your Care Plan Approach	Date, Time, Venue, Facilitator
<p>CPA – do you know what it is? Do you have one? It is the Care Plan Approach. A new type of care plan for some service users. It is a document that is filled out by you with support from your Care Co-Ordinator. It is all about how you see yourself, where you want to progress to in the next 6 months/one year. It looks at all aspects of life, not just your mental health. It is a person centred and based on a solution focused model. It is a document that encourages you to think positively about your future. If you are confused, or have not even heard about the new CPA then come along and hear all about it from service user trainers who have lived experience of not only having a CPA, but also training the staff within ELFT who use the documents with their own service uses.</p> <p>The new CPA, it's yours, take ownership and take a positive step to recovery</p>	<p>Monday 3 June 1pm - 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p>Tuesday 13 August 1pm - 3pm Recovery College, 3 Woburn Road, Bedford, MK40 1EG</p> <p style="text-align: right;"><i>Debbie Buck Lead for Nurse Development Felicity Stocker Recovery College Peer Tutor East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Ampthill

A01 Creative Arts and Craft Skills	Date, Time, Venue, Facilitator
<p>This peer-led course, aims to offer a friendly, safe and open space for people to create art and craft in a friendly, social environment. People may choose to create a piece collectively as a group, work on individual ongoing projects or bring a new skill to share with the group.</p> <p>Past groups have completed pieces such as: Painting, Decorative Candles, Colouring Mandalas and Cross Stitch.</p>	<p>Friday 3 May - 26 July 1pm - 3pm Parkside Community Hall, Woburn Street, Ampthill, MK45 2LZ</p> <p>Sandra Devine and Beverley Richards Community Support Workers East London NHS Foundation Trust</p>
A02 Dream Catchers	Date, Time, Venue, Facilitator
<p>Dream catchers were originally used as talismans to protect sleeping people. Their design is based upon a spider's web which allows good dreams to pass through and float down, whilst catching the bad dreams in its web. In this workshop you will create and decorate your own personal dream catcher which you will be able to take home</p>	<p>Thursday 20 June 11am - 2pm Parkside Community Hall, Woburn Street, Ampthill, MK45 2LZ</p> <p>Claire Cooper and Sam Fossey Recovery College East London NHS Foundation Trust</p>
A03 Lifestyle Changes	Date, Time, Venue, Facilitator
<p>This course is aimed to support individuals to consider their lifestyle and activity and work towards change using goal setting exercise. The course looks at creating a purposeful balanced lifestyle.</p>	<p>Friday 10 May - 26 July 10am - 12.30pm Parkside Community Hall, Woburn Street, Ampthill, MK45 2LZ</p> <p>Renate Taylor University of Bedfordshire</p>
A04 Mindfulness Walk	Date, Time, Venue, Facilitator
<p>If you have attended relaxation/mindfulness groups in the past and would like to apply those techniques to physical activity, we will be mindfully walking around Ampthill park, weather permitting</p>	<p>Wednesday's 24 July 12pm - 1.30pm Ampthill Great Park Woburn Street, Ampthill, MK45 2HX</p> <p>Claire Cooper Recovery College Petar Djukic Recovery College Peer Tutor East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Amphill

A05 Painting For Beginners	Date, Time, Venue, Facilitator
<p>Colouring or Painting on pre-printed canvas in a relaxed, friendly space.</p> <p>This group will help people to develop new skills and build self confidence in a creative environment.</p>	<p>Thursday 11 July 11am - 2pm Parkside Community Hall, Woburn Street, Amphill, MK45 2LZ</p> <p><i>Claire Cooper and Sam Fossey</i> Recovery College East London NHS Foundation Trust</p>
A06 Understanding Depression	Date, Time, Venue, Facilitator
<p>Join us in an informal and relaxed workshop that will provide each participant with insight into the symptoms of depression and the various cycles involved in the condition/ illness. The workshop will assist candidates to identify the main factors that maintain an individual's depressive experience, and challenge these beliefs. Your group will provide self-management skills to improve wellbeing and boost self-esteem.</p>	<p>Thursday 16 May 10.30am - 2.30pm Parkside Community Hall, Woburn Street, Amphill, MK45 2LZ</p> <p><i>Martin Reddy and Sue Risiott</i> Recovery College East London NHS Foundation Trust</p>

“The Facilitators were nice people it was a good workshop. I'm pleased I went to it”

(Developing Confidence January 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Biggleswade

Course Title	Date, Time, Venue, Facilitator
<p>BG01 Back To Reality</p> <p>A 4 week course which you can join all 4 sessions or single sessions. It is designed for individuals who have recently been facing some challenges or been in hospital. A course where you can 'take stock', thinking about what next steps are to continue with your recovery. It explores the fundamentals of recovery with meaningful activities, connections and balancing your time. Come and join us to help you to get back on track.</p>	<p>Thursday 6, 13, 20 and 27 June 1.30pm - 3.30pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Rebecca Coughlan Occupational Therapy Recovery Specialist East London NHS Foundation Trust</i></p>
<p>BG02 Bedfordshire Recovery College Forum</p> <p>The Recovery College is committed to providing opportunities for those who use the Recovery College, friends and family who have a caring role, our partners e.g. the University of Bedfordshire, and other associated groups and professionals. We intend to come together each month to seek your input and participation into this process to ensure everyone concerned has a voice. This will feed into the decision making process which determines how we move forward and shape the Recovery College in Bedfordshire.</p>	<p>Tuesday 14 May 10am – 12pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Martin Reddy Recovery College East London NHS Foundation Trust</i></p>
<p>BG03 Dream Catchers</p> <p>Dream catchers were originally used as talismans to protect sleeping people. Their design is based upon a spider's web which allows good dreams to pass through and float down, whilst catching the bad dreams in its web. In this workshop you will create and decorate your own personal dream catcher which you will be able to take home.</p>	<p>Thursday 23 May 11am - 2pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Claire Cooper and Sam Fossey Recovery College East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Biggleswade

BG04 Employment Toolkit	Date, Time, Venue, Facilitator
<p>Practical step by step guide to help you apply for jobs.</p>	<p>Wednesday 21 August 10am - 12pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p>Tracy Brewer-Reeves Employment Specialist East London NHS Foundation Trust</p>
BG05 First Aid	Date, Time, Venue, Facilitator
<p>Would you like to come and attend a First aid workshop to help to give you practical tools to manage in your day to day life or out in the community?</p> <p>What do the workshops cover? The free workshops, delivered by Red Cross educators, aim to help adults learn first aid. Learn essential first aid skills, including how to help someone who is unresponsive and breathing/not breathing, bleeding heavily or has a burn. Build the confidence and willingness to help in a first aid emergency. Assess and manage risks to make informed choices when helping others.</p>	<p>Monday 5 August 1pm - 3.30pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p>Jill Organ British Red Cross Adult Education Coordinator East of England</p>
BG06 Introduction To Recovery	Date, Time, Venue, Facilitator
<p>What is recovery? This course aims to provide an understanding of what recovery is, what the recovery journey means, and how unique each person's journey is.</p>	<p>Tuesday 16 July 1.30pm - 3.30pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p>Rebecca Coughlan Occupational Therapy Recovery Specialist East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Biggleswade

<p>BG07 Photobook of my Life</p> <p>This workshop will support you to use simple digital (on your phone) and traditional photography (a disposable camera) to share your story.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Tuesday 11 June 2pm - 3pm Biggleswade Masonic Centre, St Andrews Rooms, St Andrews Street, Biggleswade, SG18 8BA</p> <p><i>Peter Sheppard - Art Therapist</i> <i>East London NHS Foundation Trust</i></p>
<p>BG08 Thinking of Working</p> <p>"Are there barriers stopping you from working? Would you like to return to work and feeling unsure if you could? Come and join us to talk through your hopes, aspirations and what you consider are barriers to reaching your employment goals"</p>	<p>Date, Time, Venue, Facilitator</p> <p>Wednesday 24 July 10am - 12pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Tracy Brewer-Reeves</i> <i>Employment Specialist</i> <i>East London NHS Foundation Trust</i></p>
<p>BG09 Understanding Depression</p> <p>Join us in an informal and relaxed workshop that will provide each participant with insight into the symptoms of depression and the various cycles involved in the condition/ illness. The group will assist candidates to identify the main factors that maintain an individual's depressive experience, and challenge these beliefs. Your group will provide self-management skills to improve wellbeing and boost self-esteem.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Monday 24 June - 29 July 2pm - 4pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Martin Reddy and Sue Risiott</i> <i>Recovery College</i> <i>East London NHS Foundation Trust</i></p>
<p>BG10 Vintage-Style Book Wraps</p> <p>Create, design, stitch and embellish a uniquely crafted vintage style wrap for a notebook, using vintage-style fabrics, buttons, hand stitching, beads and handmade embellishments</p>	<p>Date, Time, Venue, Facilitator</p> <p>Tuesday 16 July - 6 August 11am - 1pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Julie Hardy and Sam Fossey</i> <i>Recovery College</i> <i>East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Biggleswade

BG11 Wellbeing Group	Date, Time, Venue, Facilitator
<p>This group aims to support people by reducing their social isolation, developing communication skills and building self-confidence within a safe, confidential and friendly environment. We also like to meet with new people who may be interested in the group first, to assess whether the group is appropriate for their needs.</p>	<p>Friday 3 May - 2 August 10.30am - 12.30pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Claire Cooper and Sam Fossey</i> Recovery College East London NHS Foundation Trust</p>
BG12 Wellness Recovery Action Plan	Date, Time, Venue, Facilitator
<p>Wellness Recovery Action Plan is a self-designed prevention and wellness tool that you can use to help you to get well and stay well. This workshop will explore what it is and how it can be helpful in recovery.</p>	<p>Wednesday 8 May 10am - 12pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Debbie Buck Lead for Nurse Development</i> Felicity Stocker Recovery College Peer Tutor East London NHS Foundation Trust</p>
BG13 You And Your Care Plan Approach	Date, Time, Venue, Facilitator
<p>CPA – do you know what it is? Do you have one? It is the Care Plan Approach. A new type of care plan for some service users. It is a document that is filled out by you with support from your Care Co-Ordinator. It is all about how you see yourself, where you want to progress to in the next 6 months/one year. It looks at all aspects of life, not just your mental health. It is a person centred and based on a solution focused model. It is a document that encourages you to think positively about your future. If you are confused, or have not even heard about the new CPA then come along and hear all about it from service user trainers who have lived experience of not only having a CPA, but also training the staff within ELFT who use the documents with their own service uses.</p> <p>The new CPA, it's yours, take ownership and take a positive step to recovery</p>	<p>Wednesday 8 May 1pm – 3pm The Weatherley Centre, Eagle Farm Road, Biggleswade, SG18 8JH</p> <p><i>Debbie Buck Lead for Nurse Development</i> Felicity Stocker Recovery College Peer Tutor East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please [✉ elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Dunstable

D01 Anxiety management	Date, Time, Venue, Facilitator
<p>These workshops are for those struggling with anxiety and the impact it has on their wider lives and relationships. We welcome you to this one day workshop which aims to make learning fun and enjoyable.</p>	<p>Wednesday 15 May 10.30am - 2.30pm Dunstable Fire Station, Brewers Hill Road, Dunstable, LU6 1AA</p> <p><i>Martin Reddy and Sue Risiott</i> Recovery College East London NHS Foundation Trust</p>
D02 Balancing My Lifestyle	Date, Time, Venue, Facilitator
<p>The Lifestyle Changes Workshop aims to allow time to think about your lifestyle, identify changes you would like to make and work towards making these changes. You will have the opportunity to explore the benefits of purposeful activity and the how to achieve a meaningful lifestyle balance. The sessions will cover the following areas: The importance of activity.</p> <ul style="list-style-type: none"> • Creating a lifestyle that is moving forwards • Organisational Skills • Creating a lifestyle that makes you feel good • Goal Setting and problem solving 	<p>Monday 3 June 1pm - 4pm Eaton Bray Café, Eaton Bray Village Hall, Church Lane, Eaton Bray, LU6 2DJ</p> <p><i>Sara McClurg Recovery College</i> Debbie Brathwaite Peer Tutor East London NHS Foundation Trust</p>
D03 Balancing My Lifestyle	Date, Time, Venue, Facilitator
<p>The Lifestyle Changes Workshop aims to allow time to think about your lifestyle, identify changes you would like to make and work towards making these changes. You will have the opportunity to explore the benefits of purposeful activity and the how to achieve a meaningful lifestyle balance. The sessions will cover the following areas: The importance of activity.</p> <ul style="list-style-type: none"> • Creating a lifestyle that is moving forwards • Organisational Skills • Creating a lifestyle that makes you feel good • Goal Setting and problem solving 	<p>Friday 30 August 2pm - 4.30pm Grove Corner Youth and Community Centre, 76A High Street North, Dunstable, LU6 1JF</p> <p><i>Sara McClurg Recovery College</i> Debbie Brathwaite Recovery College Peer Tutor East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please [✉ elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Dunstable

D04 Know It	Date, Time, Venue, Facilitator
Learn new IT skills such as using emails, browsing the internet and producing documents. These 20 classes will teach you everyday skills for life and work	Monday 13 May - 23 September 9.30am - 12.30pm Disability Resource Centre, Poynters House, Poynters Road, Dunstable, LU5 4TP.
Can join at anytime	<i>Gina Cumiskey, Project Coordinator</i> <i>The Disability Resource Centre</i> <i>01582 470900</i>
D05 Know Your Mind	Date, Time, Venue, Facilitator
In 10 three hour sessions you will learn new skills to relax and unwind. Develop techniques such as mindfulness & meditation, helping you to cope better with the stresses of life.	Thursday 23 May - 25 July 9.30am - 12.30pm Disability Resource Centre, Poynters House, Poynters Road, Dunstable, LU5 4TP.
	<i>Gina Cumiskey, Project Coordinator</i> <i>The Disability Resource Centre</i> <i>01582 470900</i>
D06 Know Your True Self	Date, Time, Venue, Facilitator
Identify your strengths and what is holding you back. Over 10 sessions, you will learn how to manage changes in your life, improve confidence and plan your next steps. □	Tuesday 21 May – 23 July 9.30am – 12.30pm Disability Resource Centre, Poynters House, Poynters Road, Dunstable, LU5 4TP.
	<i>Gina Cumiskey, Project Coordinator</i> <i>The Disability Resource Centre</i> <i>01582 470900</i>
D07 Know Your Way	Date, Time, Venue, Facilitator
A 12 week employment support programme including employability skills, IT techniques and personal development strategies. Develop the skills that will help you back into work.	Tuesday 7 May – 23 July 9.30am – 4pm Disability Resource Centre, Poynters House, Poynters Road, Dunstable, LU5 4TP.
Can join at anytime	<i>Gina Cumiskey, Project Coordinator</i> <i>The Disability Resource Centre</i> <i>01582 470900</i>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Dunstable

D08 Support Into Employment

This employability 12 week course offers support with application forms, CV's, interview techniques and much more. It also supports with ICT skills and personal development skills incorporating workshops such as confidence building, dealing with anxiety, mindfulness and meditation.

Date, Time, Venue, Facilitator

*Call The Disability Resource Centre
01582 470900 to book a convenient start
date and time.*

9.30am - 4pm

Disability Resource Centre, Poynters House,
Poynters Road, Dunstable, LU5 4TP.

**Levi Habashanti Care Support Officer
The Disability Resource Centre
01582 470900**

D09 "The Future Me"

This course offers support with understanding what part of your life might be missing, how to identify it and then create an action plan in order to set your goals and how to reach them.

Date, Time, Venue, Facilitator

Thursday 6 June - 25 July

9.30am - 4.30pm

Disability Resource Centre, Poynters House,
Poynters Road, Dunstable, LU5 4TP

***Gina Cumiskey, Project Coordinator
The Disability Resource Centre
01582 470900***

D10 Tree Of Life

A one day workshop which uses the arts to focus on your strengths and abilities through the metaphor of a tree. Everyone will make their own tree which tells their own story. We don't focus on the past, we use the tree to look to the future. The art you make is not interpreted – your views on what you've made are what matter. You can share as much or as little as you'd like.

You don't need to be good at art, music, drama or dance to attend this workshop. All art materials will be provided.

Please bring your lunch with you.

Date, Time, Venue, Facilitator

Thursday 6 June

10am - 4pm

Dunstable Fire Station, Brewers Hill Road,
Dunstable, LU6 1AA

**Katherine Rothman Dance Movement
Psychotherapist
Rachael Hood Trainee Drama Therapist
East London NHS Foundation Trust**

**Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net**

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917



Courses and Workshops Dunstable

D11 Understanding My Anger

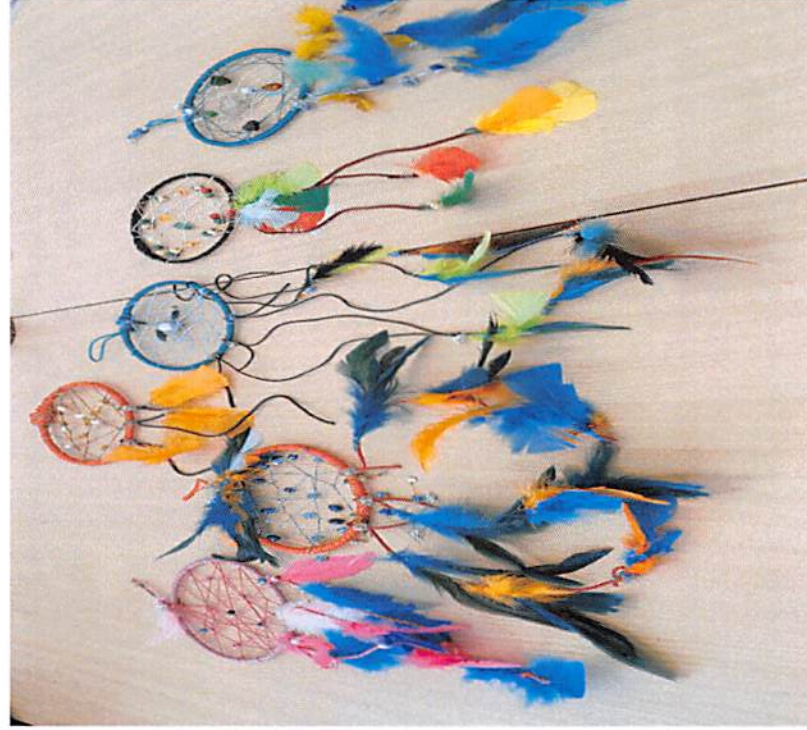
This workshop aims to enable individuals to understand more about what anger is, why we get angry and recognising the triggers to anger in ourselves. The workshop will also look at dealing with anger, letting go of angry thoughts and managing anger in the long term.

Date, Time, Venue, Facilitator

Friday 23 August
2pm - 4.30pm

Grove Corner Youth and Community Centre,
76A High Street North, Dunstable, LU6 1JF

Sara McClurg Recovery College
Debbie Brathwaite Recovery College Peer
Tutor
East London NHS Foundation Trust



“Enjoyed this course and found it really informative. I learnt a lot about creating poetry and stories which help me express how I feel. This course has been extremely supportive in allowing me to do that. I have learnt self-expression and it helps me cope. The facilitators are fantastic. They make it both energetic and organised. Thank you.”

*(Self-Discovery through Writing
March 2019)*

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📍 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Flitwick

F01 Developing Confidence	Date, Time, Venue, Facilitator
<p>The course is a structured Cognitive Behavioural Therapy (CBT) based course that helps members to gain insight into low confidence and low self-esteem. This fun and inclusive course is designed to provide a comprehensive understanding around the area of confidence, and how we can begin to improve on it. We will explore the major themes that underpin low confidence, such as self-esteem, assertiveness and our ability to speak with others. Working in a group can help you overcome some issues that are currently holding you back and begin to feel good about yourself.</p>	<p>Monday 3 June - 8 July 10.30am - 12.30pm Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP</p> <p><i>Martin Reddy and Sue Risiott</i> Recovery College East London NHS Foundation Trust</p>
F02 Employment Toolkit	Date, Time, Venue, Facilitator
<p>Practical step by step guide to help you apply for jobs.</p>	<p>Thursday 13 June 10am - 12pm Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP</p> <p><i>Anita Hempenstall</i> Employment Services East London NHS Foundation Trust</p>
F03 First Aid	Date, Time, Venue, Facilitator
<p>Would you like to come and attend a First aid workshop to help to give you practical tools to manage in your day to day life or out in the community?</p> <p>What do the workshops cover? The free workshops, delivered by Red Cross educators, aim to help adults learn first aid. Learn essential first aid skills, including how to help someone who is unresponsive and breathing/not breathing, bleeding heavily or has a burn. Build the confidence and willingness to help in a first aid emergency. Assess and manage risks to make informed choices when helping others.</p>	<p>Tuesday 25 June 1pm - 3.30pm Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP</p> <p><i>Jill Organ</i> British Red Cross Adult Education Coordinator, East of England</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Flitwick

F04 Thinking Of Working	Date, Time, Venue, Facilitator
<p>"Are there barriers stopping you from working? Would you like to return to work and feeling unsure if you could? Come and join us to talk through your hopes, aspirations and what you consider are barriers to reaching your employment goals"</p>	<p>Thursday 9 May 10am - 12pm Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP</p> <p><i>Anita Hempenstall Employment Services East London NHS Foundation Trust</i></p>
F05 Wellness Recovery Action Plan	Date, Time, Venue, Facilitator
<p>Wellness Recovery Action Plan is a self-designed prevention and wellness tool that you can use to help you to get well and stay well. This workshop will explore what it is and how it can be helpful in recovery.</p>	<p>Monday 15 July 10am - 12pm Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP</p> <p><i>Debbie Buck Lead for Nurse Development Felicity Stocker Recovery College Peer Tutor East London NHS Foundation Trust</i></p>
F06 You And Your Care Plan Approach	Date, Time, Venue, Facilitator
<p>CPA – do you know what it is? Do you have one? It is the Care Plan Approach.</p> <p>A new type of care plan for some service users. It is a document that is filled out by you with support from your Care Co-Ordinator. It is all about how you see yourself, where you want to progress to in the next 6 months/one year.</p> <p>It looks at all aspects of life, not just your mental health. It is a person centred and based on a solution focused model. It is a document that encourages you to think positively about your future. If you are confused, or have not even heard about the new CPA then come along and hear all about it from service user trainers who have lived experience of not only having a CPA, but also training the staff within ELFT who use the documents with their own service uses. The new CPA, it's yours, take ownership and take a positive step to recovery.</p>	<p>Monday 15 July 1pm - 3pm Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP</p> <p><i>Debbie Buck Lead for Nurse Development Felicity Stocker Recovery College Peer Tutor East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please [✉ elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Houghton Regis

HR01 Developing Confidence	Date, Time, Venue, Facilitator
<p>The course is a structured Cognitive Behavioural Therapy (CBT) based course that helps members to gain insight into low confidence and low self-esteem. This fun and inclusive course is designed to provide a comprehensive understanding around the area of confidence, and how we can begin to improve on it. We will explore the major themes that underpin low confidence, such as self-esteem, assertiveness and our ability to speak with others. Working in a group can help you overcome some issues that are currently holding you back and begin to feel good about yourself.</p>	<p>Tuesday 21 May 10.30am - 2.30pm Houghton Regis Library, Bedford Square, Tithe Farm Road, Houghton Regis, Dunstable, LU5 5ES</p> <p><i>Martin Reddy and Sue Risiott</i> Recovery College East London NHS Foundation Trust</p>
HR02 Dream Catchers	Date, Time, Venue, Facilitator
<p>Dream catchers were originally used as talismans to protect sleeping people. Their design is based upon a spider's web which allows good dreams to pass through and float down, whilst catching the bad dreams in its web. In this workshop you will create and decorate your own personal dream catcher which you will be able to take home.</p>	<p>Thursday 6 June 11am - 2pm Houghton Regis Library, Bedford Square, Tithe Farm Road, Houghton Regis, Dunstable, LU5 5ES</p> <p><i>Claire Cooper and Sam Fossey</i> Recovery College East London NHS Foundation Trust</p>
HR03 Employment Toolkit	Date, Time, Venue, Facilitator
<p>Practical step by step guide to help you apply for jobs.</p>	<p>Friday 16 August 10am - 12pm Houghton Regis Library, Bedford Square, Tithe Farm Road, Houghton Regis, Dunstable, LU5 5ES</p> <p><i>Rachel Briggs Employment Services</i> East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Houghton Regis

HR04 Painting For Beginners

Colouring or Painting on pre-printed canvas in a relaxed, friendly space.

This group will help people to develop new skills and build self confidence in a creative environment.

Date, Time, Venue, Facilitator

Thursday 4 July
11am - 2pm
 Houghton Regis Library, Bedford Square,
 Tithe Farm Road, Houghton Regis,
 Dunstable, LU5 5ES

Sam Fossey and Claire Cooper
Recovery College
East London NHS Foundation Trust

HR05 Thinking Of Working

"Are there barriers stopping you from working?
 Would you like to return to work and feeling unsure if
 you could?"

Come and join us to talk through your hopes,
 aspirations and what you consider are barriers to
 reaching your employment goals"

Date, Time, Venue, Facilitator

Friday 12 July
10am - 12pm
 Houghton Regis Library, Bedford Square,
 Tithe Farm Road, Houghton Regis,
 Dunstable, LU5 5ES

Rachel Briggs Employment Services
East London NHS Foundation Trust



***"Was made to feel very
 welcome although in the
 beginning I was a bit anxious
 but it soon passed. Always
 have a laugh. Nice cups of
 tea and biscuits! Please still
 supply them! And please can
 I come back in next term"***

***(Boost your recovery through games
 March 2019)***

Places are FREE but must be booked in advance. To book a place or make an enquiry
 please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Leighton Buzzard

LB01 Employment Toolkit	Date, Time, Venue, Facilitator
<p>Practical step by step guide to help you apply for jobs.</p>	<p>Wednesday 10 July 10am - 12pm Leighton Buzzard Library Theatre, Lake Street, Leighton Buzzard, LU7 1RZ</p> <p><i>Alison Nicholas Employment Services East London NHS Foundation Trust</i></p>
LB02 Improving My Sleep	Date, Time, Venue, Facilitator
<p>The workshop gives factual information about sleep and sleep cycles and introduces sleep hygiene and CBT, helping people to understand how unhelpful thoughts and behaviours may feed into difficulties with sleep and looks at helpful strategies to manage these problems.</p> <p>In the workshop you will be introduced to tools and techniques for you to work though independently at home.</p>	<p>Wednesday 8 May 10am - 12pm Crombie House, 36 Hockliffe Street, Leighton Buzzard, LU7 1HJ</p> <p><i>Stephanie Masvodza Improving Access to Psychological Therapies East London NHS Foundation Trust</i></p> <p>Tuesday 16 July 10am - 12pm Crombie House, 36 Hockliffe Street, Leighton Buzzard, LU7 1HJ</p> <p><i>Amy Maynard Improving Access to Psychological Therapies East London NHS Foundation Trust</i></p>
LB03 Increasing My Motivation	Date, Time, Venue, Facilitator
<p>Gaining insight into the common symptoms of depression and the vicious cycle of thoughts, feelings and behaviours.</p> <p>The aim is to learn how to increase motivation by changing your behaviours through behaviour activation.</p>	<p>Monday 6 June 2pm - 4pm Crombie House, 36 Hockliffe Street, Leighton Buzzard, LU7 1HJ</p> <p>Monday 12 August 2pm - 4pm Crombie House, 36 Hockliffe Street, Leighton Buzzard, LU7 1HJ</p> <p><i>Lucie Lund Improving Access to Psychological Therapies East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshops Leighton Buzzard

LB04 Thinking Of Working

"Are there barriers stopping you from working?
Would you like to return to work and feeling unsure if you could?
Come and join us to talk through your hopes, aspirations and what you consider are barriers to reaching your employment goals"

Date, Time, Venue, Facilitator

Wednesday 12 June
10am - 12pm
Leighton Buzzard Library Theatre, Lake Street, Leighton Buzzard, LU7 1RZ

Alison Nicholas Employment Services
East London NHS Foundation Trust

LB05 Understanding Depression

Join us in an informal and relaxed workshop that will provide each participant with insight into the symptoms of depression and the various cycles involved in the condition/ illness. The workshop will assist candidates to identify the main factors that maintain an individual's depressive experience, and challenge these beliefs. Your group will provide self-management skills to improve wellbeing and boost self-esteem.

Date, Time, Venue, Facilitator

Wednesday 29 May
10.30am - 2.30pm
Leighton Buzzard Library Theatre, Lake Street, Leighton Buzzard, LU7 1RZ

Martin Reddy and Sue Risiott
Recovery College
East London NHS Foundation Trust



“Really loved this course I want to continue working with this method as I feel it's something I want to work on with at home, hope for more of the same courses”

(Drawing the Grid. February 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshops Sandy

SA01 Introduction to Relaxation	Date, Time, Venue, Facilitator
<p>We know that by relaxing more, we decrease stress levels and generally feel more energised.</p> <p>This one day workshop will introduce some mindful type relaxation and breathing techniques skills which you can use at home and slot into your daily life.</p>	<p>Thursday 18 July 11am - 12.30pm Sandy Village Hall, Engayne Avenue, Sandy SG19 1BN</p> <p><i>Claire Cooper and Sam Fossey</i> Recovery College East London NHS Foundation Trust</p>
SA02 Wellbeing Group	Date, Time, Venue, Facilitator
<p>This group aims to support people by reducing their social isolation, developing communication skills and building self-confidence within a safe, confidential and friendly environment. We also like to meet with new people who may be interested in the group first, to assess whether the group is appropriate for their needs.</p>	<p>Tuesday 30 April - 30 July 1pm - 2.30pm Sandy Village Hall, Engayne Avenue, Sandy SG19 1BN</p> <p><i>Sam Fossey, Claire Cooper & Abul Subhan</i> Recovery College East London NHS Foundation Trust</p>

Courses and Workshops Stotfold

ST01 Anxiety Management	Date, Time, Venue, Facilitator
<p>These workshops are for those struggling with anxiety and the impact it has on their wider lives and relationships. We welcome you to this one day workshop which aims to make learning fun and enjoyable.</p>	<p>Monday 20 May 10.30am - 2.30pm Stotfold Methodist Church, High Street, Stotfold, SG5 4HP</p> <p><i>Martin Reddy and Sue Risiott</i> Recovery College East London NHS Foundation Trust</p>
ST02 Wellbeing Group	Date, Time, Venue, Facilitator
<p>This group aims to support people by reducing their social isolation, developing communication skills and building self-confidence within a safe, confidential and friendly environment. We also like to meet with new people who may be interested in the group first, to assess whether the group is appropriate for their needs.</p>	<p>Tuesday 30 April - 30 July 10.30am – 12.30pm Stotfold Methodist Church, High Street, Stotfold, SG5 4HP</p> <p><i>Sam Fossey Claire Cooper & Abul Subhan</i> Recovery College East London NHS Foundation Trust</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
 please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

LT01 Action on Addiction"	Date, Time, Venue, Facilitator
<ul style="list-style-type: none"> • What's on offer at Resolutions? • Path way into and through service. • How drugs/alcohol addiction can affect a person physically, emotionally and socially. • Discussion with a service user about what helped them to make the changes necessary to change their life. 	<p>Wednesday 17 July 10am - 12pm</p> <p>Wednesday 14 August 10am - 12pm The Hub, 89 Castle Street, Luton, LU1 3AJ</p> <p>Tony Isles <i>Luton Recovery College Manager</i></p> <p>David Gladders <i>Recovery Team Lead for Resolutions</i> <i>East London NHS Foundation Trust</i></p>
LT02 Anxiety Management	Date, Time, Venue, Facilitator
<p>This workshop will give you an overview of what Cognitive Behavioural Therapy (CBT) and anxiety are and how CBT can be used to combat the symptoms of anxiety. We will introduce some techniques which look at how we manage worry as well as teach you a helpful breathing exercise that focuses on muscle tension.</p>	<p>Wednesday 5 June 6pm 7.30pm Tokko Youth Space, 7 Gordon Street, Luton, LU1 2QP</p> <p>Steven Mailes <i>Total Wellbeing Luton</i></p>
LT03 Art Class	Date, Time, Venue, Facilitator
<p>Chance to work with acrylics, paints and pencils etc, The art class are looking for beginners to advanced artists to come along and do your own thing with a helping hand from a tutor.</p>	<p>Friday's 12pm - 2pm Luton Irish Forum, 102 Hitchin Road, Luton, LU2 0ES</p> <p>Ewa Depka Operations Manager <i>Luton Irish Forum</i></p>
LT04 Calligraphy Group	Date, Time, Venue, Facilitator
<p>A chance to experience the fine art of writing. With a care free and easy attitude to learning with hands on help from members and organisers alike.</p>	<p>Friday's 2.30pm - 4.30pm Luton Irish Forum, 102 Hitchin Road, Luton, LU2 0ES</p> <p>Ewa Depka Operations Manager <i>Luton Irish Forum</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

Course Title	Date, Time, Venue, Facilitator
<p>LT05 Choir Practice</p> <p>The mixed choir (men and women) meet at the Forum and wants to hear from adults of “any ability, or none”. Singing in a choir is more about enjoying singing together than great individual talent, as one member says.</p>	<p>Monday's 7pm - 8pm Luton Irish Forum, 102 Hitchin Road, Luton, LU2 0ES</p> <p><i>Ewa Depka Operations Manager Luton Irish Forum</i></p>
<p>LT06 Connects</p> <p>Connect is a social group who meet on a weekly bases to gain new confidences and social skills. Various activities take place including trips out, movie afternoons, group talks, art and crafts, healthy eating.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Friday 10 May - 31 May 2pm - 4pm Penrose, Ground Floor, Victoria House 2-12 Victoria Street, Luton, LU1 2UA</p> <p><i>Samantha Smith - Roots-Service Manager Community Based Recovery Services</i></p>
<p>LT07 Creative Writing</p> <p>Friendly and supportive workshop for up to 10 people. Why not give it a try!</p> <p>No experience of creative writing necessary. Learning to express yourself positively through the written word and increase your wellbeing.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Thursday 20 June 10am - 12.30pm Luton Central Library, St George's Square, Luton, LU1 2NG</p> <p><i>Jo Sale Senior Lecturer Bella Madden Senior Lecturer Midwifery University of Bedfordshire</i></p>
<p>LT08 Employment Toolkit</p> <p>Practical step by step guide to help you apply for jobs.</p>	<p>Date, Time, Venue, Facilitator</p> <p>Tuesday 16 July 10am - 12pm Luton Central Library, St George's Square, Luton, LU1 2NG</p> <p><i>Tasneem Jalil Employment Team East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

LT09 First Aid	Date, Time, Venue, Facilitator
<p>Would you like to come and attend a First aid workshop to help to give you practical tools to manage in your day to day life or out in the community?</p> <p>What do the workshops cover?</p> <p>The free workshops, delivered by Red Cross educators, aim to help adults learn first aid. Learn essential first aid skills, including how to help someone who is unresponsive and breathing/not breathing, bleeding heavily or has a burn. Build the confidence and willingness to help in a first aid emergency. Assess and manage risks to make informed choices when helping others.</p>	<p>Tuesday 2 July 1pm - 3.30pm Luton Central Library, St George's Square, Luton, LU1 2NG</p> <p>Wednesday 24 July 10.30am - 1pm Hope Church, Villa Road, Off Old Bedford Road, Luton, LU2 7NT</p> <p><i>Jill Organ, British Red Cross Adult Education Coordinator East of England</i></p>
LT10 Healthy Minds Course	Date, Time, Venue, Facilitator
<p>6 week general wellbeing course designed to provide participants with emotional and practical tools to support their wellbeing. Small group sessions will cover self-esteem & confidence, stress & anxiety, anger awareness, sleep, food & mood, exercise & wellbeing and mindfulness.</p> <p>Course is free to anyone living in Luton Borough who is unemployed and claiming JSA, ESA or Universal Credit, or working no more than 16 hours per week.</p> <p>Participants should attend all 6 weeks</p>	<p>Tuesday 30 April - 6 June 12.30pm - 2.30pm Luton Wellbeing Centre Mind BLMK 46-56 Dumfries Street Luton, LU1 5BP</p> <p><i>Katy Eagle MIND-BLMK</i> Please contact training@mind-blmk.org.uk to book a place</p>
LT11 Low Mood	Date, Time, Venue, Facilitator
<p>This workshop will give you an overview of Cognitive Behavioural Therapy (CBT) and how it can be used to help with managing low mood. We will introduce some techniques which look at improving motivation and increasing activity as well as creating SMART goals.</p>	<p>Wednesday 12 June 6pm - 7.30pm Tokko Youth Space, 7 Gordon Street, Luton, LU1 2QP</p> <p><i>Steven Mailes</i> Total Wellbeing Luton</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

LT12 Luton Library Health Offers	Date, Time, Venue, Facilitator
<p>Presentation on:</p> <ul style="list-style-type: none"> • Books on Prescription – what they are; their impact; how to ‘prescribe’ • Home Library Service – how to refer and the criteria. • Memory Boxes – what they are and how to borrow them. • Joining the Library and our digital/online service. 	<p>Wednesday 19 June, 17 July, 14 August 10.30am - 12.30pm Well and Wise Space, Luton Central Library, St George’s Square, Luton, LU1 2NG TBC</p> <p><i>Claudette Rhiney</i> <i>Wellbeing and Reminiscence Co-Ordinator</i> <i>Luton Culture</i></p>
LT13 Luton Wellbeing Centre Music Group	Date, Time, Venue, Facilitator
<p>Choose and explore a musical theme – each week we have a theme, everything from topical events to a favourite artist, join us to choose and play your favourite picks!</p> <p>For sessions run by Mind BLMK at the Luton Wellbeing Centre, you must be 18 and over, and living in Luton Borough. Please contact the team directly on 01582 380002 to book an initial appointment before joining sessions.</p>	<p>Wednesday’s ongoing 2pm - 3pm Mind BLMK Luton Wellbeing Centre, 46-56 Dumfries Street Luton, LU1 5BP</p> <p><i>Katy Eagle MIND-BLMK</i></p>
LT14 Mindfulness	Date, Time, Venue, Facilitator
<p>Group sessions of mindfulness practice to focus on improving wellbeing.</p> <p>For sessions run by Mind BLMK at the Luton Wellbeing Centre, you must be 18 and over, and living in Luton Borough. Please contact the team directly on 01582 380002 to book an initial appointment before joining sessions.</p>	<p>Monday’s ongoing 12pm - 1pm Mind BLMK Luton Wellbeing Centre, 46-56 Dumfries Street Luton, LU1 5BP</p> <p><i>Janice Scott Mindfulness Teacher</i></p> <p><i>There will be a small charge of £2.00 to attend this workshop.</i></p>

***“The Facilitator was very good,
material given were very informative,
really enjoyed the workshop”***

(Wrap Plan February 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

LT15 Photobook of my Life	Date, Time, Venue, Facilitator
<p>This workshop will support you to use simple digital (on your phone) and traditional photography (a disposable camera) to share your story. You will make a photo book of your life where you can pick a day or plan an activity and take pictures for your book which might include:</p> <ul style="list-style-type: none"> • A walk with others or alone • A visit to a gallery or museum • Being out in nature • Seeing yourself differently 	<p>Tuesday 21 May 2pm - 3pm Youthscape, Bute Mills, 74 Bute Street, Luton, LU1 2EY</p> <p><i>Peter Sheppard Art Therapist</i> <i>East London NHS Foundation Trust</i></p>
LT16 Practical Horticulture Training	Date, Time, Venue, Facilitator
<p>Learners will gain new skills in horticulture</p> <ul style="list-style-type: none"> • Grow your own/Growing in small spaces • Sowing seeds & potting on • Taking cuttings • Health & Safety in a Horticultural setting plus much more 	<p>Tuesday's 11am - 4pm Thursday's - 11am - 4pm Stockwood Discovery Centre, Greenhouse 2, Stockwood Park, Luton, LU1 4LX</p> <p><i>Samantha Smith Roots-Service Manager</i> <i>Community Based Recovery Services</i></p>
LT17 Presentation Skills	Date, Time, Venue, Facilitator
<p>Join this friendly and supportive environment to learn about Skills and tips for speaking in groups and presenting your ideas, personal story and formal presentations.</p>	<p>Monday 13 May 10am – 12.30pm Luton Central Library, St George's Square, Luton, LU1 2NG</p> <p><i>Jo Sale Senior Lecturer</i> <i>University Bedfordshire</i> <i>Jim Patrick Recovery College Peer Tutor</i> <i>East London NHS Foundation Trust</i></p>

“Very calm, caring environment. Help available all the time. Lovely ladies facilitating. Professional through and through. Thank you for having us.”

(Dream Catchers March 2019)

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshop Luton

Course Title	Date, Time, Venue, Facilitator
<p>LT18 Recycle-A-Bike</p> <p>Penrose CBRS - Recycle-a-Bike is a workshop that upskills individuals on bike maintenance and rebuilding and also cycle safety and road competence.</p> <p>6 week programme</p>	<p>Monday 8 April - 13 May 20 May - 24 June 1 July - 29 July 5 August - 9 September 11am - 1pm Stockwood Discovery Centre, Centre unit 4 Stockwood Park , Luton, LU1 4LX</p> <p>Samantha Smith - Roots Service Manager Community Based Recovery Services</p>
<p>LT19 Roots To Recovery</p> <p>Therapeutic outdoor activities including socialising, gardening, woodwork, outdoor cooking.</p>	<p>Tuesday's 10am - 3pm Penrose Roots to Recovery Garden New Bedford Road Site opposite Cranleigh Gardens Luton</p> <p>Samantha Smith Roots-Service Manager Community Based Recovery Services</p>
<p>LT20 Samaritans Talk</p> <p>Whatever you're facing. We're here to listen. If you're going through a tough time, you don't have to face it alone. Contact Samaritans free on 01582 116123</p>	<p>Wednesday 12 June 1pm - 2pm Hope Church, Villa Road, Off Old Bedford Road, Luton, LU2 7NT</p> <p>Larry Redmond Listening Volunteer at Luton Samaritans</p>
<p>LT21 Stress Management</p> <p>We will introduce Cognitive Behaviour Therapy (CBT) and to understand how it could help you manage symptoms of stress. You will learn to identify symptoms of stress, how it develops and what you can do to help manage this problem.</p>	<p>Wednesday 19 June 6pm - 7.30pm Tokko Youth Space, 7 Gordon Street, Luton, LU1 2QP</p> <p>Steven Mailes Total Wellbeing Luton</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

LT22 Suicide Awareness	Date, Time, Venue, Facilitator
<p>Aim: To improve participant's confidence in dealing with disclosure of suicidal thoughts and plans.</p> <p>Objectives</p> <ul style="list-style-type: none"> • To enable participants to identify their attitudes to suicide. • To give participants skills to help someone experiencing suicidal thoughts and signpost towards support. • To provide data on suicide <p>Please be aware that this is not a therapeutic space.</p> <p>Details and maps can be found by going to https://www.beds.ac.uk/about-us/campuses</p>	<p>Thursday 16 May 9.30am - 1pm University of Bedfordshire University Square, Room G225 Luton LU13JU</p> <p><i>Jo Sale Senior Lecturer Jill Gale Mental Health Advisor University of Bedfordshire</i></p>
LT23 Thinking of Working	Date, Time, Venue, Facilitator
<p>"Are there barriers stopping you from working? Would you like to return to work and feeling unsure if you could? Come and join us to talk through your hopes, aspirations and what you consider are barriers to reaching your employment goals"</p>	<p>Tuesday 18 June 10am - 12pm Luton Central Library, St George's Square, Luton, LU1 2NG</p> <p><i>Ann Lawlor Employment Services East London NHS Foundation Trust</i></p> <p>Tuesday 20 August 10am - 12pm Luton Central Library St George's Square, Luton, LU1 2NG</p> <p><i>Tasneem Jalil Employment Services East London NHS Foundation Trust</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Courses and Workshop Luton

LT24 Tree Of Life

A one day workshop which uses the arts to focus on your strengths and abilities through the metaphor of a tree. Everyone will make their own tree which tells their own story. We don't focus on the past, we use the tree to look to the future. The art you make is not interpreted – your views on what you've made are what matter. You can share as much or as little as you'd like.

You don't need to be good at art, music, drama or dance to attend this workshop. All art materials will be provided.

Please bring your lunch with you.

Date, Time, Venue, Facilitator

Tuesday 14 May

10am - 4pm

Hope Church, Villa Road,
Off Old Bedford Road, Luton, LU2 7NT

***Polly Bowler Music Therapist
Peter Sheppard Art Therapist
East London NHS Foundation Trust***

LT25 Understanding Hoarding

It is common for hoarded properties to 'cleared out' by cleaning teams. This can lead to further distress and increased hoarding. This course enables people to have a greater awareness and empathy for individuals who have hoarding behaviours. It outlines what hoarding is and possible signs to identify a hoarder. The course explores practical tips, identifying levels of hoarding and ways to support individuals to explore small changes to their behaviours.

- Understanding hoarding
- Positive engagement/Techniques
- Risk/Risk Assessment/Legislation including safeguarding and Care Act 2014
- Case study work (throughout)

Date, Time, Venue, Facilitator

Tuesday 20 August

1.30pm - 3.30pm

Hope Church, Villa Road,
Off Old Bedford Road, Luton, LU2 7NT

***Rebecca Coughlan Occupational Therapy
Recovery Specialist
East London NHS Foundation Trust***

LT26 Understanding My Anger

This workshops aims to enable individuals to understand more about; what anger is, why we get angry and recognising the triggers to anger in ourselves. The workshop will also look at dealing with anger, letting go of angry thoughts and managing anger in the long term.

Date, Time, Venue, Facilitator

Thursday 22 August

11am - 1.30pm

Hope Church, Villa Road,
Off Old Bedford Road, Luton, LU2 7NT

***Sara McClurg Recovery College
Debbie Brathwaite Peer Tutor
East London NHS Foundation Trust***

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Courses and Workshop Luton

LT27 Volunteering	Date, Time, Venue, Facilitator
<p>This 2 hr session will give you information about volunteering, the possible opportunities that are available, and a chance to ask some questions. You will then be able to complete an application form for the next stage if you feel that volunteering is for you.</p>	<p>Wednesday 22 May 9.30am - 11.30am</p> <p>Wednesday 26 June 9.30am - 11.30am</p> <p>Thursday 6 June 6pm - 8.30pm</p> <p>Wednesday 17 July 9.30am - 11.30am</p> <p>Luton Adult Learning, Arndale House, The Mall Luton Deniece Dobson</p>
LT28 Walking Group	Date, Time, Venue, Facilitator
<p>Join us for a gentle morning walk to Stockwood Park, explore the park and enjoy the benefits of gentle exercise. Please wear Suitable footwear and outer clothing!</p> <p>Enrolment form needs to be completed to include emergency contact details.</p> <p>For sessions run by Mind BLMK at the Luton Wellbeing Centre, you must be 18 and over, and living in Luton Borough. Please contact the team directly on 01582 380002 to book an initial appointment before joining sessions.</p>	<p>Wednesday's Ongoing 10.30am - 1pm Mind BLMK Luton Wellbeing Centre, 46-56 Dumfries Street Luton, LU1 5BP</p> <p>MIND BLMK Volunteers</p>
LT29 Yoga	Date, Time, Venue, Facilitator
<p>Gentle yoga to relax and focus on improving wellbeing, no special clothing or equipment needed but bring your own mat if you would like, all abilities welcome.</p> <p>For sessions run by Mind BLMK at the Luton Wellbeing Centre, you must be 18 and over, and living in Luton Borough. Please contact the team directly on 01582 380002 to book an initial appointment before joining sessions</p>	<p>Wednesday 1 May 1.15pm - 2.15pm Mind BLMK Luton Wellbeing Centre, 46-56 Dumfries Street Luton, LU1 5BP</p> <p>Alex Flatman Qualified Instructor (https://www.yogatherapywithalex.co.uk/)</p> <p><i>There will be a small charge of £2.50 to attend this workshop</i></p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Recovery Charter

We will:

- 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
- Provide support for your specific needs if you tell us about a disability or learning needs

We 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 on
- 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 and share ideas for improvement
- Ask the Recovery College staff or workshop facilitator if you are unsure about anything

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Frequently Asked Questions

What if I can't make it to the workshop or courses?

Please let us know as soon as possible if you are unable to attend a workshop or course. If you miss two sessions without informing us, we will unfortunately have to offer the place to someone else.

Where are the workshops and courses held?

Our workshops and courses are delivered at various venues in Bedford, Central Bedfordshire and Luton. Venue addresses can be found in the prospectus.

How much do the workshops cost?

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

Who can enrol?

People who use ELFT services (we have some workshops and courses specifically for people who are using mental health services)

People who are living with mental health problems

Carers, family, friends, neighbours and general public (a few workshops related to employment and some delivered by external organisations may have some specific criteria)

Volunteers

Staff from ELFT, University of Bedfordshire and local partner organisations

Generally age 18 and over who live or work in Luton & Bedfordshire.

Do I need to be referred to attend a workshop / course?

No one needs a referral to become a student for the generic workshops – please contact us if you would like to complete a self-enrolment form for 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 unable to provide lunch but you are welcome to bring something with you

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Frequently Asked Questions

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. A waiting list will be created if courses and workshops are oversubscribed

Do you provide child care?

You need to make your own child care arrangements.

Health and Safety

Fire Instructions will be given at each workshop by the facilitator

Instructions about the facilities available at the venue will be given by the facilitator

You are responsible for the safe keeping of your own belongings when attending any Recovery College workshop or course

Please inform the facilitator if you are concerned about any aspect of health safety at the workshop or venue

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

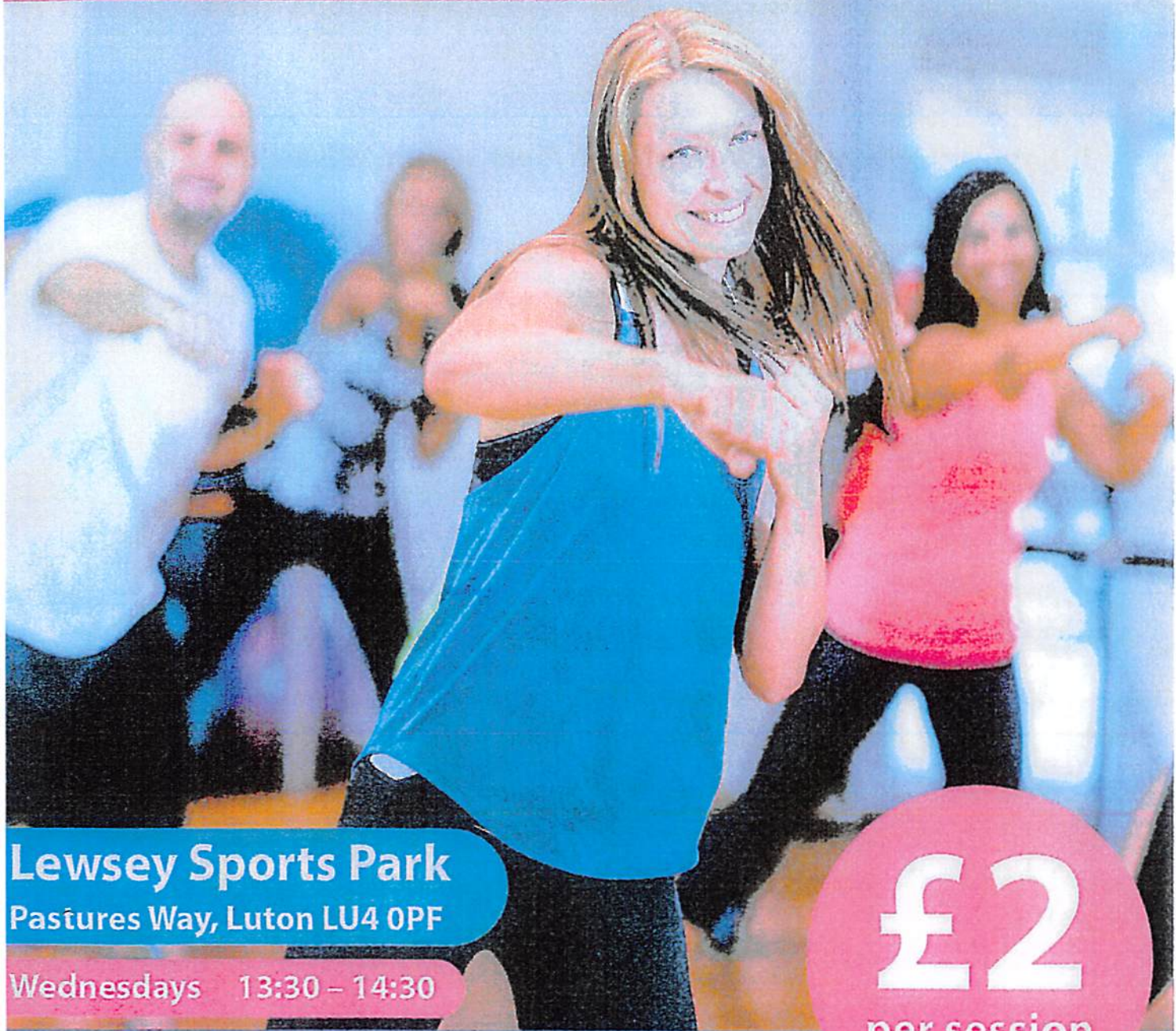
Other Useful Resources

1. Posters advertising additional Course and Workshops

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net
☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Boxercise

with Mindful U



Lewsey Sports Park

Pastures Way, Luton LU4 0PF

Wednesdays 13:30 – 14:30

£2

per session

For those suffering with emotional health problems looking to improve their mood and health.

For more information phone 01582 604244

Carers Eating Disorder Association (CEDA)



We can help if you have a loved one with an eating disorder

The CEDA Support Group offers you:

- Support from people who really understand;
- An opportunity to be listened to;
- A chance to share information and tips;
- Regular guest speakers from eating disorder experts.

Meet up with other carers in similar situations for friendly, informal and pro-recovery support.

The first Friday of every month
10.30am - 12.30pm at
The Disability Resource Centre

New members always welcome.

We ask for a contribution of £2.50 to cover refreshments.



 **The Disability Resource Centre**

Visit www.drcbeds.org.uk/ceda
Email: cedaluton@gmail.com.
Call: 01582 470900

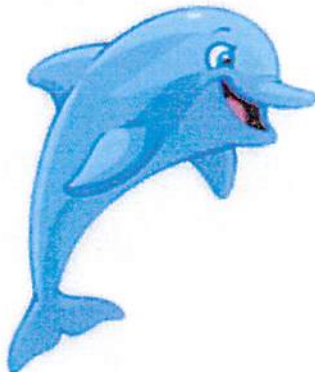
Poynters House, Poynters Road, Dunstable, Bedfordshire, LU5 4TP
The Disability Resource Centre. Registered Charity No. 1041712

Eating Disorder Carers Workshop

*** Friday 7th June 2019 ***



**Dr Stephen Linacre
Clinical Psychologist**



12pm - 4pm

The Disability Resource Centre
Poynters House, Poynters Road, Dunstable, LU5 4TP

PROGRAMME

From Patient to Doctor - Dr Stephen Linacre's personal experience of an eating disorder, recovery & becoming a clinical psychologist

The Maudsley Method approach to caring for someone with an eating disorder

Accommodating & Enabling Behaviours by carers & how to reduce them

Motivational Interviewing & techniques to use when communicating with an individual with an eating disorder

Carers Self-care

Arrive promptly at 12pm for Registration, Refreshments & Light Lunch

Free event but donations welcome to help cover costs

**Essential to book your free ticket at
www.cedacarersworkshop2019.eventbrite.com**

For further details email CEDA on cedaluton@gmail.com



A not-for-profit
organisation run for
carers by carers

Registered Charity
No. 1135507

Bedford Training Programme

April to June 2019



CLINICAL EXCELLENCE. QUALITY & SAFETY



Why training is important?

As part of our support package we provide training across Bedfordshire. Our training programme aims to empower and equip carers in their caring role.

Research has found that training is important for carers as it:

- Helps to maintain wellbeing
- Prevents ill-health
- Provides the essential skills and knowledge to care safely
- Reduces feelings of isolation

All workshops are held at the Bedford office and are free (donations are welcome) unless stated otherwise.

Carers in Bedfordshire, Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ.

To book, contact nicola.west@carersinbeds.org.uk or phone 0300 111 1919

You must be registered with Carers in Bedfordshire as an unpaid carer to attend our workshops. To register with us, visit www.carersinbeds.org.uk or phone 0300 111 1919.

This is what Carers say

“Made me realise the importance of taking time out during the day to focus on meditation to allow oneself to go through the rest of the day”. Mindfulness & Meditation, Bedford

“Very important knowledge learnt. Feel more confident as a carer to recognise ailments and act accordingly to help”. First Aid Certification Day, Bedford.

“The course set out the steps the tools to empower the user to begin to manage and put worries into perspective”. Managing Worries, IV&WMD

“Nice to share ideas with other people”. Improving sleep, Bedford.

“We are not alone; keeps the spirits up”. Schizophrenia Talk, Leighton Buzzard

Monday 8 April, 12.15-1.15pm

Talk on Advance Care planning

Sam Marshall, Alzheimer's Society

Learn how planning in advance can help take out the stress of future care decisions.

Starts Friday 3 May, 10.30am-12.30pm

Art for Wellbeing

Anne Thompson

Enhance your wellbeing by spending two hours absorbed in art with others.

£6.00 per session

Monday 13 May, 12.15-1.15pm

Talk on Care Home funding, Wills & Power of Attorney

Tollers Solicitors

Learn ways to fund your care and prepare a will.

Thursday 23 May, 1.30-3.30pm

Digital Photography

Paul Derrek

Learn new skills and embark on a project by yourself or with our Camera Club.

Tuesday 4 June, 10.30-12.30pm

5 Ways to Wellbeing

Sandra Rome

Learn practical steps to improve your emotional wellbeing.

Starts Wednesday 5 June for 3 weeks, 6.30 to 7.30pm

Mindfulness & Meditation

Dan Satterthwaite

Feeling stressed & frazzled? Learn new skills to help you in everyday life.

Monday 17 June, 12.15-2.15pm

Autism: A Dad's Story

An informative and emotional account of caring for someone with Autism.

Talk only - Free (donations welcome)

Tuesday 20 June, 2pm-4pm

Meet the Team

Newly registered with Carers in Bedfordshire? Find out about our services.

All the training takes place at the Bedford office.

A number of local providers also provide training for carers.

The **NHS Recovery College** runs workshops on a range of mental health conditions. For a copy of their brochure, email recoverycollege@elft.nhs.uk or ring 01234 316 708.

Tibbs Dementia Foundation will be running Support4Memory workshops in Bedford. To contact them, ring 07795 177 948.

E-learning for Carers

E-Learning courses for carers are available on www.carersinbeds.org.uk or contact Nic West on 0300 111 1919 or nicola.west@carersinbeds.org.uk.

If you are new to caring, the **About Me** online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibility from becoming overwhelming. Visit carersdigital.org to log on. Your free access code is DGTL9072. Need help accessing About Me contact the Bedford office for help.

FutureLearn is an e-learning provider (www.futurelearn.com) whose courses are developed by universities and are open to everyone. All their courses are free. Topics include dementia awareness, diabetes, dysphagia etc. Further details are available on www.carersinbeds.org.uk.

Everyday Technology for Carers

There are a number of technologies available that can help you with your caring role. There is Jointly, an app to share the caring with other family members or friends, contacting your GP online and ordering repeat prescriptions, online shopping and managing your finances on-line, using skype to stay in contact with friends and family.

If you want to learn more, book a 1-to-1 training session with our IT trainer in Bedford. Ring 0300 111 1919 for more information.



carersinbeds.org.uk



@CarersInBeds



Carers In Bedfordshire



Education & Skills
Funding Agency

Luton
Adult Learning



Penrose **Roots**

Basic Horticulture Training:

- **Grow your own/Growing in small spaces**
- **Sowing seeds & potting on**
- **Taking cuttings**
- **Health & Safety in a Horticultural setting**



European Union
European Social Fund
Investing in jobs and skills

**Sessions take place
on Tuesdays and
Thursdays, 11am –
3pm over 8 weeks**

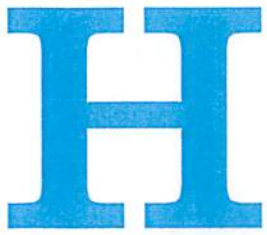
Sessions take place at:

**The Roots to Recovery Garden, Old
Bedford Road**

&

**Roots to Success Project,
Stockwood Discovery Centre**

**For more information on sessions & eligibility,
please contact Samantha Smith, Roots Service
Manager on 07805 739238 or via
Samantha.smith@penrose.org.uk**



The Higgins
BEDFORD

SATURDAY

STRESS BUSTING

AT THE HIGGINS BEDFORD



Free Activities 1pm – 4pm

27 April 2019



18 May 2019



29 June 2019

Join us for a variety of sociable and relaxing activities to help improve your feelings of wellbeing. Open to all - just turn up.

PROGRAMME

Creative Art Activities – Drop In – 1pm – 4pm

Art & Crafts, mindful colouring, or bring in your own work.

Traditional table-top games, including chess, jigsaws, dominoes & Scrabble.

Mindful Yoga – Session runs from 1.30pm – 2.30pm

Stretch & Relax with Alex. No experience needed. Mats provided

Age 17 + (Age 12-16 accompanied by an adult) Max. 20 people

Tea Party Poetry – Session runs from 2.30pm – 4pm

Join Satwinder and give a voice to your thoughts and emotions through poetry writing.

No experience needed. Not suitable for young children. Max. 18 people

How to find us

The Higgins Bedford, Castle Lane, Bedford, MK40 3XD

Email vicki.blair@bedford.gov.uk **or call us on** 01234 718618

Visit the website at www.thehigginsbedford.org.uk



Museum = Happy



BEDFORD
BOROUGH COUNCIL

LUTON COMMUNITY HEALTH FORUM

Do you need to improve your communication skills in English to improve your health & wellbeing? Do you ever feel lonely or isolated?

Confidence



Would you like to feel more confident & competent by improving your communication skills & learning more about how to improve mental and physical wellbeing and relationships with your family and friends?



Become more positive and learn to deal with every day problems that come your way?

Learn new skills to deal with the above?



Education & Skills
Funding Agency



European Union
European Social Fund
Investing in jobs and skills

Then come to our free workshops on
ENGLISH FOR WELLBEING

5 week course x 3 hours

Enrolment/course dates and times: To be confirmed

Luton
Adult Learning

For further information, please contact:
Sarita Jain (07929384290)/Nazia Khanum(01582566468)

LUTON COMMUNITY HEALTH FORUM



CPR Skills
can save the lives
Of your loved ones

Would you like to learn life saving technique that can help someone
whose
breathing and heart beat have stopped?



Children as well as
adults can suffer heart
attacks

This two hour participative course will give you the opportunity to learn how to resuscitate someone whose
heart has stopped beating

And give vital minutes before the paramedics arrive - many lives can be saved if more of the general public
knew these simple techniques



Education & Skills
Funding Agency



European Union
European Social Fund
Investing in jobs and skills

Luton
Adult Learning

Come to our free workshop on
CardioPulmonary Resuscitation (CPR)

A CPR session is for 1.5 to 2 hours max
Enrolment/course dates and times: To be confirmed

For further information please contact:
Sarita Jain(07929384290)/Nazia Khanum(01582566468)

MINDS²GETHER

working in unity for a better quality of life

Minds2Gether is a support group where we can have a good old natter, a catch up, a quiet time, a time to craft, and time and space to relax and feel confident and comfortable.

Our wellbeing is important to us!

*We meet on Fridays between 10am -1pm
at:*

*The Grove Corner
76A High Street North
Dunstable
LU61JF*

*To find out more look on our Webpage
<https://minds2gether.org>*

Or look on Facebook for Minds2gether

Call Sam Thomlinson on 07843 716723

Email minds2gether@outlook.com

Healthy Minds Course – A six week programme to support emotional health and wellbeing you will be expected to attend all sessions for 3 hours per week covering the following subjects

Week 1 – Building Self-Esteem and Confidence

Week 2 – Stress & Anxiety

Week 3 – Anger Awareness

Week 4 – Sleep

Week 5 – Food & Mood

Week 6 – Relaxation with Mindfulness

Over the six weeks you will learn tools and techniques to help you improve your overall health/wellbeing

To find out more visit our website www.mind-blmk.org.uk or call 0300 330 0635

Or email training@mind-blmk.org.uk to register your interest

New date for Healthy Minds @ Luton Wellbeing Centre

Tuesday 30th April – 4th June Time 12.30 – 2.30pm

Mindful Yoga

Starting 31st October 2018

Wednesdays 13:45 - 15:15

Central
Bedfordshire

great
lifestyles

£2.50
per session

Stretching, relaxation & light exercise to refresh the body and mind in a calm positive environment.

Mindful yoga are progressive sessions delivered by a qualified yoga instructor working alongside coaches trained in mental health first aid with the focus on promoting positive mental and physical health.

We encourage all participants to stay and enjoy some complementary refreshments and speak with our ELFT staff who will offer advice and signposting to other services and support networks.

Telephone: 0152 537 5765
Email: enquiries.tiddenfoot@sll.co.uk



lifestyles @ tiddenfoot

mind
for better mental health

Bedfordshire & Luton
mental health and wellbeing services
provided by ELFT **NHS**

SLL

Find us online www.sll.co.uk

 @TiddenfootLC

 /TiddenfootLC



Mindful Sport

Activity	Where	Age	Day	Time	Start Date	Cost
Yoga	Yoga 4 young minds - John Bunyan Sports and Leisure, Mile Road, Bedford, MK42 9TS	12 to 18	Tuesday	4pm to 5pm	October 17th 2017	£ 2
Yoga	Adult Mindful Yoga - Bedford Central Library, Harpur Street, Bedford, Mk40 1PG	18 +	Wednesday	1pm to 2:30pm	October 11th 2017	£ 3
Table Tennis	Mindful Table Tennis - The Higgins Bedford, Castle Lane, Bedford, MK40 3XD	18 +	Monday	3pm to 4pm	October 16th 2017	£ 2
Walking	Wellbeing Walk - Starting and Ending The Higgins Bedford, Castle Lane, Bedford, MK40 3XD	18 +	Friday	11am	October 13th 2017	Free
Swim	Tibbs Dementia Swim - Kempston Pool, Hillgrounds Road, Bedford, MK42 8SZ	18 +	Tuesday	11am to 12pm	October 17th 2017	£ 2
Swim	Relaxation Swimming - Robinson Pool, Park Avenue, Bedford, MK40 2 JZ	18 +	Wednesday	8pm to 9pm	October 18th 2017	£ 3

For more information,

Phone: 01234 718829

Email: robert.lindsay@bedford.gov.uk



[www.facebook.com/
bedfordsportsdevelopment](http://www.facebook.com/bedfordsportsdevelopment)



[www.twitter.com/
youjustturnup](http://www.twitter.com/youjustturnup)



BEDFORD
BOROUGH COUNCIL

Bedfordshire
mental health and wellbeing service
provided by ELFT



LOTTERY
FUNDED



SPORT
ENGLAND

Mindful Sport

Evening Relaxation Swimming

Every Wednesday, 8pm to 9pm
Robinson Pools & Fitness, MK40 2JZ

Starting Wednesday 18th October 2017

Had a stressful day? Take some time to clear your mind & swim at your own pace. One hour of gentle swimming with relaxing music in a calm quite environment.

Find information & signposting to wellbeing services from EFLT & Mind BLMK in the café area



£3
per person
for Adults
18+

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

Book at Robinson Pool or #JustTurnUp & pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU

5 Ways to Wellbeing

fusion

For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk

01234 718829

www.bedford.gov.uk/sport



Mindful Table Tennis

Every Monday, 3pm to 4pm

The Higgins Bedford

Starting Monday 16th October 2017

Fun, social & relaxing table tennis - it can be as competitive as you & your opponent wish to make it. It is quick to learn and no special kit or clothing is required. Table Tennis has been shown to stimulate brain activity and help positivity.



£2
per person
for Adults
18+

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

#JustTurnUp - No need to book - Just pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU



H The Higgins
BEDFORD

For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk 01234 718829 www.bedford.gov.uk/sport



Mindful Sport Swimming

with Tibbs Dementia

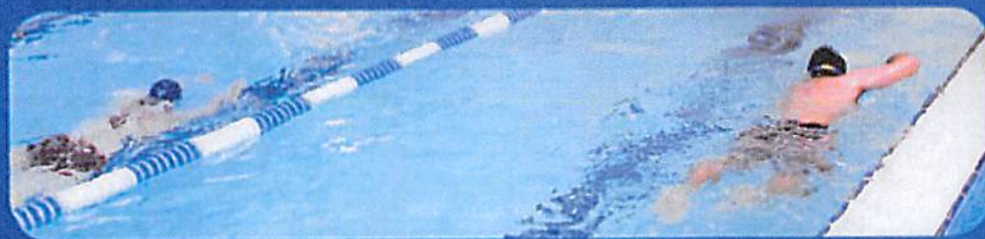
Every Tuesday, 11am to 12pm
Kempston Swimming Pool, MK42 8SZ

Starting Tuesday 17th October 2017

Relaxed swimming club for people with dementia & family/carers.

Come & join in the supervised swimming session in a friendly, welcoming & supportive environment. Use the entire pool space & café area.

Led by Tibbs Dementia - 07795 177948



£2
per person

These weekly sessions aim to improve mental health through physical activity & social engagement.

Sessions are designed to support people who experience dementia.

#JustTurnUp - No need to book - Just pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU



Tibbs Dementia Foundation

For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk 01234 718829 www.bedford.gov.uk/sport

Yoga for Young Minds

Every Tuesday, 4pm to 5pm
John Bunyan Sport & Fitness, MK42 9TS
Starting Tuesday 17th October 2017



£2
per person
for 12-18
year olds

Stretching, relaxation & light exercise to refresh the body & mind for teens & young people. No gongs, no incense, just a calm environment & a positive vibe.

Delivered by our Yoga teacher qualified in adolescent Yoga practice.

Parents are encouraged to stay in the café at the newly refurbished sports centre & speak with CAMHS staff who will offer advice & signposting to local services.

Mindful Sport is designed to be open to all and no diagnosis is required. The progressive sessions are delivered by coaches trained in mental health first aid and the focus is on promoting positive mental & physical health. Signposting to other services and support networks is available.

#JustTurnUp - No need to book - Just pay on the day
First come first served basis

Wellbeing Walking Group

Every Friday, 11am to 12pm

Starts & finishes at The Higgins Bedford

Starting Friday 13th October 2017

The relaxing & social mindful walks support social integration & gentle exercise in a group setting. A range of different routes each week. The walk is FREE and finishes with either a short tour of a gallery or an opportunity for informal chat over coffee in the onsite café.



These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

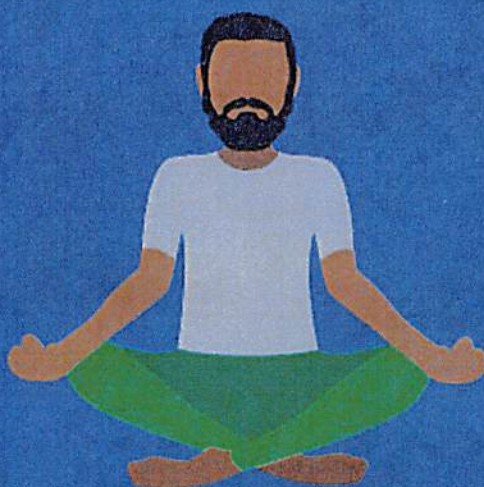
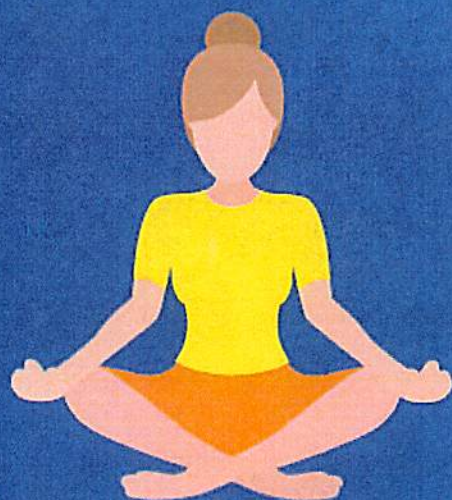
#JustTurnUp - No need to book - Just pay on the day



Mindful Yoga

Every Wednesday, 1pm to 2.30pm
Bedford Central Library

Find the friendly team on the third floor of the Library
Extended session with more time for relaxation
Includes free tea & coffee from 2.30pm to 3pm
with the 'Break The Stigma' Campaign



£3
per person
for Adults
18+

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

#JustTurnUp - No need to book - Just pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU



Bedford Borough Libraries
Inspiring... Stimulating... Surprising... Motivating

For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk 01234 718829 www.bedford.gov.uk/sport

MOVING TOWARDS WORK

*New dates added for
Spring 2019*

"I feel more
confident about
myself, and I have
learned more
about what I am
capable of"

- GH, a previous learner

Build your confidence, wellbeing and employability skills through 'positive psychology' after a period out of the workplace.

A FREE four week course.

- **Confidence** building sessions
- **Interactive** sessions with **businesses**
- identify your **unique skills and talents**
- Identify **next steps** including work or volunteering
- Access to the NOAH Job Club

Interested?

01582 726152

academy@noahenterprise.org

NOAH
ENTERPRISE



Education & Skills
Funding Agency

Luton
Adult Learning

COURSE INFORMATION

This course will take place at the NOAH Academy in Hightown, and will run on Thursday and Friday 13:00 - 16:00, with new groups beginning on the following dates:

Thursday 21st March 2019

Thursday 25th April 2019

The course is ideal for those who:

- May have not worked for a period due to caring responsibilities
- Are ESA claimants or who have recently come off ESA
- Have not worked for a significant period of time
- Face multiple barriers to employment
- Struggle with low confidence
- Experience **stress and anxiety** when considering going back to work

Interested?

01582 726152

academy@noahenterprise.org

CONTACT ADDRESS: NOAH Academy, 20-22 High Town Road, Luton LU2 ODD

Charity Registration No. 1059672

Flyer updated: 20/02/2018

DIGITAL LEARNING FOR BEGINNERS



Learn the basics of how to use a computer and the internet

A FREE four week course:

- ◆ Create and upload a document or CV
- ◆ Use the internet
- ◆ Send emails and attach documents
- ◆ Search for work online
- ◆ Use online storage
- ◆ Use the 'Find a job' website and/ or your Universal Credit account

"This course has improved my confidence and motivation quite a bit as I now realise what I am capable of"

KJ - A previous learner

INTERESTED? | 01582 726152
academy@noahenterprise.org

NOAH
ENTERPRISE

Luton
Adult Learning



Education & Skills
Funding Agency

COURSE INFORMATION

This four week course starts completely from scratch, and teaches learners the basics of IT including use of the internet, email and how to create a document.

WHEN?

Mon and Wed 09:30 - 12:30 for four weeks.

2019 course start dates are as follows:

Monday 4th February

Monday 4th March

Monday 1st April

Wednesday 1st May

Wednesday 5th June

Wednesday 3rd July

WHERE?

NOAH Academy, 20-22 High Town Road, LU2 0DD

INTERESTED?

01582 726152

academy@noahenterprise.org

NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 18/01/2018

IT AND CONFIDENCE

Learn to use a computer while managing your stress and anxiety, and developing your confidence

A FREE four week course:

- ◆ Stress and anxiety management
- ◆ Use IT to simplify your life
- ◆ Improve your job prospects and apply for work online
- ◆ Stay in touch with friends and family using the internet

INTERESTED?

Please contact us you wish to book a place for yourself or for a friend.

academy@noahenterprise.org

01582 726152

"I have benefitted from this course because it has helped me with my confidence, and has helped me to learn and cope with stress"

- A previous learner

NOAH
ENTERPRISE



European Union
European Social Fund
Investing in jobs and skills



Education & Skills
Funding Agency

Luton
Adult Learning

Who is this course for?

If the thought of using technology makes you feel stressed or anxious then this course is for you.

This basic course teaches simple techniques to help you to manage stress and anxiety, while learning to use technology in a way that is fun and interactive.

Through the course you will learn how to improve your job prospects, develop your relationships and simplify your life through the use of IT.

When?

Tues & Fri for 4 weeks 09:30– 12:30. **Start dates for 2019 are as follows:**

Tuesday 5th February

Tuesday 5th March

Tuesday 2nd April

Tuesday 7th May

Tuesday 4th June

Tuesday 2nd July

Where?

NOAH Academy, 20-22 High Town Road, LU2 0DD

Interested?

NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 18/01/2018

NOAH'S KITCHEN

COOKERY FOR BEGINNERS



A FREE five week course to help you learn to cook tasty, healthy food which you can make at home.

- Prepare delicious hot and cold meals
- Use kitchen utensils and equipment effectively
- Stay safe in the kitchen
- Learn to use a variety of ingredients, and store them hygienically

INTERESTED? | 01582 726152
academy@noahenterprise.org

NOAH
ENTERPRISE

Luton
Adult Learning



Education & Skills
Funding Agency

COURSE INFORMATION

Following a successful assessment start dates are flexible and arranged directly with the student.

WHEN?

Tuesdays **or** Thursdays for five weeks.

INTERESTED?

New referrals will be accommodated throughout 2019.

If you would like to join the course, please contact us to arrange a pre-course assessment.

WHERE?

NOAH Welfare Centre, 141 Park Street, Luton LU1 3HG

INTERESTED?

01582 726152

academy@noahenterprise.org

NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 18/01/2018

CREATIVE CONFIDENCE

A FREE short course to help
you to get creative, have
fun, and meet new people

"This course
increased my self
esteem and
confidence, and I
am less stressed
than before after
learning new skills"

- MR, a previous
learner

- Relief printing
- Decoupage & card making
- Glass painting
- Candle painting
- Fabric printing

INTERESTED?

Please contact us you wish to book a place for
yourself or for a friend.

academy@noahenterprise.org

01582 726152

NOAH
ENTERPRISE

Luton
Adult Learning



Education & Skills
Funding Agency

Sessions run on a Monday afternoon at the NOAH Academy. 2019 courses start on:

Monday 11th February (5 sessions 13:30 - 16:30)

Monday 18th March (4 sessions 13:00 - 16:45)

Monday 15th April (4 sessions 13:00 - 16:45)

Monday 3rd June (4 sessions 13:00 - 16:45)

Monday 22nd July (4 sessions 13:00 - 16:45)

Who is this programme for?

This beginners course will help you to sample a number of art and craft techniques, developing and expressing your creativity in new ways. Through the course you will meet new people relax, and have fun in a safe and supportive environment.

INTERESTED?

academy@noahenterprise.org

01582 726152

**Courses will take place at NOAH Academy, 20-22
Hightown Road, LU2 0DD**

Luton
Adult Learning



Education & Skills
Funding Agency

NOAH Enterprise: Charity Reg. 1059672 | Company Reg. 3248392

Course information updated 05/11/2018

Other Useful Resources

1. Mini Directory of other services
2. Map of Bedfordshire and Luton
3. Venue Details

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Mini Directory

Bedford Older Peoples CMHT

Older People Community Mental Health Teams (Older People CMHTs) are multi-disciplinary, multi-agency assessment teams for adults over the age of 65 who require specialist mental health services in Bedfordshire and Luton. Patients under the age of 65 with early onset dementia may also be cared for within this team.

Florence Ball House,
Bedford Health Village,
3 Kimbolton Road,
Bedford MK40 2NX
☎01234 880345

Bedfordshire Wellbeing Service

The Bedfordshire Wellbeing Service is for residents of Bedfordshire who experience depression, anxiety, sadness, extreme shyness, obsessive behaviour, phobias, and relationship difficulties including depression and common mental health symptoms or other psychological issues which are holding them back in their lives. It provides one-to-one sessions and/or group workshops.

Gilbert Hitchcock House,
Bedford Health Village,
21 Kimbolton Road,
Bedford MK40 2AW
☎01234 880400 / 01234 210307

CAMHS Bedfordshire

The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. The service works to provide them with a greater knowledge of their condition and improve coping techniques.

9 Rush Court,
Bedford, MK40 3JT
☎01234 893300 / 01234 893301

Carers in Bedfordshire

Carers in Bedfordshire is a local charity, which helps unpaid carers of all ages and backgrounds to cope with the stresses of their caring role. They provide support to those in the Central Bedfordshire Council area and the Bedford Borough Council area.

Suite K Sandland Court, The Pilgrim
Centre, Brickhill Drive, Bedford. MK41
7P
☎0300 111 1919

CRHT Bedford and Mid-Bedfordshire Crisis Team

The Crisis Resolution / Home Treatment (CRHT) teams work with a group of patients, who, without this support, would need to be admitted to hospital, or who cannot be discharged from hospital without intensive support. The service enables patients who are in crisis, and not able to function at their normal level, to be supported in their own homes.

Twinwoods Health Resource Centre,
Milton Road,
Clapham,
Bedford MK41 6AT
☎01234 315 691

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Mini Directory

Community Mental Health Teams

Community Mental Health Teams (CMHTs) are made up of a psychiatrist, psychologists, community psychiatric nurses, social workers, occupational therapists and support staff. The teams provide mental health care and treatment for those adults with more complex and enduring mental health needs, who can benefit from specialist support. The treatment may take place in your own home, in one of our community locations or at outpatient clinics; but we also work closely with colleagues in acute and crisis services.

Florence Ball House,
Bedford Health Village,
3 Kimbolton Road,
Bedford MK40 2NX
☎ 01234 880411

Library Service

Luton Culture is an arts and cultural charity for the people of Luton and beyond. We showcase high quality arts and cultural activity across three inspiring heritage sites; Stockwood Discovery Centre, Wardown House, and The Hat Factory. We also deliver community-focused Library services and arts in the public realm engagement projects.

Luton Central Library,
St George's Square,
Luton, LU1 2NG
☎ 01582 547418

Luton Irish Forum

Luton Irish Forum facilitates social opportunities through our Tuesday and Wednesday Clubs, Irish Language Classes, Literary Society, Calligraphy Group, Art Classes and Computer Club and Baby & Toddler Group. We coordinate a range of activities, groups and events which provide social opportunities and raise cultural awareness including St Patrick's Festival, The Emerald Pipe Band, Choir, cultural seminars and workshops. We also provide welfare support and representation at medicals and tribunals.

102 Hitchin Road
Luton, LU2 0ES
☎ 01582 720447

Mind BLMK

Mind BLMK offers a range of services aimed at meeting individual needs and promoting mental health recovery, wellbeing and independence. At the Luton Wellbeing Centre we offer a programme of activities and groups, courses and events. During the week activities in the centre, including art, sewing, photography, yoga and relaxation and an evening recovery group.

Mind BLMK
Luton Wellbeing Centre,
46-56 Dumfries Street
Luton, LU1 5BP
☎ 01582 380002

Path to Recovery (P2R) Bedford Borough

P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. We provide an integrated service with a range of expertise available in one place.

21 The Crescent, Bedford,
Bedfordshire. MK40 2RT
☎ 01234 352220

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Mini Directory

Penrose

Penrose Community Based Recovery Services – We offer a portfolio of activities & workshops to improve health & wellbeing, create volunteering pathways and reduce social isolation. Through Peer support confidence building we support people to achieve their potential, integrate communities and engage in meaningful activities.

Ground Floor

Victoria House
2-12 Victoria Street,
Luton, LU1 2UA
☎ 01582 343230

Resolutions (Drug And Alcohol Service)

Resolutions is a free and confidential alcohol and drug service for adults, young people and families in Luton. We deliver a recovery-focused service with a full range of treatments and interventions, designed to support people to take control of their recovery journey and achieve their recovery goals.

2-12 Victoria Street,
Luton LU1 2UA
☎ 0800 054 6603

Samaritans

They aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.

Open 2/7, 365 days of the year.
Free Telephone: 116 123

Total Wellbeing service

Our day-to-day decisions, the way we feel and our ability to reach our full potential can be affected by the relationship that we have with our mind and body. Total Wellbeing have a range of options that can be tailored to meet your needs.

Hightown Community Sports & Arts
Centre Concorde Street
Luton, LU2 0JD
☎ 0300 555 4152

These include support to:

- Stop smoking.
- Manage your weight.
- Be more active.
- Have a NHS health check.
- Manage an existing health condition.
- Get support with non-medical aspects of health.
- Explore feelings of stress, anxiety and low mood or manage other emotional health conditions such as phobias or OCD.

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Bedfordshire Borough, Central Bedfordshire and Luton Localities By Recovery College



Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📞 Bedford and Central Bedfordshire 01234 263621 📞 Luton 01582 708917

Recovery College Course and Workshop Venues

<p>Amphill Great Park Woburn Street, Amphill, MK45 2HX ☎ 01525 404355</p>	<p>Hope Church Villa Road, Off Old Bedford Road, Luton, LU2 7NT ☎ 01582 968821</p>
<p>Recovery College, 29 Barford Avenue, Bedford, MK42 0DS ☎ 01234 273894/ 215610</p>	<p>Luton Central Library Luton Central Library, St George's Square, Luton LU1 2NG ☎ 01582 547418</p>
<p>Disability Resource Centre Poynters House, Poynters Road, Dunstable, LU5 4TP ☎ 01582 470900</p>	<p>Luton Irish Forum 102 Hitchin Road, Luton, LU2 0ES ☎ 01582 720447</p>
<p>Dunstable Fire Station Brewers Hill Road, Dunstable, LU6 1AA ☎ 01234 845000</p>	<p>Luton Wellbeing Centre MIND-BLMK, 46-56 Dumfries Street, Luton, LU1 5BP ☎ 01582 380002</p>
<p>Eaton Bray Café Eaton Bray Village Hall, Church Lane, Eaton Bray, LU6 2DL ☎ 07975 797202</p>	<p>Penrose Ground Floor, Victoria House, 2-12 Victoria Street, Luton, LU1 2UA ☎ 01582 343230</p>
<p>Flitwick Library Coniston Road, Flitwick MK45 1QL ☎ 0300 300 8057</p>	<p>Recovery College Luton Charter House, Alma Street, Luton, LU1 2PJ ☎ 01582 708917</p>
<p>Flitwick Village Hall 11 Dunstable Road, Flitwick, MK45 1HP ☎ 01525 796060</p>	<p>Resolution Luton Drug and Alcohol Service 2-12 Victoria Street, Luton LU1 2UA ☎ 0800 054 6603</p>
<p>Grove Corner Youth and Community Centre, 76A High Street North, Dunstable, LU6 1JF ☎ 01582 513000</p>	<p>Stockwood Discovery Centre, Stockwood Park, Luton, LU1 4LX ☎ 01582 548600</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

Recovery College Course and Workshop Venues

<p>Houghton Regis Library Bedford Square, Tithe Farm Road, Houghton Regis, Dunstable, LU5 5RD ☎ 0300 300 8058</p>	<p>Tokko Youth Space 7 Gordon Street, Luton, LU1 2QP ☎ 01582 544990</p>
<p>Leighton Buzzard Community Mental Health Team Crombie House, 36 Hockliffe Street, Leighton Buzzard, LU7 1HJ ☎ 01525 751133</p>	<p>University of Bedfordshire University of Bedfordshire, University Square Luton, LU1 3JU ☎ 01234 400400</p>
<p>Leighton Buzzard Library Theatre Ground Floor Library Building, Lake Street, Leighton Buzzard LU7 1RX ☎ 0300 300 8125</p>	<p>Well and Wise Space Luton Central Library, St George's Street, Luton, LU1 2NG ☎ 01582 547418</p>
<p>Parkside Community Hall Woburn Street, Ampthill, Bedfordshire, MK45 2HX ☎ 01525 634215</p>	<p>Youthscape Bute Mills, 74 Bute Street, Luton, LU1 2EY ☎ 01582 877220</p>
<p>Project 229 227-229 Kempston Road, Kempston, Bedford MK42 8DA ☎ 01234 840880</p>	<p>Recovery College 3 Woburn Road, Bedford, MK40 1EG ☎ 01234 263621/01234 880340</p>
<p>Sandy Village Hall Engayne Avenue, Sandy, SG19 1BN ☎ 01767 680892</p>	<p>Stotfold Methodist Church High Street, Stotfold, SG5 4LL ☎ 01462 731167</p>
<p>The Weatherley Centre Eagle Farm Road, Biggleswade, SG18 8JH ☎ 01767 315709</p>	<p>Bromham Surgery, Molivers Lane, Bromham, Bedfordshire, MK43 8JT ☎ 01234 824110</p>

Places are FREE but must be booked in advance. To book a place or make an enquiry
please ✉ elft.recoverycollege@nhs.net

☎ Bedford and Central Bedfordshire 01234 263621 ☎ Luton 01582 708917

How We Manage Your Information

We record the following information at the Recovery College:

- Personal information so that we can make contact with you- this includes your full name, address, telephone numbers and e-mail address.
- Course preferences- so that we can sign you up to your preferred courses.
- Equality monitoring- so that we can ensure courses are as accessible as possible.
- Emergency contact details- so that we can contact the correct person identified by you in an emergency situation.

All the information you've supplied will be treated in the strictest confidence, in accordance with NHS Information Governance (IG). Once your enrolment has been processed you will receive a confirmation via email or post (according to your preference).

Further details about information governance and sharing are included on our enrolment forms. Please do not hesitate to contact us on 01234 263 621 if you have any questions related to this.

Compliments, Comments and Complaints

We respond to compliments and complaints about our service and encourage you to feed this back to the College directly so we can respond or act on it as soon as possible.

Alternatively, please contact the Patient Advice and Liaison Service on Freephone 0800 0131 223 or email: elft.pals@nhs.net
Or write to: Complaints and Pals Manager, FREEPOST RTKB-ESXB-HYYX, Trust Headquarters, 9 Alie Street, London E1 8DE

RC1

Places are FREE but must be booked in advance. To book a place or make an enquiry please ✉ elft.recoverycollege@nhs.net

📍 Bedford and Central Bedfordshire 01234 263621 📍 Luton 01582 708917