



East London  
NHS Foundation Trust



Prospectus - April - August 2026

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



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prospectus



# Your journey starts today

## Welcome to Bedfordshire and Luton Recovery College

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

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

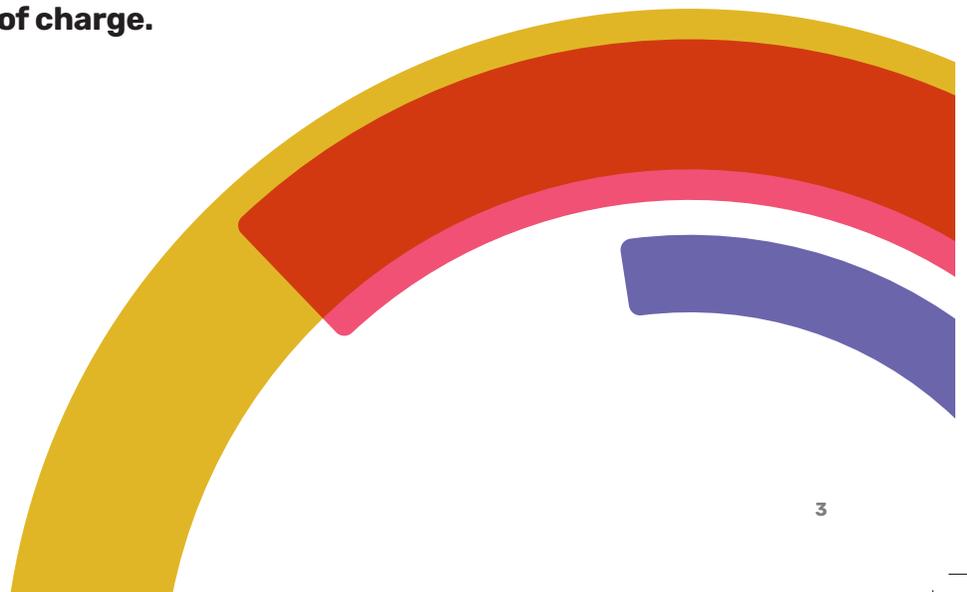
We are part of the Bedfordshire Mental Health Academy which is a formal partnership with East London Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton.

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

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

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

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





# Contents

<b>Your Journey Starts Today</b>	<b>3</b>	<b>Learning to suit you</b>	<b>9</b>
<b>Our Approach</b>	<b>5</b>	<b>Ways of learning</b>	<b>9</b>
<b>How to enrol</b>	<b>6</b>	<b>Our venues</b>	<b>10</b>
<b>4 steps to start your journey</b>	<b>6</b>	<b>Courses &amp; workshops</b>	<b>13-28</b>
<b>Our Values/Involvement</b>	<b>7</b>	<b>Our partners</b>	<b>29-30</b>
<b>Student charter</b>	<b>8</b>	<b>Index</b>	<b>31</b>
<b>FAQs</b>	<b>8</b>		



# Our approach

**The Bedfordshire and Luton Recovery College is open to everyone aged eighteen and over, living, working or studying in Bedfordshire or Luton.**

**Rethink**

**Relearn**

**Recharge**

Our Recovery College is inclusive to all; service users, carers, family, friends, neighbours, staff and the general public. All are welcome to enrol as students. The educational workshops and courses we offer are all free and focus on recovery and wellbeing. They are designed, co-produced and delivered in partnership with people with lived experience and professional experience as co-production is at the heart of everything we do.

Recovery has many definitions and one which resonates with many people is that it is about a deeply personal journey to live as well as possible and have a meaningful and satisfying life.

The tools we share in workshops and courses aim to support people to become an expert in their own recovery and understanding by exploring hope, choice and opportunity. By learning together we can make progress in challenging the stigma surrounding mental illness, and over time we hope to contribute to changing society to be more tolerant, inclusive, accepting and compassionate.

**Contact us**  
[elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)  
**01234 263 621 or 01582 315 987**



# How to enrol

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



## How to register

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

## Already registered?

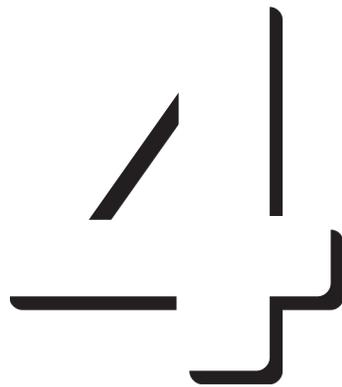
Simply send us an email with your chosen course or workshop and specify whether you wish to attend online or classroom and which venue [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

## Further information

If you would like further information or would like to speak to us in person, do call us or visit our offices:

**Recovery College Bedford**  
3 Woburn Road, Bedford. MK40 1EG  
Tel: 01234 263 621  
Monday – Friday 9am – 5pm

**Recovery College Luton**  
Luton Central Library, 2nd Floor,  
St. George’s Square, Luton. LU1 2NG  
Tel: 01582 315 987  
Monday, Tuesday and Friday 9am – 5pm  
Thursday 12pm – 5pm



## Steps to start your journey

- 1** Find a course you wish to attend
- 2** Check if you need to contact us directly or through our partners
- 3** Enrol on our website, using the form on p60 or contact the relevant partner
- 4** Begin your journey towards recovery



# Our values

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

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

## Recovery College principles of recovery



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

## East London Foundation Trust values



**We Care**  
**We Respect**  
**We Are Inclusive**

## University of Bedfordshire values

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

# Involvement

## Co-production

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



Contact us with  
any questions

elft.recoverycollege@nhs.uk

# Student charter

## You can expect us to:

- Provide information and guidance about our workshops and courses
- Offer high quality workshops and courses that focus on recovery and wellbeing
- Respect you as an individual at all times
- Welcome your ideas about how we might improve and what we offer in the future
- Manage your enquiries and help you with the enrolment process if you need support
- Deliver workshops and courses in welcoming, accessible and positive environments which are free from discrimination and stigma
- Support your recovery journey with compassion and respect

## We will expect you to:

- Be prepared to give something new a try
- Be respectful of fellow students and staff views, opinions and beliefs
- Commit to attending courses and workshops you have enrolled
- Inform us if you can't attend workshops or courses you have enrolled on
- Provide relevant details such as emergency contact information
- Give us feedback on how we are doing
- Share any ideas / suggestions you have about the Recovery College
- Ask the Recovery College staff or facilitator if you are unsure about anything

## Confidentiality

As part of enrolment, students are asked to provide personal information and to agree to purposes it can be used.

## Personal information that will be passed to the workshop / course facilitator includes:

- Student's name
- Student's phone number
- Details of person to contact in case of an emergency
- Specific support and / or learning needs

We will not share any information that you give us without discussing this with your first and asking for your consent. The only exception to this is if we consider that your life or wellbeing of someone else could be at risk.

## FAQs

### Who facilitates the workshops?

Workshops and courses are co-produced with people with lived experience of mental health problems and people with professional experience. The professionals include staff and students from the University of Bedfordshire, NHS staff and staff from partner organisations.

### Who can enrol?

- People who use ELFT services
- People who are living with mental health problems
- Carers, family, friends, neighbours and general public (a few workshops related to employment may have some specific criteria)
- Volunteers
- Staff from ELFT, University of Bedfordshire and local partner organisations
- People age 18 and over

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

No one needs a referral to become a student – please contact us if you would like to enrol to attend a workshop or course.

### Do you provide refreshments?

Most if not all the venues we use offer tea, coffee (depending on the venues facilities) We are not able to provide lunch but you are welcome to bring something with you.

### Do you pay travel costs for students?

We cannot reimburse you for any travel costs.

### Will I get a place on the workshop / course I want?

The student places on our workshops / courses are allocated on a first come first served basis.

If there is particularly high demand for a workshop we will endeavour to facilitate an additional workshop.

### Do you provide child care?

You would need to make your own child care arrangements.



# Learning to suit you

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

## Recovery & Wellbeing

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

## Building on Knowledge & Skills

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

## Creativity & Self Expression

These courses and workshops have positive effects on mental, emotional and physical health, as they can relieve stress, anxiety, depression, anger and improve wellbeing.

## Ways of learning



### Online

Online learning gives you the flexibility to study from anywhere and the freedom to shape your learning experience on your terms.

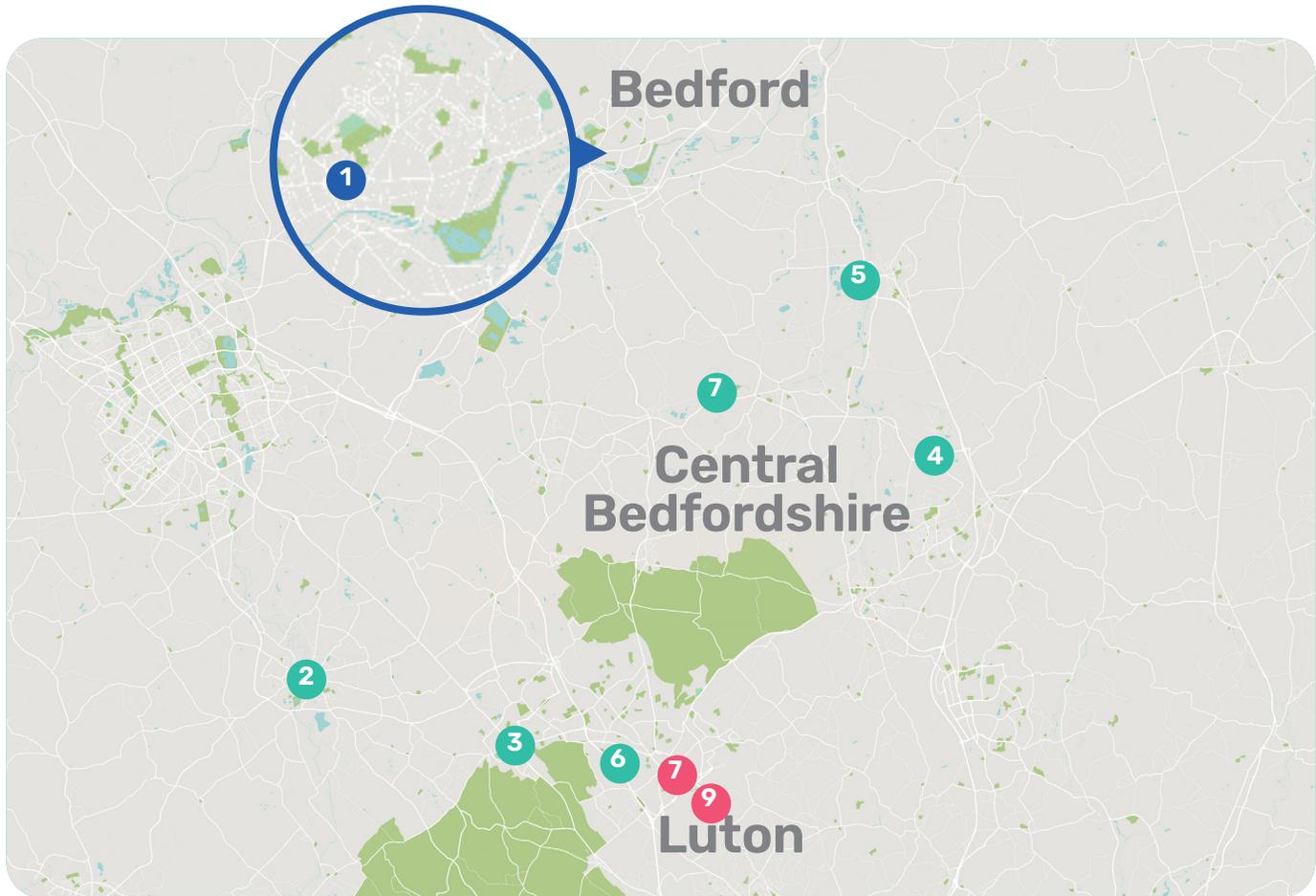


### Classroom

Classroom learning offers real-time discussions, and face-to-face interactions, which is suited to those who prefer a hands-on experience.

## Individual learning plans

An Individual Learning Plan (IPL) is an informal meeting where we can get to know you and let you know more about the Recovery College. We support you to identify your short term goals and longer term aspirations and, where possible, how the college can support these.



## Our venues

### Bedford

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

### Central Bedfordshire

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

### Luton

- 7 Recovery College Luton**  
Luton Central Library, 2nd Floor,  
St George's Square, Luton, LU1 2NG
- 8 Luton All Women's Centre**  
The Spires, Adelaide Street, Luton,  
LU1 5BB

# Find a course or workshop

**P19**

**Recovery & Wellbeing**

**P35**

**Building on Knowledge & Skills**

**P53**

**Creativity & Self Expression**

# Recovery & Wellbeing

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

## Alternative Ways to De-Stress for Better Mental Health

**Classroom** ⌚ 2 hours, 5 weeks

- **3, Woburn Road, Bedford**

Timings 13:00 – 15:00  
Date Tuesday, 14 July – 11 August  
Tutor Tara Curtis, Carum Jakhu

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

## Diabetes Type 2

**Online** ⌚ 1½ hours, 2 workshops

- **Online**

Timings 14:00 – 15:30  
Date Tuesday, 28 April  
Date Wednesday, 24 June  
Tutor Jen Menton, Community Diabetes, Bedford Hospital

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

## Difficult Conversations for Better Mental Health

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours, 4 weeks

- **Online**
- **Luton Library, 2nd Floor**

Timings 13:00 – 15:00  
Date Friday, 17 July – 7 August  
Tutor Amit Shenmar, Adrian Shearer

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

*All session must be attended to join this course*

## Diverse Cultures Men's Group

**Classroom** ⌚ 2 hours, 16 weeks

- **3 Woburn Road, Bedford**

Timings 10:30 – 12:30  
Date Wednesday, 15 April – 12 August  
Breaks Wednesday, 27 May, 8 July  
Tutor Amit Shenmar

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

## Diverse Cultures Women's Group

**Classroom** ⌚ 2 hours, 16 weeks

- **3 Woburn Road, Bedford**

Timings 11:00 – 13:00  
Start Date Wednesday, 15 April – 12 August  
Break Wednesday, 27 May, 8 July  
Tutor Joginder Khinder, Jaswinder Gill

*Weekly women's wellbeing sessions supporting mental health in a warm, welcoming space. Build friendships, socialise, share peer support, and enjoy personal classroom activities. Led by female facilitators. Light refreshments provided.*

## Drug and Alcohol Relapse Prevention

**Classroom** ⌚ 2 hours, 6 weeks

- **Grove View Hub, Dunstable**

Timings 13:00 – 15:00  
Date Tuesday, 14 April – 19 May  
Tutor Trishna Reid, Nicola Webster

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

*All session must be attended to join this course*

## Growing Older and Mental Health

Please choose which venue when booking your place

**Classroom** ⌚ 2 hours

- **3, Woburn Road, Bedford**

Timings 10:30 - 12:30  
Date Monday, 20 July  
Tutor Tara Cutis, Debbie Brathwaite

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

## Improving Your Wellbeing - Biggleswade

**Classroom** ⌚ 2 hours, 16 weeks

- **St Andrews Church, Biggleswade**

Timings 10:30 - 12:30  
Date Tuesday, 14 April - 11 August  
Breaks Tuesday, 26 May, 7 July  
Tutor Sam Fossey, Claire Cooper

*These Wellbeing courses are a friendly space to interact with others, helping manage your mental health, building self-confidence and self-esteem, whilst linking in with your local community.*

## Improving Wellbeing - Shefford

**Classroom** ⌚ 2 hours, 16 weeks

- **Shefford Town Council, 15 High Street**

Timings 10:00 - 12:00  
Date Friday, 17 April - 14 August  
Break Friday, 29 May, 10 July  
Tutor Tara Curtis, Caram Jakhu

*These Wellbeing courses are a friendly space to interact with others, helping manage your mental health, building self-confidence and self-esteem, whilst linking in with your local community.*

## Improving Your Wellbeing - Stotfold

**Classroom** ⌚ 1½ hours, 16 weeks

- **The Roecroft Centre, Stotfold**

Timings 13:00 - 14:30  
Date Wednesday, 15 April - 12 August  
Break Wednesday, 27 May, 8 July  
Tutor Sam Fossey, Claire Cooper

*These Wellbeing courses are a friendly space to interact with others, helping manage your mental health, building self-confidence and self-esteem, whilst linking in with your local community.*

## Let's Talk About Living with Obsessive Compulsive Disorder (OCD)

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1½ hours

- **Online**
- **3, Woburn Road, Bedford**
- **The Lighthouse, Leighton Buzzard**

Timings 10:00 - 11:30  
Date Wednesday, 13 May  
Tutor Claire Cooper, Petar Djukic, Trishna Reid,

*In this non-clinical discussion, we will be sharing lived experiences of OCD and the coping strategies people have acquired, with a view to learning from each other.*

## Let's Talk Active Listening

**Classroom** ⌚ 1½ hours

- **Dunstable Town Football Club**

Timings 10:30 - 12:00  
Date Thursday, 18 June  
Tutor Trishna Reid

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

## Let's Talk Anxiety

**Classroom** ⌚ 1½ hours

- **Grove View Hub, Court Drive, Dunstable**

Timings 10:30 - 12:00  
Date Monday, 18 May  
Tutor Trishna Reid

*This session explores the causes and impact of anxiety. To introduce solution focussed techniques to reduce anxiety.*

## Let's Talk Assertive Communication

**Classroom** ⌚ 1½ hours

- **The Lighthouse, Leighton Buzzard**

Timings 10:30 - 12:00  
Date Wednesday, 29 April  
Tutor Trishna Reid

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

## Let's Talk Bereavement and Loss

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 13:00 - 15:00  
Date Wednesday, 20 May  
Tutor Tara Curtis, Debbie Brathwaite

*This session covers all different types of loss individual's encounter. We will explore the overwhelming rollercoaster of emotions when dealing with loss and bereavement. Understanding the journey is non-linear and the healing is personal and not time limited. We will learn strategies to acknowledge loss and bereavement. Introducing compassion and rediscovering hope.*

## Let's Talk Depression

**Classroom** ⌚ 1½ hours

- **The Lighthouse, Leighton Buzzard**

Timings 10:30 - 12:00  
Date Wednesday, 17 June  
Tutor Trishna Reid

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

## Let's Talk Five Ways to Wellbeing

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 10:30 - 12:30  
Date Tuesday, 19 May  
Tutor Tara Curtis, Carum Jakhu

*The 5 Ways to wellbeing is an evidence based session to build awareness, skills and nurturing relationships. The topics for discussion and implementation are: Connect, Be active, Take notice, Keep learning and Give.*

## Let's Talk Low Mood

**Classroom** ⌚ 1½ hours

- **Dunstable Town Football Club**

Timings 10:30 - 12:00  
Date Thursday, 16 April  
Tutor Trishna Reid

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

## Let's Talk Managing Emotions

Classroom

🕒 1½ hours

- **The Lighthouse, Leighton Buzzard**

Timings 10:30 - 12:00  
Date Wednesday, 10 June  
Tutor Trishna Reid

*Gain a greater awareness of what triggers intense emotions in you, as well as your emotional and behavioural responses to challenge situations.*

## Let's Talk Motivation

Classroom

🕒 1½ hours

- **The Lighthouse, Leighton Buzzard**

Timings 10:30 - 12:00  
Date Wednesday, 15 April  
Tutor Trishna Reid

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

## Let's Talk Motivation

Classroom

🕒 1½ hours

- **Dunstable Town Football Club**

Timings 10:30 - 12:00  
Date Thursday, 25 June  
Tutor Trishna Reid

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

## Let's Talk Sleep

Classroom

🕒 1½ hours

- **Dunstable Town Football Club**

Timings 10:30 - 12:00  
Date Thursday, 7 May  
Tutor Trishna Reid

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

## Let's Talk Understanding Hoarding to Support Wellbeing

Classroom

🕒 1½ hours

- **Grove View Hub, Dunstable**

Timings 10:30 - 12:00  
Date Monday, 27 April  
Tutor Trishna Reid

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

## Meditation for Wellbeing

Online

🕒 1 hour, 16 weeks

- **Online - MS Teams**

Timings 13:00 - 14:00  
Start Date Friday, 17 April - 14 August  
Break Friday, 29 May, 10 July  
Tutor Claire Cooper, Petar Djukic

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

## Men's Recovery Circle

**Classroom** ⌚ 2 hours, 22 weeks

- **Chaul End Centre, 515 Dunstable Road**

Timings 13:00 - 15:00  
Date Thursday, 2 April - 27 August  
Tutor Amit Shenmar, Trishna Reid

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

## Positive Thinking

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:00 - 14:00  
Date Thursday, 30 July  
Tutor Claire Cooper, Fiona Thompson

*We will explore how to achieve positive thinking through techniques that have proven to be effective. Looking at tips that can help train your brain to think more positively.*

## Overcoming the effects of Bullying

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:00 - 14:00  
Date Thursday, 30 April  
Tutor Claire Cooper, Fiona Thompson

*This is a solution focussed workshop identifying what bullying is and understand why people are bullied. The session aims to equip you with the tools to overcome bullying.*

## Self Reflection Through Art

**Classroom** ⌚ 1½ hours

- **The Lighthouse, Leighton Buzzard**

Timings 10:30 - 12:00  
Date Wednesday, 1 July  
Tutor Trishna Reid

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

## Positive Thinking

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Library, 2nd Floor**

Timings 12:00 - 14:00  
Date Thursday, 23 April  
Tutor Sam Fossey, Amit Shenmar, Fiona Thompson

*We will explore how to achieve positive thinking through techniques that have proven to be effective. Looking at tips that can help train your brain to think more positively.*

## Seven Steps to Self-Belief

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Central Library, 2nd Floor**

Timings 12:00 - 14:00  
Date Thursday, 11 June  
Tutor Sam Fossey, Amit Shenmar, Fiona Thompson

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

## Six Tips to Help Reduce Worry

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Central Library, 2nd Floor**

Timings 12:00 – 14:00  
Date Thursday, 7 May  
Tutor Sam Fossey, Amit Shenmar, Fiona Thompson

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

## Understanding Anger to Support Wellbeing

**Classroom** ⌚ 1½ hours

- **Grove View Hub, Dunstable**

Timings 10:30 – 12:00  
Date Monday, 27 April  
Tutor Trishna Reid

*This session will increase understanding of emotions and how to manage anger. We will discuss techniques to manage anger constructively and identify common triggers and the underlying causes of your anger.*

## Understanding Mental Health - Anxiety

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Central Library, 2nd Floor**

Timings 14:00 – 16:00  
Date Tuesday, 2 June  
Tutor Amit Shenmar, Tara Curtis

*This is a one-off workshop looking at anxiety, its causes and how we can counteract this feeling and face the challenges of life with more confidence.*

## Understanding Mental Health - Boundaries

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Library, 2nd Floor**

Timings 14:00 – 16:00  
Date Tuesday, 5 May  
Tutor Amit Shenmar, Tara Curtis

*This wellbeing session is to enable and support healthy boundaries. Exploring appropriate ways to manage boundaries and learning new strategies to help maintain good mental health.*

## Understanding Mental Health - Depression

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Library, 2nd Floor**

Timings 14:00 – 16:00  
Date Tuesday, 19 May  
Tutor Amit Shenmar, Tara Curtis

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

## Understanding Mental Health - Goal Setting

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 13:00 – 15:00  
Date Tuesday, 28 April  
Tutor Tara Curtis, Carum Jakhu

*This workshop will be looking at exploring goals. How this can impact our wellbeing along with techniques to achieve them. We will be discussing SMART and SMARTER goals as a guide to understand how to be successful in completing goals.*

## Understanding Mental Health - Managing Emotions

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 13:00 - 15:00  
Date Wednesday, 24 June  
Tutor Tara Curtis, Debbie Brathwaite

*Gain a greater awareness of what triggers intense emotions in you, as well as your emotional and behavioural responses to challenge situations.*

## Understanding Mental Health - Sleep

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**

Timings 13:00 - 15:00  
Date Tuesday, 9 June  
Tutor Tara Curtis, Carum Jakhu

*This course explores unhealthy and healthy sleep patterns, with the aim of getting a better understanding of what constitutes poor sleep and how to improve your sleep.*

## Women's Recovery Circle

**Classroom** ⌚ 2 hours, 20 weeks

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

Timings 13:00 - 15:00  
Date Monday, 13 April - 24 August  
Tutor Trishna Reid, Nickii Webster

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

# Building on Knowledge & Skills

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

## ADHD and Me

**Classroom** ⌚ 2 hours, 6 weeks

- **3, Woburn Road, Bedford**

Timings 13:00 - 15:00  
Date Friday, 8 May - 19 June  
Break Friday, 29 May  
Tutor Carl Ramsey, Essma Bechkoum

*An exploration into the common misconception and new understanding around ADHD. To book a place call Carl Ramsey 07554 499 378.*

## ADHD and Me

**Online** ⌚ 2 hours, 6 weeks

- **Online**

Timings 13:30 - 15:30  
Date Thursday, 14 May - 25 June  
Break Thursday, 28 May  
Tutor Dianne Thomas, Michelle Wingrove

*An exploration into the common misconception and new understandings around adult ADHD. If you would like to book a place please call Dianne Thomas 07767 826 776.*

## Are You Exhausted

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1 hour, 2 workshops,

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:30 - 13:30  
Date Monday, 18 May  
  
Date Monday, 3 August  
Tutor Anthony Barron, Olive Hickmott

*Learn about effective techniques covering different levels of exhaustion. To gain insight and feel able to use new skills discussed.*

## Communication and Wellbeing

Note: You can only attend one of the 2 courses below

**Classroom** ⌚ 2 hours, 5 weeks, 2 courses

- **3, Woburn Road, Bedford**

Timings 12:00 - 14:00  
Date Wednesday, 15 April - 13 May  
  
Date Wednesday, 15 July - 12 August  
Tutor Kyle McDonald, Leah Brown

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

## Domestic Abuse and Mental Health

Note: This workshops is for Women Only

**Online** ⌚ 1½ hours, 2 workshops

- **Online**

Timings 13:00 - 14:30  
Date Tuesday, 12 May  
  
Timings 11:00 - 12:30  
Date Friday, 3 July  
Tutor Luton All Women's Centre

*This workshop will explain what common domestic abuse is, look at all the different types of abuse and how they impact on our wellbeing and mental health. We will explore how you can identify an abusive relationship and how Luton All Women's Centre can support you if you are affected by this issue.*

## Healthy Relationships

**Classroom** ⌚ 2 hours, 6 weeks

- **3, Woburn Road, Bedford**

Timings 13:00 - 15:00  
Date Tuesday, 5 May - 9 June  
Tutor Carl Ramsey, Essma Bechkoum

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

## How to Build Emotional Resilience

Note: This workshops is for Women Only

Online

🕒 1½ hours, 2 workshops

- **Online**

Timings 12:30 - 14:00  
Date Tuesday, 21 April

Timings 10:30 - 12:00  
Date Monday, 29 June  
Tutor Luton All Women's Centre

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

## Improving sleep

Please choose which venue when booking your place

Classroom

& Online

🕒 1 hour, 2 workshops

- **Online**

- **3, Woburn Road, Bedford**

Timings 12:30 - 13:30  
Date Monday, 11 May

Date Monday, 20 July  
Tutor Anthony Barron, Olive Hickmott

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

## Improving Your Wellbeing

Note: This workshops is for Women Only

Classroom

🕒 3 hours

- **Luton All Women's Centre**

Timings 10:00 - 13:00  
Date Tuesday, 19 May

Tutor Luton All Women's Centre

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

## Improving Your Wellbeing

Note: This workshops is for Women Only

Classroom

🕒 3 hours

- **Bedford All Women's Centre**

Timings 10:00 - 13:00  
Date Friday, 3 July

Tutor Bedford All Women's Centre

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

## Learn a Craft for Wellbeing

Classroom

🕒 2 hours, 4 weeks

- **3, Woburn Road, Bedford**

Timings 10:30 - 12:30  
Date Tuesday, 21 April - 12 May

Tutor Joginder Khinder, Debbie Brathwaite

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

## Learn Digital Skills for Beginners with Bedfordshire Employment and Skills Academy (BESA)

Classroom

🕒 2 hours, 10 weeks

- **Grove View Hub, Court Drive Dunstable**

Timings 10:30 - 12:30  
Date Monday, 1 June - 3 August

Tutor Angela Costello ( BESA) Trishna Reid

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

All session must be attended to join this course

## Learn Digital Skills for Beginners with Bedfordshire Employment and Skills Academy (BESA)

**Classroom** ⌚ 2 hours, 4 weeks

- **3, Woburn Road, Bedford**

Timings 10:00 - 12:00  
Date Monday, 27 July - 17 August  
Tutor Suki Gill (BESA), Tara Curtis

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

*All session must be attended to join this course*

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

**Classroom** ⌚ 2 hours, 4 weeks

- **Dunstable Town Football Club**

Timings 10:30 - 12:30  
Date Thursday, 16 July - 6 August  
Tutor Angela Costello (BESA), Trishna Reid

*Becoming a volunteer is a fulfilling way to give back to your community, build valuable skills that can look great on your CV. Whether you're looking to support a cause you care about or learn something new, this guide helps you take the first step toward learning about impactful volunteer work.*

*All session must be attended to join this course*

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

**Classroom** ⌚ 2 hours, 4 weeks

- **3, Woburn Road, Bedford**

Timings 10:00 - 12:00  
Date Monday, 8 June - 29 June  
Tutor Suki Gill (BESA), Tara Curtis

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

*All session must be attended to join this course*

## Making Sense of Anger

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours 4 weeks

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Library, 2nd Floor**

Timings 10:30 - 12:30  
Date Tuesday, 9 June - 30 June  
Tutor Tara Curtis, Dianne Thomas

*In this 4 week course, will cover recognising why you get angry, controlling anger safely, dealing with triggers, problem solving and how to change your thought process.*

*All session must be attended to join this course*

## Medication and Mental Health

Note: This workshops is for Women Only

**Online** ⌚ 1½ hours, 2 workshops

- **Online**

Timings 11:00 - 12:30  
Date Tuesday, 12 May

Timings 18:00 - 19:30  
Date Wednesday, 24 June  
Tutor Luton All Women's Centre

*Gain a better understanding of medications that are given to treat, or to help, people with a range of mental health issues. When medication is likely to be helpful. Feel more confident to interact well with your doctor or psychiatrist to ensure your medication is regularly reviewed. What if you want to change or come off your medications?*

## Men's Health and Wellbeing

**Online** ⌚ 1 hour, 15 weeks

- **Online**

Timings 14:00 - 15:00  
Start Date Thursday, 23 April - 13 August  
Break Thursday, 28 May, 9 July  
Tutor Anthony Barron

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

## Neurodiverse Strengths and Challenges

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1 hour, 2 workshops

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:30 – 13:30  
Date Monday, 13 April

Timings 12:30 – 13:30  
Date Monday, 8 June

Tutor Anthony Barron, Olive Hickmott

*We will focus on the strengths that neurodiversity may bring to your life. We will discuss some simple techniques to overcome some of the challenges.*

## Support Your Neurodiverse Family

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1 hour, 2 workshops

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:30 – 13:30  
Date Monday, 1 June

Timings 12:30 – 13:30  
Date Monday, 10 August

Tutor Anthony Barron, Olive Hickmott

*This workshop will focus on the strengths that neurodiversity may bring to your life. We will discuss some simple techniques to overcome some of the challenges that are faced through daily living.*

## Neurodiversity – What is that?

**Online** ⌚ 1½ hours, 6 weeks

- **Online**

Timings 10:30 – 12:00  
Date Tuesday, 14 April – 19 May  
Tutor Dianne Thomas, Natasha Farooq

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

## Three Calming Techniques for Anxiety

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 2 hours

- **Online**
- **3, Woburn Road, Bedford**
- **Luton Library, 2nd Floor**

Timings 12:00 – 14:00  
Date Thursday, 21 May  
Tutor Claire Cooper, Fiona Thompson

*This workshop aims to turn anxiety into calmness with the Techniques learnt by focussing on how feelings will change and how anxiety is a response and not an illness.*

## Struggling With The Menopause

Note: This workshops is for Women Only

**Online** ⌚ 1½ hours, 2 workshops

- **Online**

Timings 18:00 – 19:30  
Date Wednesday, 22 April

Timings 12:30 – 14:00  
Date Tuesday, 16 June

Tutor Luton All Women's Centre

*Finding the menopause tough going? Want to talk about how it's affecting you? Join this introductory session and find out more about our 4 week menopause course.*

## Thriving with (ADHD)

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1 hour, 2 workshops

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:30 – 13:30  
Date Monday, 27 April

Timings 12:30 – 13:30  
Date Monday, 13 July

Tutor Anthony Barron, Olive Hickmott

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

## Thriving with Dyslexia

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1 hour, 2 workshops

- **Online**
- **3, Woburn Road, Bedford**

Timings 12:30 – 13:30  
Date Monday, 20 April

Timings 12:30 – 13:30  
Date Monday, 29 June

Tutor Anthony Barron, Olive Hickmott

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

## Come along to the Bedford Beacon drop in space

Thursdays, 17:30 - 21:00

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



**NHS**  
East London  
NHS Foundation Trust

Games & activities  
Arts and crafts  
Creative writing

Drama sessions  
Quiz nights  
Chilled out space

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

# Creativity & Self Expression

**These courses and workshops have positive effects on mental, emotional, and physical health, as they can relieve stress, anxiety, depression, anger and improve wellbeing.**

## Art Led Peer Support and Wellbeing

**Classroom** ⌚ 2 hours, 15 weeks

- **3, Woburn Road, Bedford**

Timings 09:30 - 11:30  
Date Monday, 13 April - 10 August  
Breaks Monday, 4 May, 25 May, 6 July  
Tutor Anthony Barron, Heidi Quinn, Janet Goodman

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

## Art Movements and Wellbeing

Note: You can only attend one of the 3 courses below

**Classroom** ⌚ 2 hours, 5 weeks, 3 courses

- **3, Woburn Road, Bedford**

Timings 12:30 - 14:30  
Date Tuesday, 21 April - 19 May  
Timings 12:30 - 14:30  
Date Tuesday, 2 June - 30 June  
Timings 12:30 - 14:30  
Date Tuesday, 14 July - 11 August  
Tutor Anthony Barron, Geoff Bennett

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

## Diverse Cultures Movement for Wellbeing

**Classroom** ⌚ 1½ hours, 16 weeks

- **3 Woburn Road, Bedford**

Timings 13:30 - 15:00  
Start Date Wednesday, 15 April - 12 August  
Break Wednesday, 29 May, 8 July  
Tutor Jaswinder Gill, Joginder Khinder

*A friendly, supportive space to discover movement for mental and physical wellbeing. Explore stretching, balance, relaxation, light exercise, dance movements and optional outdoor walking. Adaptable for all abilities. Where required please check you are fit to participate with your GP.*

## Knitting, Crochet and Wellbeing

**Classroom** ⌚ 2 hours, 15 weeks

- **3, Woburn Road, Bedford**

Timings 11:30 - 13:30  
Date Monday, 13 April - 10 August  
Break Monday, 4 May, 25 May, 6 July  
Tutor Anthony Barron, Heidi Quinn, Janet Goodman

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

## Model Making and Wellbeing

Note: You can only attend one of the 3 courses below

**Classroom** ⌚ 3 hours, 5 weeks, 3 courses

- **3, Woburn Road, Bedford**

Timings 10:00 - 13:00  
Date Wednesday, 22 April - 20 May  
Timings 10:00 - 13:00  
Date Wednesday, 3 June - 1 July  
Timings 10:00 - 13:00  
Date Wednesday, 15 July - 12 August  
Tutor Anthony Barron, Geoff Bennett

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

## Poetry and Mindfulness with Shout or Whisper

**Online** ⌚ 1½ hours, 4 weeks

- **Online**

Timings 14:00 - 15:30  
Date Wednesday, 15 April - 6 May  
Tutor Tom Irvine (Shout or Whisper), Amit Shenmar

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



## Voice Box - Your Voice, Your Wellbeing

Please choose which venue when booking your place

**Classroom** & **Online** ⌚ 1½ hours, 18 weeks

- **Online**
- **3, Woburn Road, Bedford**

Timings    14:00 - 15:30  
 Date        Thursday, 16 April - 13 August  
 Tutor        Kyle McDonald, Kat Brkljac

*Have your say in a safe discussion forum that encourages participation regardless of age, ethnicity, or culture. Topics include mental health, identity, social economic issues, gender/LGBTQ+ awareness and relationships.*

# Our Partners

Thank you to all our volunteers, service users, carers, students, staff, partners and everyone who has given time and shared ideas to develop the Bedfordshire and Luton Recovery College. We are delighted to have been able to work in partnership with local organisations to deliver high quality workshops and courses. Our partner list is growing as we

## Alzheimer's Society

### Carers Information Support Programme

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

### Living Well with Dementia

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

## Luton Adult Learning

### Better place to start open up Possibilities

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

### Five Ways to Wellbeing

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

### Free Employability Workshops

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

### Get Into Volunteering

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

### Money Matters

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

### Passport to the NHS

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

### Skills and CV

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

### Staying Safe Online

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

## The Noah Academy

### Computer Skills for Beginners

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

### Computer Skills for Beginners

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

### Sew Confident

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

### Employability Workshop, Ready to Work

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

### Creative Confidence

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



# Contact Our Partners

## **Alzheimer's Society,**

01582 320224, [luton@alzheimers.org.uk](mailto:luton@alzheimers.org.uk), [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## **Autism Bedfordshire,**

01234 350 704, [enquiries@autismbedfordshire.org](mailto:enquiries@autismbedfordshire.org); [www.autismbedfordshire.net](http://www.autismbedfordshire.net)

## **Carers in Bedfordshire,**

0300 111 1919, [contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk); [www.carersinbeds.org.uk/contact/us](http://www.carersinbeds.org.uk/contact/us)

## **Disability Resouce Centre,**

01582 470 900, [info@drcbeds.org.uk](mailto:info@drcbeds.org.uk); [www.drcbeds.org.uk/contact-us](http://www.drcbeds.org.uk/contact-us)

## **Groundwork,**

0121 236 8565, [info@groundwork.org.uk](mailto:info@groundwork.org.uk); [www.groundwork.org.uk](http://www.groundwork.org.uk)

## **Keech Hospice Care,**

01582 492 339, [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk); [www.keech.org.uk](http://www.keech.org.uk)

## **Luton Adult Learning,**

01582 490 033, [info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk); [www.lutonacl.ac.uk](http://www.lutonacl.ac.uk)

## **St Giles,**

0207 708 8000, [info@stgilestrust.org.uk](mailto:info@stgilestrust.org.uk); [www.stgilestrust.org.uk](http://www.stgilestrust.org.uk)

## **Luton All Women's Centre,**

01582 416 783, [support@lawc.org.uk](mailto:support@lawc.org.uk); [www.lutonallwomenscentre.org.uk](http://www.lutonallwomenscentre.org.uk)

## **Mind BLMK,**

0300 330 0648, [hq@mind-blmk.or.uk](mailto:hq@mind-blmk.or.uk); [www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

## **Penrose Roots,**

01582 343 230, [samantha.smith@socialinterestgroup.org.uk](mailto:samantha.smith@socialinterestgroup.org.uk); [www.facebook.com/PenroseRoots](http://www.facebook.com/PenroseRoots)

## **Tibbs Dementia Foundation,**

01234 210 993, [contact@tibbsdementia.co.uk](mailto:contact@tibbsdementia.co.uk); <https://tibbsdementia.co.uk>

## **The Noah Academy,**

01582 726 152, [academy@noahenterprise.org](mailto:academy@noahenterprise.org); [www.noahenterprise.org](http://www.noahenterprise.org)

## **Total Wellbeing Luton,**

0300 555 4152, [info@totalwellbeingluton.org](mailto:info@totalwellbeingluton.org); [www.totalwellbeingluton.org](http://www.totalwellbeingluton.org)

## **University of Bedfordshire,**

01234 400 400, [study@beds.ac.uk](mailto:study@beds.ac.uk); [www.beds.ac.uk](http://www.beds.ac.uk)



# Index

ADHD and Me	21	Knitting, Crochet and Wellbeing	27	Neurodiverse Strengths and Challenges	24
ADHD and Me	21	Learn a Craft for Wellbeing	22	Neurodiversity - What is That?	24
Alternative Ways to De-Stress for Better Mental Wellbeing	13	Learn Digital Skills for Beginners with Bedfordshire Employment & Skills Academy	22	Overcoming the effects of Bullying	17
Are You Exhausted	21	Learn Skills to become a Volunteer with Bedfordshire Employment & Skills Academy	23	Poetry and Mindfulness with Shout or Whisper	27
Art Led Peer Support and Wellbeing	27	Let's Talk About Living with OCD	14	Positive Thinking	17
Art Movement and Wellbeing	27	Let's Talk Active Listening	14	Self Reflection Through Art	17
Communicaton and Wellbeing	21	Let's Talk Anxiety	15	Seven Steps to Self-Belief	17
Diabetes Type 2	13	Let's Talk Assertive Communication	15	Six Tips to Help Reduce Worry	18
Difficult Conversation for Better Mental Health	13	Let's Talk Bereavement and Loss	15	Struggling with the Menopause (Women Only)	24
Diverse Cultures Men's Group	13	Let's Talk Depression	15	Supporting Your Neurodiverse Family	24
Diverse Cultures Movement for Wellbeing	27	Let's Talk Five Ways to Wellbeing	15	Three Calming Techniques for Anxiety	24
Diverse Cultures Women's Group	13	Let's Talk Low Mood	15	Thriving with ADHD	24
Domestic Abuse and Mental Health (Women Only)	21	Let's Talk Motivation	16	Thriving with Dyslexia	25
Drug and Alcohol Relapse Prevention	13	Let's Talk Sleep	16	Understanding Anger to Support Wellbeing	18
Growing Older and Mental Health	14	Let's Talk Understanding Hoarding to Support Wellbeing	16	Understanding Mental Health - Anxiety	18
Healthy Relationships	21	Making Sense of Anger	23	Understanding Mental Health - Boundaries	18
How to Build Emotional Resilience (Women Only)	22	Medication and Mental Health (Women Only)	23	Understanding Mental Health - Depression	18
Improving Sleep	22	Meditation for Wellbeing	16	Understanding Mental Health - Goal Setting	19
Improving Your Wellbeing - Biggleswade	14	Men's Health and Wellbeing	23	Understanding Mental Health - Managing Emotions	19
Improving Your Welleing - Shefford	14	Men's Recovery Circle	17	Understanding Mental Health - Sleep	19
Improving Your Wellbeing - Stotfold -	14	Model Making and Welbeing	27	Women's Recovery Circle	19
Improving Your Wellbeing (Women Only)	22			Voice Box - Your Voice, Your Wellbeing	28



# Bedfordshire & Luton IPS Employment Service

## Supporting people into meaningful employment as part of recovery

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

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





**NHS**

