



BEDFORDSHIRE & LUTON  
RECOVERY COLLEGE  
ONLINE  
PROSPECTUS

Autumn

September 2020



# September 2020 Online Courses

**Edition 5 (updated: 1/9/2020)**

For descriptions, dates, and times of our online courses and workshops see the following pages. Many of our courses are popular and places are allocated on a first-come, first served basis.

- Adult Ballet for Beginners
- Being Me! - **NEW**
- Completing a Job Application (Luton only)
- Completing an Application form and Interview Skills (Luton only)
- Cooking on a Budget
- Coping with Change (Luton only) - **NEW**
- Creative Confidence
- Cuppa and Chat
- Digital Learning for Beginners - **NEW**
- Dyslexia Awareness
- English Speaking and Listening
- ESOL for Work
- ESOL Pre-Entry - **NEW**
- ESOL Entry Level 1 - **NEW**
- ESOL Entry Level 2 - **NEW**
- ESOL Entry Level 3 - **NEW**
- Freedom 2 Create - **NEW**
- Gardening for Wellbeing
- Healthy Eating on A Budget
- How to Use Zoom 1:1
- Identifying Skills (Luton only)
- Identifying Skills and Making the Most of Your CV (Luton Only)
- Interview Skills (Luton Only)
- Introduction to Health and Wellbeing
- Introduction to Recovery - **NEW**
- Is There an Elephant in the Room?
- IT and Confidence - **NEW**
- Journaling for Wellbeing
- KitKat and Chat
- Laughter
- Let's Chat (for young adults aged 18-25)
- Living Well with a Long-Term Condition - **NEW**
- Lockdown Gardens
- Making the Most of Your CV (Luton only)
- Medication and Mental Health (Women Only) - **NEW**
- Meditation with Pete
- Men's Group Mondays
- Men's Talk – Thursdays
- MIND BLMK Luton Online Group - **NEW**
- MIND BLMK Luton Lighthouse - **NEW**
- Mindful Living
- Mindfulness and Movement
- Mock Interviews (Luton only)
- Monday Crafternoon
- Online and Phone Interview skills (Luton only)
- Outreach Music Group – Creative Writing Words Unheard - **NEW**
- Outsiders: Artists in Time
- Passport to Employment Forum (Luton only)
- Progressing into Work 50+ (Luton only) - **NEW**
- Questioning Your Sexuality (Women Only) - **NEW**
- Rethinking Your Routine
- Seeing Yourself in Words - **NEW**
- Seven Steps to Self-Belief
- Sew Confident and ESOL
- Six Simple Steps to Help Reduce Worrying
- Staying Positive
- Story Telling Through Dance
- Support into Employment
- The Best of Me - **NEW**
- The Comfort Kitchen
- The Power of Word! Part 1 and 2
- Time of Your Life - Eating Well? - **NEW**
- Time to Talk - **NEW**
- Understanding Anxiety
- Understanding Confidence
- Understanding Emotions
- Understanding Fear
- Understanding Loneliness
- Wellness Recovery Action Plan (WRAP)
- Women's Group Wednesdays
- Wot? No Football?
- Zoom into Games
- Zoom into Italian

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

# To book a place on our courses:

## Enrol online by visiting this website:

[https://mindrecovery.net.org.uk/providers\\_profile/bedfordshire-and-luton-recovery-college/](https://mindrecovery.net.org.uk/providers_profile/bedfordshire-and-luton-recovery-college/)

or

## Download our enrolment form from our website:

<https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College>

And email your completed form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

or

**Email** [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) to request an enrolment form.

Whichever way you enrol, we will send you the link to join your chosen class (or classes) once we have processed your enrolment form - and so long as there are places available.

# To receive our latest prospectus and news about our new courses:

- Subscribe to our email list: [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)
- Like us on Facebook: @Bedfordshire & Luton Recovery College
- Follow us on Twitter: @RC\_BedsLuton
- Call 01234 263 621 (Bedford & Central Beds) or 01582 708 917 (Luton)

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

# Course descriptions, dates, and times

## Adult Ballet

Duration – 1 hour for 4 weeks

Ever wanted to try ballet or restart ballet? This adult session will start this journey, taught by a qualified and experienced instructor.

**Disclaimer: If you choose to take part in any of the live sessions, you do so at your own risk. You acknowledge that there is inherent risk in any physical activity. The sessions are designed to be gentle and for beginners however, you are responsible for your own safety. The Recovery College will not be responsible for any injury sustained as a result of participation.**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Friday 11 September - 2 October	12pm - 1pm	10	Mariam Barnet

## Being Me! - **NEW**

Duration – 1 hour for 4 weeks

A peer support talk space running on a four-week rotation. Peer to Peer support for people from the LGBT community to talk, share and develop learning and strategies to manage specific challenges and issues.

On 29 September a week a guest speaker will be available to provide information and answer questions around the subject 'stereotyping in the LGBTQ+ World'

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 1 September - 22 September	5:30pm - 6:30pm	15	Mack Mclean Debbie Brathwaite Pat Moyce Kirstin Dear

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Community Gardening and ESOL

Duration – 3 hours for 5 weeks

A beginner's course for those starting out with gardening, learn new skills, invest in the community and discover the wellbeing benefits of the great outdoors. This will be a great opportunity to reap these benefits while practicing your conversational, spoken English in a relaxed setting. By the end of the course you will have:

- learnt about new indoor/outdoor gardening techniques.
- explored the benefits of using gardening for positive wellbeing.
- begun to grow your own fruits, vegetables and herbs at home.
- given back to your community and explored opportunities for further volunteering.

All whilst becoming more confident talking with others in English.

**Eligibility requirement:** English must be your second language!

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date.

Venue	Date	Time	No of places	Facilitator(s)
NOAH Academy 20-22 Hightown Road Luton LU2 0DD	Tuesdays Course runs on a rolling basis	9:30am - 12:30pm	Maximum number of places based on government guidance.	Jacque Widdison NOAH Academy

## Completing A Job Application

Duration – 40 minutes to 1 hour

**Luton residents who are over 19 years' old and unemployed.**

**Completing an application** - You know your skills, you have updated your CV and you have found the perfect job role? Next comes the application; it is vital that your application form is completed properly. In this 40-minute to one-hour interactive workshop we will highlight common errors, help you to think about how to answer questions fully, and write a cover with supporting statement, which is often asked for with an application form.

**While we believe it would be helpful to attend all four workshops it is possible to attend only the ones that you feel best fit your needs.**

If you need some more support or have any suggestions of how we can help you, email us at [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our Find a Course page on our website:

<https://ebsontrackprospect-lutonae.msoutsourcing.co.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	All Wednesdays in September	10:am - 11am 2pm - 3pm	No limit	Luton Adult Learning

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Completing an Application Form and Interview Skills

Duration – 2 hours

Luton residents who are over 19 years' old and unemployed.

**Completing an application** – So you know your skills, you have updated your CV and you found the perfect job role? Next comes the application; it is vital that your application form is completed properly. In the first part of the workshop we will highlight common errors, help you to think about how to answer questions fully, and cover writing a supporting statement, which is often asked for with an application form. During the second part of the workshop we will look at:

**Interview Skills** – Congratulations they called you back! Now it's time for an interview, we understand that an interview is something that can make us all nervous, so this part of the session aims to give you some tips on preparing and presenting yourself for an interview. We will offer guidance on the use of body language and help you to use the STAR method to answer behaviour type interview questions. We will also consider the implications of the current crisis on interviews and how an alternative interview may be conducted.

If you need some more support or have any suggestions of how we can help you, email us at [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our Find a Course page on our website:

<https://ebsontrackprospect-lutonacl.ac.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	Wednesday 2 and 16 September	7pm - 9pm	No limit	Luton Adult Learning

## Cooking on a Budget – Online

Duration – 2 hours

Uncover the inner chef in you from the comfort of your home. Join our 6-session online cookery course and explore new recipes and techniques while socialising and connecting with new people. By the end of the course you'll be able to demonstrate health, safety and food hygiene with cookery and food preparation; explore the benefits of cookery for positive wellbeing; prepare and cook one cold meal and one hot meal; and connect with others during isolation. All ingredients needed for the course will be delivered to your home before the course starts.

This course is designed for anyone who would like to learn how to cook on a budget and make the most of everyday items you can find in your kitchen.

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Mondays and Fridays	1pm - 3pm	6	NOAH Academy

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Coping with Change – **NEW**

Duration – 1 hour

Luton residents who are over 19 years' old and unemployed.

Situations change. Some are planned changes. Some are unplanned changes. This short workshop explores strategies to help cope with change.

If you need some more support or have any suggestions of how we can help you, email us at: [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our **Find a Course page on our website:**

<https://ebsontrackprospect-lutonacl.ac.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	Friday 4 September	10am - 11am	No limit	Luton Adult Learning

## Creative Confidence – Online

Duration – 3 hours

Discover your creative side at home with our 6-session arts and crafts course as well as the wellbeing benefits of socialising and connecting with new people online. By the end of the course you'll be able to demonstrate new arts and crafts techniques; connect with others online during isolation; explore the benefits of using arts and crafts for positive wellbeing; and contribute towards a community project using your newfound arts and crafts skills. All materials needed for the course will be delivered to your home before the course starts.

This course is designed for anyone who would like to learn basic arts and crafts techniques and connect with new people online.

**Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date.**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays and Thursdays	10am - 1pm	6	Noah Academy

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class



## Creative Confidence

Duration – 3 hours for 5 weeks

Discover your creative side with our 5 session arts and crafts course as well as its benefits for wellbeing. All whilst socialising and connecting with new people. By the end of the course you'll be able to demonstrate new arts and crafts techniques, connect with others, explore the benefits of using arts and crafts for positive wellbeing and contribute towards a community project using your newfound art skills. This course is designed for anyone who would like to learn basic arts and crafts techniques and connect with new people.

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

To book a place

Venue	Date	Time	No of places	Facilitator(s)
NOAH Academy 20-22 Hightown Road Luton LU2 ODD	Tuesday 1 September 5 October 16 November and then on a rolling basis in the new year.	1pm - 4pm	Maximum number of places based on government guidance.	Fiona Morton NOAH Academy

## Cuppa and Chat

Duration – 1 hour

Feeling isolated and need to develop your communication skills, and build your self-confidence within a safe, confidential and friendly environment? Join us on Tuesday afternoons.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays ongoing - 22 September	2pm - 3pm	12	Sam Fossey Claire Cooper

## Digital Learning for Beginners - **NEW**

Duration – 3 hours, 2 days a week for 4 weeks

Learn the basics of how to use a computer and the internet on our FREE four-week course! Gain more confidence with using a laptop while in a social environment. By the end of the course you'll be able to create a document or spreadsheet, use the internet and search engines, send emails with attachments, use online storage and fill in an online form. This course is designed for anyone who would like to learn computer skills from scratch, teaching learners the basics of IT skills and terminology.

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date.

Venue	Date	Time	No of places	Facilitator(s)
NOAH Academy 20-22 Hightown Road, Luton LU2 ODD	Mondays and Wednesdays On a rolling basis	9:30am -12:30pm	Maximum set based on government guidance.	Fiona Morton NOAH Academy

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class



## Dyslexia Awareness

Duration – 90 minutes

Would you like to understand dyslexia better? This short workshop will give an overview of dyslexia and help you to:

- understand the condition better and how it affects daily life
- know what support there is available and how to access it
- understand and utilise some coping strategies to live well with dyslexia.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 22 September	4pm - 5pm	15	Kirstin Dear

## English Speaking and Listening - Online

Duration – 2 hours for 3 Weeks

On this course you will develop your use of English in a wider range of everyday situations and build your confidence in speaking and listening. By the end of the course, you'll be able to feel more confident in your ability to speak and understand basic English; improve wellbeing through language; identify language associated with everyday situations; connect with others during isolation; and move onto further ESOL training. All materials needed for the course will be delivered to your home before the start of the course. This course is ideal for those with English as a second language who want to improve their speaking and listening skills, confidence, and self-esteem related to English language.

**Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date.**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Mondays, Wednesdays and Fridays	10am -12pm	6	NOAH Academy

## ESOL for Work – Online

Duration – 2 hours for 3 Weeks

An online course which will help you to develop the use of your English speaking and listening ability and to build your confidence on your journey towards work. Our 3-week online course will help you to feel more confident in your ability to speak and understand basic English; learn and put into practice your English associated with employment; connect with others during isolation; and begin to create a CV, prepare for interviews, and take part in a mock interview. All materials needed for the course will be delivered to your home before the start of the course.

This course is ideal for those with English as a second language who want to improve their speaking and listening skills, confidence and self-esteem related to English language to move towards employment.

**Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date.**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Mondays, Wednesdays and Fridays	10am - 12pm	6	NOAH Academy

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

**ESOL Pre-Entry – NEW**

Duration – 24 days

**Over 19 years old, unemployed or not currently seeking employment.**

The Polish British Integration Centre (PBIC) is running several English to Speakers of Other Languages (ESOL) classes. The classes have been designed to support all European migrants that are living here in the UK from Pre-Entry learners up to Entry Level 3. The classes will initially be held online through Zoom before moving to face-to-face classes as soon as it is safe to do so. Each learner that completes the course will receive a Certificate of Attendance and an accreditation from AQA on British Values. Each course runs for 12 weeks and each class is 2 hours per week. Subject to demand, the classes are running during the day, in the evening and at the weekend.

**To enrol, please call the PBIC on 01234 328100 and speak with one of our consultants or email the PBIC on [info@pbic.org.uk](mailto:info@pbic.org.uk)**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 7 September and Thursday 10 September until Monday 23 November and Thursday 26 November	10am - 11am	6	Polish British Integration Centre
Zoom	Monday 7 September and Thursday 10 September until Monday 23 November and Thursday 26 November	1pm - 2pm	6	Polish British Integration Centre
Zoom	Tuesday 8 September and Friday 11 September until Tuesday 24 November and Friday 27 November	10am - 11am	6	Polish British Integration Centre

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

**ESOL Entry Level 1 - NEW**

Duration – 24 days

**Over 19 years old.**

The Polish British Integration Centre (PBIC) is running several English to Speakers of Other Languages (ESOL) classes. The classes have been designed to support all European migrants that are living here in the UK from Pre-Entry learners up to Entry Level 3. The classes will initially be held online through Zoom before moving to face-to-face classes as soon as it is safe to do so. Each learner that completes the course will receive a Certificate of Attendance and an accreditation from AQA on British Values. Each course runs for 12 weeks and each class is 2 hours per week. Subject to demand, the classes are running during the day, in the evening and at the weekend.

**To enrol, please call the PBIC on 01234 328100 and speak with one of our consultants or email the PBIC on [info@pbic.org.uk](mailto:info@pbic.org.uk)**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 7 September and Thursday 10 September until Monday 23 November and Thursday 26 November	11:30am – 12:30pm	6	Polish British Integration Centre

**ESOL Entry Level 2 - NEW**

Duration – 24 days

**Over 19 years old.**

The Polish British Integration Centre (PBIC) is running several English to Speakers of Other Languages (ESOL) classes. The classes have been designed to support all European migrants that are living here in the UK from Pre-Entry learners up to Entry Level 3. The classes will initially be held online through Zoom before moving to face-to-face classes as soon as it is safe to do so. Each learner that completes the course will receive a Certificate of Attendance and an accreditation from AQA on British Values. Each course runs for 12 weeks and each class is 2 hours per week. Subject to demand, the classes are running during the day, in the evening and at the weekend.

**To enrol, please call the PBIC on 01234 328100 and speak with one of our consultants or email the PBIC on [info@pbic.org.uk](mailto:info@pbic.org.uk)**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 8 September and Friday 11 September until Tuesday 24 November and Friday 27 November	11:30am – 12:30pm	6	Polish British Integration Centre
Zoom	Monday 7 September and Thursday 10 September until Monday 23 November and Thursday 26 November	2:30pm – 3:30pm	6	Polish British Integration Centre

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## ESOL Entry Level 3 - **NEW**

Duration – 24 days

Over 19 years old.

The Polish British Integration Centre (PBIC) is running several English to Speakers of Other Languages (ESOL) classes. The classes have been designed to support all European migrants that are living here in the UK from Pre-Entry learners up to Entry Level 3. The classes will initially be held online through Zoom before moving to face-to-face classes as soon as it is safe to do so. Each learner that completes the course will receive a Certificate of Attendance and an accreditation from AQA on British Values. Each course runs for 12 weeks and each class is 2 hours per week. Subject to demand, the classes are running during the day, in the evening and at the weekend.

To enrol, please call the PBIC on 01234 328100 and speak with one of our consultants or email the PBIC on [info@pbic.org.uk](mailto:info@pbic.org.uk)

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 8 September and Friday 11 September until Tuesday 24 November and Friday 27 November	1pm – 2pm	6	Polish British Integration Centre
Zoom	Wednesday 9 September and Friday 11 September until Wednesday 25 November and Friday 27 November	3pm – 4pm	6	Polish British Integration Centre

## Freedom 2 Create - **NEW**

Duration – 90 minutes for 12 weeks

Formal elements to art are like the notes that are used to make up music. Materials (paint, pencil, pastel, material, clay etc.) are like the musical instruments people play and artists are like the musicians. In these sessions we will learn how the formal elements make up paintings and pictures, which in turn will enable you to learn to read pictures in a more knowledgeable way. Every two weeks we will look at a new formal element and explore it through work that you will create yourself. You do not have to be an artist to do this course or have any prior experience of painting or drawing – just an interest in being creative and the willingness to try something new. We look forward to you joining our group where you will be welcomed by a friendly open tutor, who will encourage you to explore your inner artistic side that you might not even know you have ..... yet!!

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 14 September - 30 November	7:00pm - 8:30pm	12	Naomi Phelan (Butterfly Project) Kirstin Dear

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Gardening for Wellbeing

Duration – 2 hours for 3 weeks

A beginner's course for those starting out with gardening. Learn how to make use of small spaces in the home to grow fruit, vegetables and herbs while connecting with new people. By the end of the course you'll learn new indoor/outdoor gardening techniques; explore the benefits of using gardening for positive wellbeing; begin to grow your own fruit, vegetables and herbs at home; and connect with others online during isolation. All materials needed for the course will be delivered to your home before the course starts. This course is designed for anyone who would like to learn about basic gardening and make the most of the space they have in their homes to grow plants.

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays and Thursdays	1pm - 3pm	6	NOAH Academy

## Healthy Eating on a Budget

Duration – 1 hour for 4 weeks

No cooking skills required. We will talk you through everything you need to do. Whether you are experienced or not we'll hopefully give you some new ideas and recipes.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Thursday 13 August - 3 September 10 September - 1 October	4pm - 5pm	12	Julie Clay Tony Isles

## How To Use Zoom 1:1 session

Duration – 1 hour on request

Technology can be challenging and many of us are using new ways to engage with the outside world. This can be difficult and feel overwhelming. The Zoom session will provide tips and practical advice on how to use Zoom and stay safe using it.

1:1 session on request. Please email Kirstin Dear at [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

## Identifying Skills

Duration – 40 minutes to 1 hour

Luton residents who are over 19 years' old and unemployed.

**Identifying Skills** – Has it been a while since you last looked for work? Are you struggling to remember what you're really good at? Why not join our Identifying Skills workshops for a free, online and interactive 40-minute to one-hour session? We will help you to recognise your strengths and skills from previous employment or personal activities and how these are transferable to a new workplace. You will then use these skills to write a personal statement and stand out from the crowd while searching for jobs.

**While we believe it would be helpful to attend all four workshops it is possible to attend only the ones that you feel best fit your needs.**

To enrol, visit our Find a Course page on our website:

<https://ebsontrackprospect-lutonae.msoutsourcing.co.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	All Mondays in September	10am - 11am 2pm - 3pm	No limit	Luton Adult Learning

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Identifying Skills and Making the most of your CV

Duration – 2 hours

Luton residents who are over 19 years' old and unemployed.

**Identifying Skills** – Has it been a while since you last looked for work? Are you struggling to remember what you're really good at? The first part of the session looks at Identifying Skills where we will help you to recognise your strengths and skills from previous employment or personal activities and how these are transferable into a new workplace. You will then use these skills to write a personal statement and stand out from the crowd while searching for jobs. During the second part of the session we will look at:  
**Making the most of your CV** – Your CV is most employers' first glimpse of you as a prospective employee. This part of the session aims to help you identify good practice in CV writing, and how to make the most of your personal statement and write your CV to demonstrate you are the right person for the job.

If you need some more support or have any suggestions of how we can help you, email us at: [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our Find a Course page on our website:

<https://ebsontrackprospect-lutonacl.ac.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	Tuesday 1 and 15 September	7pm - 9pm	No limit	Luton Adult Learning

## Interview Skills

Duration – 40 minutes to 1 hour

Luton residents who are over 19 years' old and unemployed.

**Interview Skills** – Congratulations they called you back! Now it's time for an interview, we understand that an interview is something that can make us all nervous. This 40-minute to one-hour interactive workshop aims to give you some tips on preparing and presenting yourself for an interview. We will offer guidance on the use of body language and help you to use the STAR method to answer behaviour type interview questions. We will also consider the implications of the current crisis on interviews and how an alternative interview may be conducted.

**While we believe it would be helpful to attend all four workshops it is possible to attend only the ones that you feel best fit your needs.**

To enrol, visit our Find a Course page on our website:

<https://ebsontrackprospect-lutonacl.ac.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	All Thursdays in September	10am - 11am	No limit	Luton Adult Learning

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Introduction to Health and Wellbeing

Duration – 1 hour for 13 weeks

This 13-week workshop covers:

- Week 1 Introduction to Wellbeing
- Week 2 Introduction to Healthy Eating
- Week 3 Introduction to Anxiety
- Week 4 Introduction to Depression
- Week 5 Introduction to Sleep
- Week 6 Introduction to Goal Setting
- Week 7 Introduction to Boundaries
- Week 8 Introduction to Confidence Building
- Week 9 Introduction to Motivation
- Week 10 Managing Emotion
- Week 11 Relationships
- Week 12 Financial Health
- Week 13 Improving your memory

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesdays 12 August – 4 November	10:30am - 11:30am	12	Tara Curtis Felicity Stoker Adwoa Sarpomaa Deborah Brathwaite

## Introduction to Recovery - **NEW**

Duration – 1 hour

What is Recovery? This workshop aims to provide an understanding of what Recovery is, what the journey of recovery means and how unique each person's journey is.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Thursday 10 September	2pm - 3pm	12	Clare Essex

## Is There an Elephant in The Room?

Duration – 1 hour

Addressing the taboo conversations about end of life. A workshop to help ease discussion and improve confidence in starting conversations to prepare for future uncertainties.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 14 September	4pm - 5pm	10	Mark Pedder Lecturer Practitioner Keech Hospice Care

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class



## IT and Confidence - **NEW**

**Duration – 3 hours, days a week for 4 weeks**

Discover how to use a computer while managing your stress and anxiety. Develop your confidence in a welcoming social environment. By the end of the course you'll have developed mental and physical strategies to manage anxiety and stress as well as be able to use IT to simplify your life. We will show you how to stay in touch with friends and family using the internet through email and social media. This course is designed for anyone who feels stressed or anxious by the thought of using technology. Learn how to manage your stress while using technology in a fun and interactive way.

**Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date**

Venue	Date	Time	No of places	Facilitator(s)
NOAH Academy 20-22 Hightown Road, Luton LU2 0DD	Tuesdays and Thursdays. Classes on a rolling basis	9:30am - 12:30pm	Maximum number of places based on government guidance.	Tasleem Begum NOAH Academy

## Journaling for Wellbeing

**Duration: 1 hour for 2 days**

Are you feeling anxious? Sad? Angry? Happy? Excited? Bored? Writing down what is going on in your life can help to change your mood and even improve your health.

**Please bring a pen and paper to each session.**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 8 and Wednesday 9 September	3:30pm - 4:30pm	12	Clare Essex Adwoa Date-Bah

## KitKat and Chat

**Duration – 90 minutes for 4 weeks**

Feeling isolated and want to develop your communication skills, and build your self-confidence within a safe, confidential and friendly environment? This group is a friendly social group. Join us on Tuesday afternoons.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays 1 September - 29 September	1pm - 2:30pm	12	Sonia Wilding Tara Curtis

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Laughter

Duration – 1 hour for 4 weeks

Laughter Yoga is based on the principal that your body benefits from laughing even when we pretend to laugh. As long as you are willing to laugh you will get the psychological and physiological benefits of laughter. The good thing is that in our Laughter Exercises, the simulated laughter soon turns into genuine, deep and hearty laughter.

Cheryl is an experienced laughter facilitator with years of knowledge of how to make this session fun and friendly. Why not give it a try and see if you like it.

**Laughter Yoga is classed as a cardiovascular exercise, therefore, there are some health and medical contra-indications that you need to be aware of. Laughter Yoga is contra-indicated for people suffering from uncontrolled blood pressure, heart disease, epilepsy, any kind of hernia, severe backache, and major psychiatric disorders. You should also avoid participating if you currently have a temperature, cough or cold. This list is for your guidance only and is not meant to be exhaustive. If in doubt seek medical advice.**

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesday 9 September - 30 September	10:30am - 11:30am	15	Cheryl Green

## Let's Chat

Duration – 1 hour for 8 weeks

**For young adults aged 18-25.**

Come and join us for an hour on Wednesday afternoons. A safe place to share and get to know what happening around you and meet other young people.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesdays 5 August - 23 September	2pm - 3pm	12	Manjeet Gill Saini Anjali Malde

## Living Well with a Long-Term Condition - **NEW**

Duration – 1 hour for 2 days

This workshop is for anyone with a long-term condition who is interested in taking an active approach to help them self. It will also help improve your personal wellbeing and explore how to live life in a more positive way.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 29 and Wednesday 30 September	3:30pm - 4:30pm	12	Clare Essex

## Lockdown Gardens

Duration – 1 hour for 4 weeks

Gardening is a great hobby for the mind and the body. While we are at home, we can explore this space to grow and care for spaces and to relax and enjoy them. This informal session will allow people to discuss their spaces (no matter how small, even a window ledge is enough), and to get into gardening or to improve their knowledge and/or understanding of gardening. Run by two amateur gardeners, everyone is welcome to join wherever they are on their gardening journey.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 7 September - 28 September	3:30pm - 4:30pm	15	Kirstin Dear Joginder Khinder

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Making the Most of Your CV

Duration – 40 minutes to 1 hour

Luton residents who are over 19 years' old and unemployed.

**Make the most of your CV** – On average, recruiters will spend no more than 5-10 seconds looking at your CV, which is why it is so important that you have all the key information they are looking for. This 40-minute to one-hour interactive workshop aims to help you identify good practice in CV writing, how to make the most of your personal statement and write your CV to demonstrate you are the right person for the job.

If you need some more support or have any suggestions of how we can help you, email us at: [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

**While we believe it would be helpful to attend all 4 workshops it is possible to attend only the ones that you feel best fit your needs.**

To enrol, visit our **Find a Course page on our website:**

<https://ebsontrackprospect-lutonae.msoutsourcing.co.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	All Tuesdays in September	10am - 11am 2pm - 3pm	No Limit	Luton Adult Learning

## Medication and Mental Health

Duration – 90 minutes

### (Women Only) – **NEW**

This short session aims to give you a better understanding of medications that are often given to treat, or to help people with a range of mental health issues. We'll look at:

- When medication is likely to be helpful
- Other things you may want to consider first or as well as medication
- Common side effects
- How 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 meds?

Please call or email [admin@lawc.org.uk](mailto:admin@lawc.org.uk) or call Luton All Women's Centre on **01582 416783** if you are interested in joining this workshop.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 29 September	12pm - 1.30pm	12	Cherie Chapman Caroline Cook Luton All Women's Centre

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

<b>Meditation with Pete</b>			<b>Duration – 1 hour</b>	
Petar will provide a weekly opportunity to put aside some time to relax and enjoy guided meditation.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Fridays 18 September - 16 October	1:30pm - 2:30pm	12	Petar Djukic Claire Cooper

<b>Men's Group Mondays</b>			<b>Duration – 1 hour</b>	
A place to listen, share and discuss what's happening with you.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 7 September - Monday 5 October	1pm - 2pm	8	Anthony Barron Tony Isles Manjeet Gill Saini

<b>Men's Talk – Thursdays</b>			<b>Duration – 1 hour</b>	
An informal men's discussion group to meet with other people. An opportunity to share, chat, and talk about important things and not so important things.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Thursdays 24 September - 29 October	5pm - 6pm	8	Anthony Barron

<b>Mind BLMK Luton online group – NEW</b>			<b>Duration – 90 minutes ongoing weekly</b>	
Small discussion and support group for those 18+ living in Luton, open to those who have already joined Mind BLMK services and new referrals.				
Please use the 'get support' button on our website to send us your details, and we will contact you for an initial assessment before joining the group: <a href="https://www.mind-blmk.org.uk/">https://www.mind-blmk.org.uk/</a>				
The link to join the session will be sent following the initial appointment.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays Ongoing weekly	1pm - 2:30 pm	5	Mind BLMK staff

<b>Mind BLMK Luton Lighthouse – NEW</b>			<b>Duration – 1 hour ongoing weekly</b>	
Young Adults' Group for those aged 18 -30. Weekly discussion group focusing on wellbeing. Open to people living in Luton.				
Please use the 'get support' button on our website to send us your details, and we will contact you for an initial assessment before joining the group: <a href="https://www.mind-blmk.org.uk/">https://www.mind-blmk.org.uk/</a>				
The link to join the session will be sent following the initial appointment.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Thursdays (excluding 3 September 2020)	1pm - 2pm	5	Mind BLMK staff

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Mindful Living

Duration – 1 hour over 4 weeks

This 4-week workshop uses meditation, mindfulness and Cognitive Behavioural Therapy techniques to aid a peaceful life.

This workshop covers:

- Staying in the present
- Past and letting go
- Self-Care
- Gratitude

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 8 September - 29 September	11am - 12pm	10	Angela Brown

## Mindfulness and Movement

Duration – 1 hour for 4 weeks

A gentle movement session to practice mindfulness. Mindfulness is a great way to relax and help manage your feelings, emotions and give back to you. These sessions will provide some learning about breathing and how to manage pain using breathing exercise. Cheryl is a very experienced knowledgeable Mindfulness facilitator who will put you at your ease and go through a guided mindfulness session.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 8 September - 29 September	1pm - 2pm	15	Cheryl Green

## Mock Interviews

Duration – 1 hour

**Luton residents who are over 19 years' old and unemployed.**

Been a while since your last interview? Why not join one of our workshops and brush up on your interview techniques?

If you need some more support or have any suggestions of how we can help you, email us at: [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our **Find a Course** page on our website:

<https://ebsontrackprospect-lutonae.msoutsourcing.co.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	Fridays 12 August - 25 September	10am - 11am	No Limit	Luton Adult Learning

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Monday Crafternoon

Duration – 90 minutes for 10 weeks

This 10-week workshop covers:

- Card making
- Decoupage
- Glass painting
- Paper craft
- Pebble art

Art packs will be posted to participants.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Mondays 20 July - 28 September (break Monday 31 August)	1pm - 2:30pm	10	Sonia Wilding Tara Curtis

## Online and Phone Interview Skills - **NEW**

Duration – 1 hour

Luton residents who are over 19 years' old and unemployed.

Interviews are changing, and many are taking place online. Join this interactive workshop to discuss hints and tips for how to prepare and present yourself in an online or phone interview.

If you need some more support or have any suggestions of how we can help you, email us at: [passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our Find a Course page on our website:

<https://ebsontrackprospect-lutonacl.ac.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	All Thursdays in September	2pm - 3pm	No limit	Luton Adult Learning
Online	Friday 11 September	10am - 11am	No limit	Luton Adult Learning

## Outreach Music Group –

Duration – 1 hour for 5 weeks

## Creative Writing Words Unheard - **NEW**

A course of online Zoom sessions for mental health service users promoting skills in Creative Writing.

- Song Writing
- Poetry
- Spoken Word
- Story Writing
- Rap
- Friendly Faces
- Fun!

Please contact [omgcg@yahoo.com](mailto:omgcg@yahoo.com); or [creativewritingomg@outlook.com](mailto:creativewritingomg@outlook.com); for more details on how to book your place. Internet access essential. No Zoom account needed.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesday 9 September - 7 October	1pm - 2pm	12	Outreach Music Group

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Outsiders: Artists in time

Duration – 1 hour for 6 weeks

This course will highlight the artwork of artists on the margins of society who have used art as a form of expression and to develop self-esteem. The workshop will show methods that different artists have used. Participants can use pencil and other materials of their choice to create images inspired by these artists.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesdays 23 September - 28 October	3:30pm - 4:30pm	12	Sam Fossey Anthony Barron

## Passport to Employment Forum

Duration – 1 hour

**Luton residents who are over 19 years' old and unemployed.**

Drop-in session to discuss your progress and any further support you may need.

If you need some more support or have any suggestions of how we can help you, email us at:

[passport@lutonacl.ac.uk](mailto:passport@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

To enrol, visit our **Find a Course** page on our website:

<https://ebsontrackprospect-lutonacl.ac.uk/Page/FindCourse>

Venue	Date	Time	No of places	Facilitator(s)
Online	Friday 25 September	10am - 11am	No Limit	Luton Adult Learning

## Progressing into Work 50+ (Luton Only) - **NEW**

Duration – 3 hours, 2 days for 12 weeks

This free twelve-week course will improve your confidence and employability skills. You will gain knowledge and experience to convert applications into real job opportunities. The course includes empowerment sessions to build your confidence, mock interviews and work placement opportunities based on your career aspirations, a tailored C.V. and action plan, alongside 1:1 support and mentoring throughout.

This project is funded by the European social fund and the National Lottery Community Fund.

All participants **must** meet the below criteria:

- Aged 50 or over
- Currently unemployed
- Proof of ID available
- Currently living in Luton

**All learners will have a 1:1 appointment prior to starting, please ring the NOAH Academy to book on 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org)**

Venue	Date	Time	No of places	Facilitator(s)
NOAH Academy 20-22 Hightown Road Luton LU2 0DD	Mondays and Fridays	1:30pm - 4:30pm	Maximum number based on government guidance	Paul Longshaw, NOAH Academy

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class



## Questioning Your Sexuality

Duration – 1 hour

### (Women Only) - **NEW**

Questioning your sexuality can be really hard and many women don't feel they can talk to anyone about this. The workshop is for women thinking about if they might be lesbian or gay, or for women who have recently come out but feeling isolated. We'll look at common concerns and fears, support you might need along the way and how to talk to people close to you about what you're going through.

Please email [admin@lawc.org.uk](mailto:admin@lawc.org.uk) or call Luton All Women's Centre on **01582 416783** if you are interested in joining this workshop.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Thursday 17 September	7pm - 8pm	12	Caroline Cook Cherie Chapman Luton All Women's Centre

## Rethinking Your Routine

Duration – 1 hour for 3 days

Having difficulty maintaining a healthy routine? This course will help you to explore ways to maintain a healthy routine and to make the most of your time at home.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 22 - 24 September	3:30pm - 4:30pm	12	Clare Essex

## Seeing Yourself in Words - **NEW**

Duration – 1 hour for 6 weeks

Do you want to write your story in your way? To write a better future and journey to where you want to be? This is a creative writing course where you are your own biographer. Learning mapping techniques to shape your future through words. Join us on Tuesday mornings.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays 8 September - 13 October	10:30am - 11:30am	10	Kathy Humeniuk Tara Curtis

## Seven Steps to Self-Belief

Duration – 1 hour for 4 days

This workshop aims to explore ways to work on the inner negative voice, turning a weakness into strength; how to be your own motivational coach; and how to get your mind on your side. All with these easy seven steps to self-belief.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 14 September - Friday 18 September (excluding Wednesday)	12:30pm - 1:30pm	12	Sam Fossey Fiona Thompson

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Sew Confident and ESOL

Duration – 3 hours for 5 weeks

A beginners ESOL course for women starting out with sewing, this course will help you practice your spoken English in a fun and creative setting. By the end of the course, you'll be able to discuss a new topic in English, talk openly about the importance of wellbeing, create a range of hand-sewn crafts and design and create machine-sewn craft items.

This course is designed for women who would like to learn about basic sewing and learn English in a relaxed setting while also learning basic sewing skills.

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

To book a place

Venue	Date	Time	No of places	Facilitator(s)
NOAH Academy 20-22 Hightown Road Luton LU2 0DD	Friday 11 September	1:30pm - 4:30pm	Maximum places in line with government guidance	Tasleem Begum NOAH Academy
	16 October			
	20 November			
	and going forward on a rolling basis			

## Six Simple Steps to Help Reduce Worrying

Duration – 1 hour for 4 days

Come and learn why worrying is the wrong kind of self-hypnosis and what you can do about it. We will create an understanding of why we worry, how we can get caught up in it, and how we can learn to stop worrying so much with six, simple tips to a solution focused result.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 7 September - Thursday 10 September	12:30pm - 1:30pm	12	Sam Fossey Fiona Thompson
Zoom	Monday 21 September - Thursday 24 September	12:30pm - 1:30pm	12	Sam Fossey Fiona Thompson

## Staying Positive - Online

Duration – 3 hours

Discover new strategies and techniques to help build resilience to stress, anxiety, and depression through positive psychology and coping strategies. By the end of the course you'll be able to develop mental and physical strategies to manage anxiety and stress; identify activities to do at home to improve wellbeing; stay socially connected with others; and learn and practice mindfulness techniques. All materials needed for the course will be delivered to your home before the course starts.

This course is designed for anyone who would like to help manage stress and anxiety through mindfulness and positive psychology.

Please contact NOAH Academy by telephone 01582 726152 or email [academy@noahenterprise.org](mailto:academy@noahenterprise.org) for next available starting date

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Mondays and Wednesdays	1pm - 4pm	6	NOAH Academy

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## Story Telling Through Dance

Duration – 30 minutes

A weekly group run by Dr Parvati Rajamani using Odissi, a dance style that originates from East India. It's a form of dance that uses joy and expression while telling stories with facial expression, gestures and movement, set to traditional music. The sessions require a clear space for movement and involve moderate activity.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesdays 9 September - ongoing	12pm - 12:30pm	20	Dr Parvati Rajamani

## Support into Employment

Duration – Flexible

Choose from five brand new and free employment support programmes focussed on wellbeing, managing money, support for carers, getting into care and our traditional employment programme. We start all our courses by helping you to de-stress and to build your confidence. Then we design a personal package of training and support just for you. This programme can help develop your personal, IT and employability skills. We want to work with you to design your development plan. This plan will incorporate a unique support package tailored to you. We will consider how you learn, your areas for development and suggestions for reaching your goals.

We will explore suitable work options and can help you to find and apply for jobs. Finding 'you' again is the most important element for your success. Achieve this by building confidence, discovering your personality type, starting to make positive changes, and setting some goals.

Ensuring you are taking care of yourself is the foundation to your success. We will help you to learn how to relax, de-stress and take control in different areas in your life. With these building blocks in place you'll start exploring how to remove barriers, produce a CV, submit your best applications and develop your interview skills.

Through these holistic packages of support, we can work with you in a number of areas to support you into employment, volunteering or further learning.

Sessions are delivered in groups and in 1-2-1 sessions.

Contact Disability Resource Centre on 01582 470 900 or email [info@drbeds.org.uk](mailto:info@drbeds.org.uk)

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Flexible Until June 2021	Flexible	No limit	Christopher Duncombe-Cooper Disability Resource Centre

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## The Best of Me - **NEW**

Duration – Flexible

The Best of Me programme is made up of 3 unique online learning courses to improve your wellbeing. Complete one course or progress through all 3. Course titles are:

**Taking care of me** - Take steps to a better life balance. Learn about healthy lifestyles, how to eat well and be more active. Learn how to de-stress and relax, how to manage your relationships and the importance of a support network.

**Missing me** - Build your motivation, confidence and positivity. Learn about the different sides of your personality, how to love yourself and make positive change. You will then be ready to set goals to achieve the future life that you want.

**Future me** - Remove the barriers that are holding you back. Identify your strengths and learn ways to communicate effectively. Plan for your next steps into work, further learning or volunteering.

There will be group teaching sessions to help you progress through the online learning content and 1-2-1 sessions for any individual support you may require.

Contact Disability Resource Centre on 01582 470 900 or email [info@drbeds.org.uk](mailto:info@drbeds.org.uk)

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Flexible until October 2020	Flexible	No limit	Christopher Duncombe-Cooper Disability Resource Centre

## The Comfort Kitchen

Duration – 1 hour or 4 weeks

Sarah Scotland uses her experience and knowledge, as a qualified nutritionist, to help us make the most of what we have and what we can get hold of, to make healthy meals for ourselves and our families. This weekly session runs in real time, with Sarah cooking a meal as the class runs. Whether you join in or just watch, and ask questions, is up to you.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesday 19 August - 9 September 16 September - 7 October	2pm - 3pm	No Limit	Sarah Scotland

## The Power of Word! Part 1

Duration – 90 minutes

Words have a significant impact on our understanding of the world, ourselves, our mental health and others. This short workshop will explore the everyday language we use and the impact it can have.

The objectives for this workshop are;

- to discuss how to challenge others on their use of language
- to discuss how we can make steps to use more positive descriptive language when we communicate
- 

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 28 September	10am - 11:30am	15	Tara Curtis Kirstin Dear

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

## The Power of Word! Part 2

Duration – 90 minutes

Words have a significant impact on our understanding of the world, ourselves, our mental health and others. This short workshop will explore the everyday language we use and the impact it can have.

The workshop will;

- explore further our use of language and we as an organisation are working to be more thoughtful about commonly used language in order to positively support the community we work with and how people would engage with us
- make use of this learning to share with others.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesday 1 September Monday 5 October	10am - 11:30am	15	Tara Curtis Kirstin Dear

## Time to Talk - **NEW**

Duration – 1 hour

How aware are you of poor mental health and what that might mean for someone?  
Would you know how to start a conversation and be a supportive friend?  
Do you know how to look after your mental health?

Time to Talk is a National Organisation which provides support, safe spaces to speak online and learn how to manage your mental health. Graham is the Membership Manager for Time to Talk Mental Health UK. He will share what the organisation does and how to access what they have on offer.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesday 23 September	4pm - 5pm	20	Graham Carrington (Time to Talk Mental Health UK) Kirstin Dear

## Time of Your Life - Eating Well? - **NEW**

Duration – 1 hour

The menopause can be something a woman sails through, or it can be challenging to manage. The menopause can affect a woman emotionally, psychologically and physically.

This session will have a guest speaker Sarah Scotland, Nutritionist, to share her knowledge about how what we eat in a way to reduce the effect of some of the symptoms of the menopause and manage well through this period of life.

Venue	Date	Time	No of places	Facilitator(s)
Zoom	Thursday 24 September	6pm - 7pm	15	Anita Powell Menopause Alliance Sarah Scotland (Nutritionist) Kirstin Dear

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

<b>Understanding Anxiety</b>			<b>Duration – 1 hour</b>	
An introduction to provide an understanding of some of the issues of living with anxiety and some tips on how to manage it.				
<b>Venue</b>	<b>Date</b>	<b>Time</b>	<b>No of places</b>	<b>Facilitator(s)</b>
Zoom	Tuesday 8 September	12pm - 1pm	12	Martin Reddy Adwoa Date-Bah

<b>Understanding Confidence</b>			<b>Duration – 1 hour</b>	
An introduction to provide an understanding of some of the issues of living with a lack of confidence and some tips on how to overcome it.				
<b>Venue</b>	<b>Date</b>	<b>Time</b>	<b>No of places</b>	<b>Facilitator(s)</b>
Zoom	Tuesday 15 September	12pm - 1pm	12	Martin Reddy Adwoa Date-Bah

<b>Understanding Emotions</b>			<b>Duration – 90 minutes for 6 weeks</b>	
We all have strong feelings and emotions. This series of workshops will explore the causes of these emotions and discuss strategies to manage and communicate our emotions effectively. The emotions that will be discussed are anger, fear, sadness and happiness. The workshops build on each other and run over six weeks.				
<b>Venue</b>	<b>Date</b>	<b>Time</b>	<b>No of places</b>	<b>Facilitator(s)</b>
Zoom	Tuesdays 18 August - 22 September	11:30am - 1pm	12	Tony Isles Kirstin Dear

<b>Understanding Fear</b>			<b>Duration – 1 hour</b>	
An introduction to provide an understanding of some of the issues of living with fear and some tips on how to manage fear.				
<b>Venue</b>	<b>Date</b>	<b>Time</b>	<b>No of places</b>	<b>Facilitator(s)</b>
Zoom	Tuesday 29 September	12pm - 1pm	12	Martin Reddy Adwoa Date-Bah

<b>Understanding Loneliness</b>			<b>Duration – 1 hour</b>	
An introduction to provide an understanding of some of the issues of living with loneliness and some tips on how to combat it.				
<b>Venue</b>	<b>Date</b>	<b>Time</b>	<b>No of places</b>	<b>Facilitator(s)</b>
Zoom	Tuesday 22 September	12pm -1pm	12	Martin Reddy Adwoa Date-Bah

To book a place on a course please enrol online or send a completed enrolment form to [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) and we will send you the link to join the class

<b>Wellness Recovery Action Plan (WRAP)</b>			<b>Duration – 1 hour</b>	
WRAP is a personalised plan of what to do to keep yourself well on those days you need a bit of help. WRAP also looks at what to do when things get a bit worse. WRAP is your thoughts and ideas on paper about what you want to happen when things get tough.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Monday 14 September	2pm - 3pm	10	Sally Wilkin Kirstin Dear

<b>Women’s Group Wednesdays</b>			<b>Duration – 1 hour</b>	
Join us for conversations, joy, laughter and the start of new friendships.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Wednesdays ongoing	1pm –2pm	No limit	Joginder Khinder Malgorzata Lukasik

<b>Wot? No Football?</b>			<b>Duration – 1 hour for 6 weeks</b>	
The football season has finally finished but it is not long before the new one begins. Join us to share your ups and downs from last season, and your hopes and aspirations for the new one. We will be paying close attention to the transfer window and whether teams buy the real McCoy or a large lemon.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays 1 September - 6 October	3pm - 4pm	12	Martin Reddy Petar Djukic

<b>Zoom into Games</b>			<b>Duration: 1 hour for 6 weeks</b>	
Have some fun! Join other people to play games and quizzes on Zoom! Please have paper and a pen or pencil ready for each session.				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Tuesdays 25 August - 29 September	11am - 12pm	12	Clare Essex Sara McClurg

<b>Zoom into Italian</b>			<b>Duration: 1 hour for 6 weeks</b>	
A fun, short course to learn some basic Italian and find out if it’s something you enjoy. The objectives of the course are:				
<ul style="list-style-type: none"> <li>• Practising greetings and introducing yourself</li> <li>• Describing your likes and dislikes</li> <li>• Practising counting to twenty and asking for things</li> <li>• Practising using directions</li> <li>• Describing colours and names of things</li> <li>• Describing family members</li> </ul>				
Venue	Date	Time	No of places	Facilitator(s)
Zoom	Friday 7 August - 4 September	3pm - 4pm	12	Kirstin Dear Nicky Pascale
	25 September - 30 October	4pm - 5pm	12	

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# What Students are saying about us...

## Health & Well Being –Posture

- The tutor was very engaging, because he was so nice, and he didn't suggest ridiculously energetic movements that so many others do! I would have liked it to have been longer, as it suddenly ended!

## Let's get creative

- Compliment - very friendly, welcoming and inclusive - encouraged less vocal / confident attendees to contribute

## Learn how to use Zoom

- I have been able to use Zoom much more effectively since doing the course.

## Comfort kitchen

- Fabulous
- There wasn't any materials or facilities provided because they weren't applicable. The connection was cutting out quite a lot, but I really enjoyed the session, and it has given me more enthusiasm to venture out of my comfort zone with cooking, and Sarah was informative about nutrition and vitamins. Looking forward to vegetable lasagne next week.

## Cuppa & Chat

- The workshop provided me with the opportunity to practice mixing with others, by the end of the session I felt more confident to be online with everyone also more comfortable in myself.

## Anxiety Management

- The Tutors were lovely and really helpful. They explained everything in good detail. I would definitely attend their courses again

## Meditation with Pete

- I would like to join the next session as was good for my well being

## Sew & Chat

- The tutor came across as very confident and made me feel at ease. It was very odd because it was a decision making session but I am looking forward to next week when we begin to create something. It was difficult to know what materials I would need for next week when asked and since then I have decided to do a different design. However, I did leave feeling inspired.

## Wellbeing in times of Uncertainty

- Brilliantly delivered. So much excellent stuff at speed! I need to re-run in slow motion. Thoroughly recommend. The only suggestion would be to turn it into 2 sessions, with a slightly gentler pace, and time to engage with the participants if wanted. Was slightly surprised that there were so few participants.

## Men's Diversity culture

- This was a good opportunity to discuss my mental health problems and to get some good advice going forward. It's never easy to discuss mental health issues as most men see it as a taboo subject. I'm pleased that I don't fit that type of man as talking about my recent traumatic events makes it more real for me as an individual so that maybe one day I can move forward in my life and be happy once again.

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## More Activities – Open to All

The following courses and online sessions do not require registration and are accessible to everyone:

### **Bedfordshire & Luton Recovery College You Tube channel**

Breathing techniques, activity ideas, amateur gardening, and more at:

[https://www.youtube.com/channel/UCGRnyZnV6gTefTQv5\\_O32Eg](https://www.youtube.com/channel/UCGRnyZnV6gTefTQv5_O32Eg)

### **Activity Sessions at Home**

Visit <https://bedfordsportlive.crd.co/>

To participate in the following activities:

- Chair Dance
- Chair Yoga
- Exercise to music
- Gentle exercise
- Meditation
- Mindful Yoga
- Tai Chi
- Well-being Q+A

Full details on activities including dates, times, and facilitators are on the website. From the Sports Development Team, Bedford Borough Council.

### **Music time with Music 24**

A light physical warm-up and vocal exercises to get us ready for our sing-along, for which we will provide the lyrics. We will then finish off with some movement and dancing. Requests welcome.

The Zoom session will last approximately 1 hour. Link to session:

<https://us02web.zoom.us/j/868737405pwd=MmNYbTZNOWNSTXdQNjdzbUZuR1o0Zz09>

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