

SUMMER TERM PROSPECTUS

June - August 2023



**Beds and Luton
Discovery College**

**"We rise again to see our
curiosity emerge as a super
power so that the comeback
is greater than the setback."**



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OUR JOURNEY

We believe in the power of 'yet' and positive education! We put young people at the heart of everything we do - from collecting feedback to co-producing our workshops.

The Discovery College is an NHS service that promotes mental health and wellbeing for young people. We run on a strengths-based model, looking to build on what's strong, rather than focusing on what's wrong.

Encouraging young people's growth is achieved through constant support, trust and relationship building. We have seen young people who start off shy during workshops to then blossoming and engaging freely. Through reflection and co-production we flourish together with the young people.

THE DISCOVERY COLLEGE



Our Discovery College offers FREE workshops to young people between 13 to 18 years old across Beds and Luton.

This Summer Term the workshops will focus on various themes from Personal Growth, Healthy Relationships, Mental Health and Wellbeing, Life Skills to Creativity.

We welcome carers, relatives, professionals, and friends to join this fantastic opportunity and support young people explore their potential, learn new skills and flourish within their community.

All our workshops will be done in groups either face to face or online. The Discovery College cultivates a non-judgemental environment and allows everyone to share their voice.

CO-PRODUCTION

The Discovery College places young people at the heart of everything we do. All workshops are designed and facilitated with the help of young people who have endured mental health and/or emotional challenges in their life.

Our **Peer Mentors are volunteers or young people who may have used services in the past or are currently using some form of support. One of the many skills they possess is the ability to share their lived experience, which will empower other young people, instil optimism and help them to take control of their life.**

Our **Subject Mentors are also volunteers or professionals who have experience in supporting young people and can share their journey of discovery in a non - stigmatised manner.**

COLLABORATION



The **DisCo School Project** aims to integrate Discovery College work within schools/colleges across Beds and Luton through a series of bespoke face-to-face workshops designed to address the students' needs.

ESOL multi-sports sessions are run on a regular basis at the Central Bedfordshire College. These have given many students from different backgrounds the opportunity to exercise as a way to relieve stress.

During the Spring Term we have facilitated the first wellbeing session for the young people at the **Evergreen Unit**. It was the outstanding result of co-production with staff and young people. These sessions will continue for the Summer Term.

OUR AGREEMENT

TO PARTICIPATE YOU MUST UPHOLD OUR AGREEMENT TO:

- **Maintain confidentiality at all times**
- **Respect what others have to say and their views**
- **Maintain a non-judgemental culture**
- **Be mindful of each others' feelings**

THE DISCOVERY COLLEGE TEAM WILL:

- **Allow space if you need some timeout**
- **Make sure you are comfortable**
- **Create a fair environment**
- **Help you to explore other options**

OUR STUDENTS



"I thought the sessions and the content was lovely and relevant to our students. The students really engaged with the material and there were many good discussions taking place. At times, I was taken aback at the level of maturity of some of the answers".

Staff Member, Goldington Academy Bedford

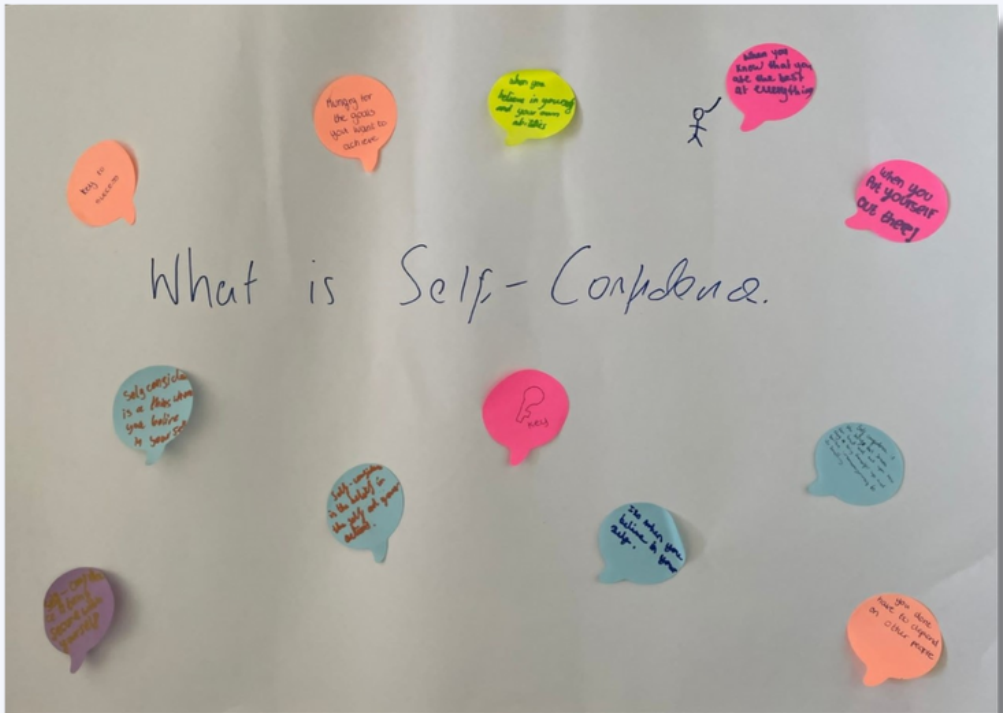
"The sessions have been great personal gain for me especially at this moment in my life. The facilitator was cheerful and engaging which made the session all the more awesome and memorable."

DisCo student, Introduction to Mental Health and Mental Illnesses Workshop.

"Sarah and Mihaela were very engaging and the service users stayed for the whole session. They were open to service users' views/opinions and did not judge, they were very friendly and kind."

Staff member at Evergreen Unit

GALLERY



From one of the School Project wellbeing sessions on Increasing Self-Confidence



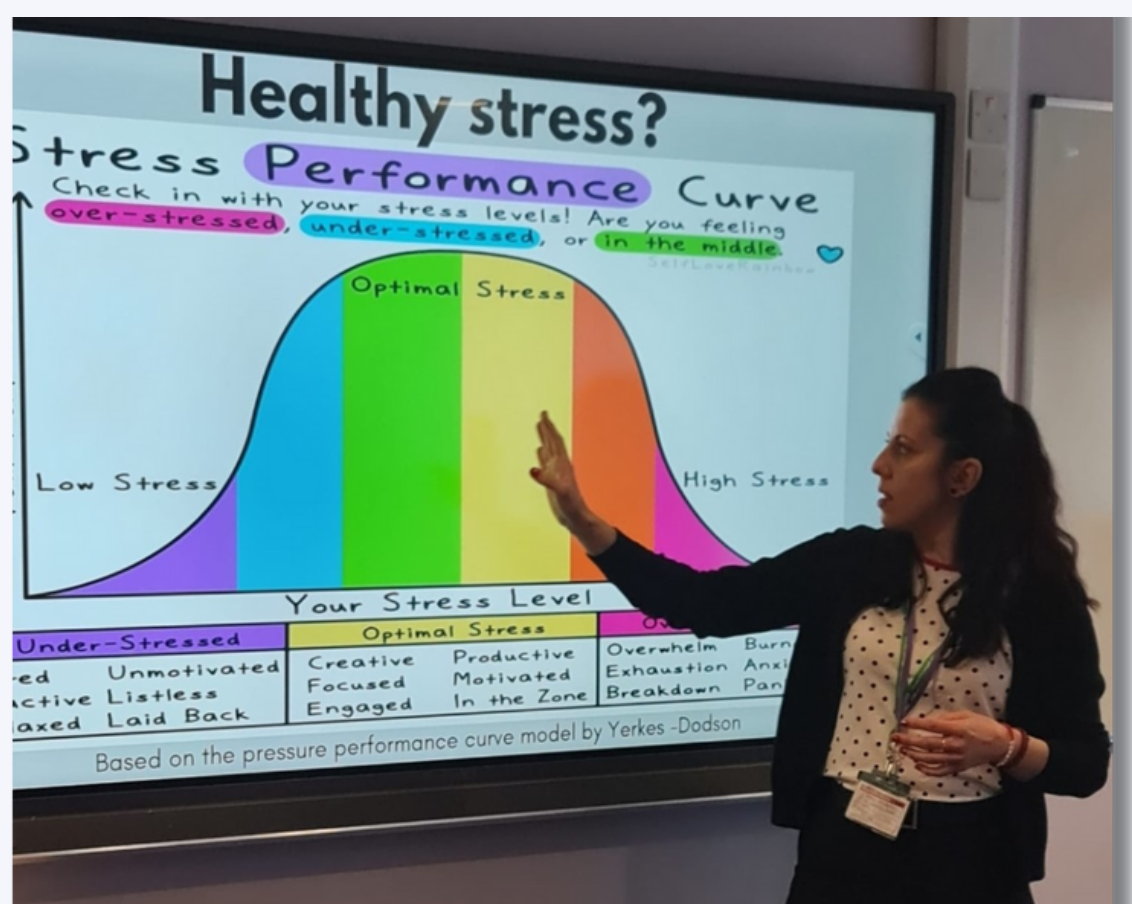
**From the Photography Workshop,
Astral Park Leighton Buzzard, April 2023**



**From the Photography Workshop,
Astral Park Leighton Buzzard, April 2023**



**From the Baking Workshop,
Tokko Youth Centre, March 2023**



From one of the School Project Stress Management wellbeing sessions, April 2023



**From the How to Be a Leader Workshop,
Luton Central Library, February 2023**

HOW TO SIGN UP

To register for a course all you need to do is complete a Discovery College registration form.

If you need any help completing the form, please email us on elft.camhsdiscoverycollege@nhs.net and one of the team members will support you with this.

What's next?

Once we have received your form you will be booked onto the course and a confirmation will be sent to you with all the details. If the course is fully booked we will inform you that you have been added to a expression of interest list, this means if there is a cancellation you could be offered a place.



Use this QR code to sign up or follow this link:

mindrecovery.net.org.uk/providers_profile/bedford-and-luton-discovery-college/



RISE AND SHINE!

This workshop will explore how sleep works, why it is needed and the common causes of some sleep difficulties.

You will discover some helpful strategies to improve the quality of your sleep.

**Date:
15th June 2023**

**Time:
5-6.30pm**

**Venue:
Online - Zoom**

**Facilitators:
Layla Wilkinson
Shiblu Miah**



CV WRITING AND INTERVIEWING SKILLS

Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/working life.

Find out how important enthusiasm, preparation and previous experience are when attending a job interview.

**Date:
22nd June 2023**

**Time:
5-6.30pm**

**Venue:
Online-Zoom**

**Facilitators:
Marianne Bahadur
Shiblu Miah**



COMMUNICATING CONFIDENTLY

**Say what you mean, mean what you say,
but don't say it mean!**

**Learn how to express your needs and
wants in a respectful way and how to
disagree without judging.
Use clear communication to develop and
maintain healthy relationships.**

**Venue:
Online-Zoom**

**Date:
29th June 2023**

**Time:
5-6.30pm**

**Facilitators:
Ocean-Tae
Mckenna
Mihaela Iancu**



REACHING YOUR POTENTIAL

**Create or find a sense of personal
identity as a first step in your journey.**

**Learn why this is important for your
wellbeing. Understand your potential
and how to become the best YOU that
you could be!**

**Venue:
Online-Zoom**

**Date:
6th July 2023**

**Time:
5-6.30pm**

**Facilitators:
Alexia Potirniche
Sarah Bateman**



UNDERSTANDING ANXIETY AND LOW MOOD

What are the signs and causes that can lead to low mood and anxiety, and how can this impact our daily life?

Learn how anxiety and low mood affects us in different ways and gain a deeper understanding on how best to manage them.

Explore resources that can help with easing worries, fear and dealing with low mood.

Date:
10th July 2023

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Svetlana Victor
Mihaela Iancu



CV WRITING AND INTERVIEWING SKILLS

Learn how to present yourself through a good CV that could increase your chances of getting the best start in your career/ working life.

Find out how important enthusiasm, preparation and previous experience are when attending a job interview.

Date:
12th July 2023

Time:
4.30-6.30pm

Venue:
Cauldwell Community Centre
Althorpe Street, Bedford, MK42 9HF

Facilitators:
Mihaela Iancu
Sarah Bateman



SELF-ESTEEM WORKSHOP

**Self-Esteem is the engine of our identity.
How can it be increased?**

Date:
17th July 2023

**Building self-confidence can be the first step in
improving your overall wellbeing and self-
esteem. Learn how to navigate through
negative self-talk to a more healthier outlook.**

Time:
5-6.30pm

Venue:
Online-Zoom

Facilitators:
Layla Wilkinson
Mihaela Iancu



PHOTOGRAPHY WORKSHOP

**Photography can be a mindful activity to
engage the senses and encourage us to take
notice and slow down. It can help to better
manage stress and everyday challenges.**

Date:
19th July 2023

**Learn some basic photography skills
throughout this creative workshop.**

Time:
5-7pm

Venue:
Astral Park Sports and Community Centre
Johnson Drive, Leighton Buzzard, LU7 4AY

Facilitators:
Marie Young
Sarah Bateman



LET'S GET MOVING!

Exercising regularly improves our mental health and wellbeing, which helps to lower mental health challenges.

Join us on this workshop to find out about the benefits of physical activity and get the chance to participate in a short exercise session.

**Date:
24th July 2023**

**Time:
3.30-5.30pm**

**Venue:
Cauldwell Community Centre
Althorpe Street, Bedford, MK42 9HF**

**Facilitators:
Ijaz Rahman
Shiblu Miah**



BUILDING RESILIENCE

'Bouncing back' from a setback is key to our mental health and wellbeing.

This workshop will help you to build your own easy-to-follow plan with challenge(s) you might be facing now or in the future. You will learn about the 4 S's of resilience.

**Date:
27th July 2023**

**Time:
1-2.30pm**

**Venue:
Online-Zoom**

**Facilitators:
Marianne
Bahadur
Sarah Bateman**



HOW TO BECOME A PEER MENTOR

A Peer Mentor uses their lived experience in overcoming life's challenges to help others. This inspires and empowers young people on their journey.

You will learn the key skills and language that are required to become a Peer Mentor.

Venue:

**Luton Central Library
St George's Square, Luton, LU1 2NG**

Date:

31st July 2023

Time:

4-6pm

Facilitators:

**Jerone Turlunch
Shiblu Miah**



HOW TO BECOME A PEER MENTOR

A Peer Mentor uses their lived experience in overcoming life's challenges to help others. This inspires and empowers young people on their journey.

You will learn the key skills and language that are required to become a Peer Mentor.

Venue:

Online- Zoom

Date:

3rd August 2023

Time:

1-2.30pm

Facilitators:

**Shana Ryan
Sarah Bateman**



CREATING JEWELLERY

This workshop will engage your imagination and develop your dexterity.

Date:
7th August 2023

Join us to learn how creating jewellery can ease anxiety, develop self-confidence and help with focusing our attention on what is important to us.

Time:
4-6pm

Venue:
Luton Central Library
St George's Square, Luton, LU1 2NG

Facilitators:
Shana Ryan
Mihaela Iancu



PROTECTING MY BUBBLE

Boundaries and consent are vital in all our interactions - no matter the nature of the relationship.

Date:
9th August 2023

Learn about these concepts and develop your assertiveness to keep yourself and others safe.

Time:
1-2.30pm

Venue:
Online-Zoom

Facilitators:
Alexandra
Dencheva
Mihaela Iancu



CULTURE AND BELONGING

Discover the different elements of culture and how we can increase our sense of belonging through the SCARF model.

Date:
14th August
2023

Explore the importance of feeling part of a group and how you can still bring your own cultural identity and individuality to the table.

Time:
1-2.30pm

Venue:
Online-Zoom

Facilitators:
Mihaela Iancu
Shiblu Miah



REACHING YOUR POTENTIAL

Create or find a sense of personal identity as a first step in your journey.

Date:
16th August
2023

Learn why this is important for your wellbeing. Understand your potential and how to become the best you that YOU could be!

Time:
1-3pm

Venue:
Grove Corner Youth and Community Centre,
76A High St N, Dunstable LU6 1JF

Facilitators:
Carl Ramsey
Shiblu Miah

OUR PARTNERSHIPS

Astral Park Sports and Community Centre

Tel no: 01525 851019

centralbedfordshire.gov.uk/directory_record/105831/astral_park_sports_and_community_centre

Aquarius Young People Bedfordshire

Tel no: 0330 008 3925

aquarius.org.uk

Cauldwell Community Centre

caretakercauldwell@gmail.com

Central Bedfordshire College

Tel no: 01582477776

bedfordcollegigroup.ac.uk/central-bedfordshire-college

Grove Corner Youth & Community Centre

Tel no: 01582 513000

dunstable.gov.uk/young-people/grove-corner

Luton Central Library

Tel no: 01582 547418

lutonlibraries.co.uk

Recovery College Bedfordshire and Luton

Tel no: 01234 880340

elft.nhs.uk/services/bedfordshire-and-luton-recovery-college

TOKKO Youth Centre

Tel no: 01582 544990

tokko.co.uk



RESOURCES

Be Body Positive

bebodypositive.org.uk

Better Days BLMK

BetterDaysBLMK@hotmail.com

Bedford Local Offer:

localoffer.bedford.gov.uk/kb5/bedford/directory/home.page

Central Bedfordshire SEND Local Offer:

localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page

Luton's Local Offer SEND Information Hub:

directory.luton.gov.uk/kb5/luton/directory/localoffer.page

CHUMS

chums.uk.com/bedfordshire-services

Link to Change

linktochange.org.uk

Mind BLMK

mind-blmk.org.uk

Open Door Bedfordshire

bedfordopendoor.org.uk

Samaritans

samaritans.org

The National Self Harm Network

nshn.co.uk

UK Safer Internet Centre

saferinternet.org.uk

Young Person's Sanctuaries in Bedford, Luton and Central Beds

mind-blmk.org.uk/how-we-can-help/crisis-support/young-persons-sanctuary

Wellbeing Apps -Free from Google Play: Calm Harm, Childline, Daylio, Headspace, Youngminds.



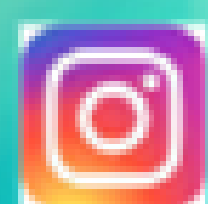
DISCOVERY COLLEGE

Summer Term

Come and join us for FREE face-to-face and
online workshops starting 12th June

Open to anyone aged 13-18 years living
in Bedfordshire & Luton

Workshops on Life Skills, Creativity, Mental Health &
Wellbeing, Personal Growth & Healthy Relationships



discoverycollegebedsluton2021



elft.camhdsdiscoverycollege@nhs.net



CONTACT DETAILS:

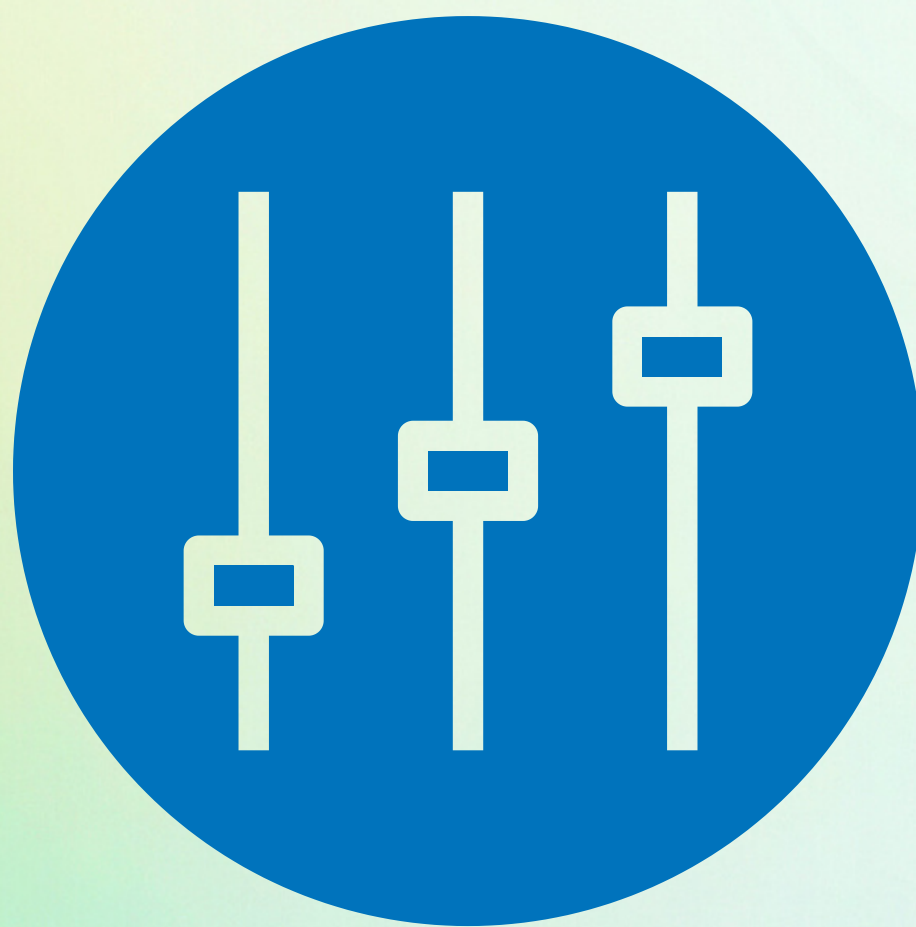


**For further queries please email:
elft.camhsdiscoverycollege@nhs.net**

**Shiblu Miah - Discovery College Lead
shiblu.miah4@nhs.net**

**Mihaela Iancu - Peer Support Champion
mihaela.iancu1@nhs.net**

**Sarah Bateman - Peer Support Champion
sarah.mann26@nhs.net**



CREATE YOUR SUMMER!



[discoverycollegebedsluton2021](https://www.instagram.com/discoverycollegebedsluton2021)