

# Autumn Term Prospectus

## October - December 2022



"Exploring the Unknown"

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## **ORIGINS**

**Young people of the community have been campaigning for a Discovery College for a long time:**

"I was given the Recovery College Prospectus (adult version of the 'DisCo') when I turned 18. There were some brilliant courses available but they didn't seem relevant to me at the time... I wasn't ready to go to a group with people three times my age. We would all be at very different stages of both life generally but also our mental health experiences would vary. That's when the idea of the Discovery College came to my mind"

**Jay - Peer Mentor**

**Our young people then advocated for the Discovery College and now it is finally here.**

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# ORIGINS

**Building the Discovery College has already had an impact on young people:**

"Being a part of creating the Discovery College has built my confidence and given me ideas that I can take into life with me as I go into studying mental health nursing

at university. I've been able to have my views listened to and also help to adapt ideas that I've come up with"

Suzie aged 18.

**The Discovery College logo was co-produced by a group of young people. Here is their reasoning for choosing this design.**

"Butterflies are the product of great growth - we all have the potential to be a butterfly that explores the world and adapts to it"

Shana aged 18.

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

This Autumn Term the workshops will focus on various themes from **Personal Growth, Healthy Relationships, Mental Health and Wellbeing, Life Skills and 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 will cultivate a non-judgemental environment and allow everyone to share their voice.

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# CO-PRODUCTION

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

Our **Peer Mentors** will be 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 will 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** will also be volunteers or professionals who have experience in supporting young people and can share their journey of discovery in a non - stigmatized manner.

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## 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 when you need some timeout



Make sure you're comfortable

Create a fair environment

Help you to explore other options

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## OUR STUDENTS

**We talked to those who took part in our workshops this summer and this is what they had to say about the College:**

### **Discovery**

"This course really has helped me in improving the way how I deal with situations I tend to find uncomfortable.

The 4 S's of building resilience in particular have helped me in pushing myself above what I would of originally thought to be my limit. I would recommend this course to anyone who wants advice on how to handle situations they tend to find difficult."

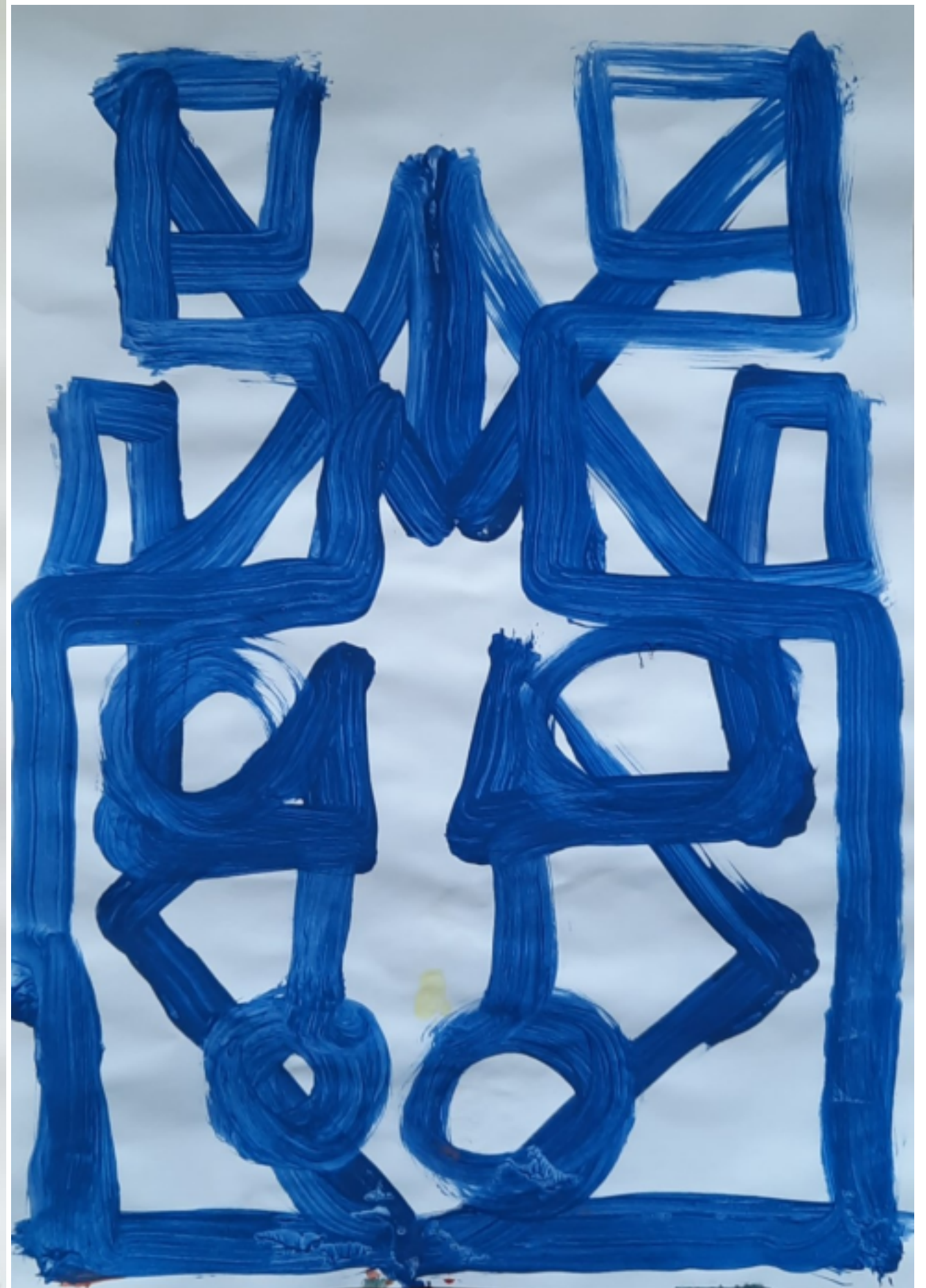
**Charlie aged 15, DisCo student**

"I am excited for the opportunity to be a part of this great educational project! My journey with DisCo started during the Summer Term when I had the privilege of observing



young people evolving and developing new skills and self confidence. I am also grateful for the chance of learning about CAMHS, working with young people and applying this knowledge in my personal life." **Mihaela - Peer Support Champion**

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**Our Kinetic Colour session allowed us to work with art materials and colour to support creativity and find new ways of expressing feelings through these mediums.**

**These are examples of using both hands to express ourselves and to engage both parts of the brain in a mindful activity.**



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Our CV Writing skills in Luton at TOKKO, saw us sharing and discussing the building blocks of a CV, and how to make you stand out to future employers.

An eventful three days at Mark Rutherford School, highlighted students imaginative logo production and decision - making skills with our T-shirt



designing/printing project.

Our Students at Bedford Academy have created their very own DisCo peer team, they utilised the media room to coproduce a

song/rap on exploring their potential.

## HOW TO SIGN UP

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

You can access this form by scanning the QR code or using the link below.

If you have any difficulties completing the form, please email us on **elft.camhsdiscoverycollege@nhs.net** and

one of the team members will support you with this.

**<https://forms.office.com/r/pH8TdKvzZG>**



### What next?

Once we have received your form you will be booked onto the course and an email of 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.

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# PERSONAL

personal development by increasing your confidence.

# GROWTH



## Venue:

Online - Zoom

## Self-Esteem

What is Self-Esteem? How can it be increased? We will open the Autumn Term with this valuable workshop where you can learn to like and accept yourself as a first step in improving your overall wellbeing.

## Date:

Monday 17th October

## Time:

5-6.30pm

## Venue:

Online-Zoom

**Facilitators:** Sarah Mann & Layla Wilkinson



## Increasing your Confidence

We recognise that we all grow and develop in different ways and this is dependent on our life experiences. Come and join us to help you identify skills and habits that will build on your

## Date:

Tuesday 25th October

## Time:

5-6.30pm

**Facilitators:** Shiblu Miah & Layla





Online - Zoom

## Assertiveness

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 for you and others, how to disagree without judging and how to develop and maintain healthier relationships.

### Date:

Wednesday 26th October

### Time:

5-6.30pm

### Facilitators:

Mihaela Iancu & Ocean-Tae Mckenna

### Venue:

Online- Zoom



## Gender Identity

This workshop aims to inform students on what it means to be transgender and the issues transgender people face. It will also raise awareness on how health services could be better equipped to support the transgender community.

### Date:

Tuesday 1st  
November

### Time:

5-6.30pm

### Facilitators:

Jay Worthington & Finn Ryan

### Venue:



## Building Resilience (2 weeks course)

'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 any challenge(s) you might be facing now or in the future. You will learn about the 4 Ss of resilience.

Online - Zoom

**Date:**

Wednesday 2nd & Wednesday 9th November

**Time:**

5-6.30pm

**Facilitators:**

Mihaela Iancu & Shana Ryan

**Venue:**



## The You That You Could Be (2 weeks course)

This is a two part workshop focusing on creating or finding a sense of personal identity. Session One will explore how identity is created, and how mental health can impact us. Session Two will focus on understanding your potential, and how to become "THE BEST YOU that you could be".

Online - Zoom

**Date:**

Thursday 3rd & Thursday 17th November

**Time:**

5.30-7pm

**Facilitators:** Sarah Mann & Kim Johnson

**Venue:**



## Leadership

We believe leadership can be

learned, we can all develop the skills we need to empower and inspire others to help us in achieving our shared goals.

Come and join us for this great opportunity to learn about how YOU can become someone that others want to follow!

Tuesday 8th November

**Time:**  
4.30-6pm

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

**Facilitators:** Shiblu Miah

**Date:**



# RELATIONSHIPS



## Empathy and Grief

In this workshop you will learn that grief is a personal journey with many twists and turns. Students will take part in engaging activities, that will illustrate how empathy to yourself and your loved ones can help when grieving. We will also share different coping methods that you can use or recommend to others.

wellbeing and mental health.

### **Venue:**

Online - Zoom

### **Date:**

Wednesday 19th October

### **Time:**

5-6.30pm

### **Venue:**

Online - Zoom

### **Facilitators:** Sarah Mann &

Shana Ryan



## Emotional Intelligence

There are many types of intelligence in addition to intellect. Join us to learn more about Emotional Intelligence and how it can help you understand and process your own and other people's emotions. We will also discover how it can improve the quality of your

### **Date:**

Thursday 24th November

### **Time:**

5.30-7pm

### **Facilitators:** Mihaela Iancu &

Layla Wilkinson



## Communication

7 Gordon Street, Luton LU1 2QP

Having strong communication skills supports you in all aspects of life – from professional life to personal life and everything that falls in between.

Join us in this face-to-face workshop to learn how you can develop better communication skills and healthier relationships with those around you.

### **Date:**

Monday 28th November

### **Time:**

5-7pm

**Facilitators:** Mihaela Iancu & Shana Ryan

### **Venue:**

TOKKO Youth Space



## What's Love Got To Do With It? (2 week course)

Find out more about the different types of love, the importance of self-love and acceptance. Discover ways to deal with the challenges that might appear in our personal relationships and how rejection might be empowering at times.

Online - Zoom

### **Date:**

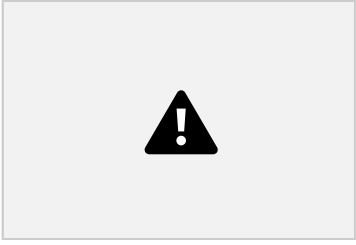
Monday 5th & Wednesday 7th December

### **Time:**

5-6.30pm

**Facilitators:** Mihaela Iancu & Shana Ryan

### **Venue:**



7 Gordon Street, Luton LU1 2QP

## Boundaries and Consent

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

Learn about these concepts, develop your self esteem and understand how important saying NO is for our physical and mental health.

### **Date:**

Thursday 15th December

### **Time:**

5-7pm

**Facilitators:** Sarah Mann & Shana Ryan

### **Venue:**

TOKKO Youth Space



# MENTAL HEALTH & WELLBEING



## Exercise and Nutrition

Exercising regularly improves mental health, emotional wellbeing and lowers the rates of mental health concerns. Nutrition is not only food and fuel for our physical body, but also for our brain. Join us on this workshop to find out how you can integrate these two wellbeing pillars in your everyday life.

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



## Understanding Anxiety

**Venue:**

Learn how anxiety affects us in

different ways. We will gain deeper understanding on the possible causes of anxiety and how best to manage these feelings.

Explore resources that can help you with worries or being fearful of the future.

**Venue:**

Online-Zoom

**Date:**

Tuesday 18th October

**Time:**

4.30-6pm

**Facilitators:** Shiblu Miah

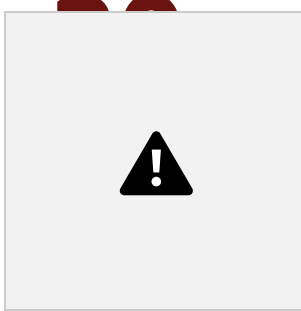
**Date:**

Monday 24th October

**Time:**

**5.30-7pm**

**Facilitators:** Mihaela Iancu & Suzie Simkins



**Let’s talk voices, visions and unusual sensory experiences**

This workshop is suitable for anyone who is interested in developing their understanding about this topic, including young people who may have their own lived experience of voices, visions and unusual sensory experiences or know someone who may be going through this.

**Venue:**

Online - Zoom

**Date:**

Thursday 27th October

**Time:**

**5-6.30pm**

**Facilitators:** Joanne Clark



## Social Media and Mental Health

Social media may promote negative **Date:**

experiences and there is a strong link between the overuse of social media and increased mental health difficulties.

Learn how to take control of your feed and set healthy personal guidelines to help you maximize your screen time.

Monday 31st  
October

**Time:**  
**5.30-7pm**

**Facilitators:** Layla Wilkinson &  
Charlie Sabbatini

**Venue:**

Online - Zoom



## Music and Mental Health

Music can relax the mind, energise the body and help people better manage pain. Music can also impact moods and even inspire action! Join us for tips on how music can release stress and help in building resilience when dealing with life's challenges.

**Venue:**

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



## Stress Management

From social pressure to fear of making mistakes we all experience different levels of stress.

Join us to learn about some different strategies you can use to relieve and manage stress.

**Venue:**

The Place Theatre, Bradgate Road,  
Bedford MK40 3DE



Wednesday 16th November

**Date:**

Thursday 10th  
November

**Time:**

**5-7pm**

**Time:**

4.30-6pm

**Facilitators:**

Shiblu Miah &  
Mihaela Iancu

**Facilitators:**

Marianne Bahadur, Alexia Potirniche &  
Charlotte Dance

**Date:**

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## Better Night's Sleep

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

We will also explore some helpful strategies to improve your sleep.

**Venue:**

Shackleton Primary School

Community Hub, Pearcey Rd,  
Bedford, MK42 9LZ



## Understanding Anxiety

Learn how anxiety affects us in different ways. We will gain deeper understanding on the possible causes of anxiety and how best to manage these feelings.

Explore resources that can help you

with worries or being fearful of the future.

**Venue:**

Shackleton Primary School  
Community Hub, Pearcey Rd,  
Bedford, MK42 9LZ

**Date:**

Wednesday 23rd November

**Time:**

4.30-6pm

**Facilitators:** Shiblu Miah &

Mihaela Iancu

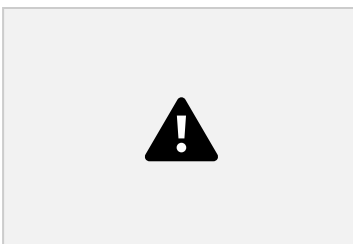
**Date:**

Wednesday 30th November

**Time:**

4.30-6pm

**Facilitators:** Sarah Mann & Tilly  
Armstrong



**Stress  
Management**

From social pressure to fear of making mistakes we all experience different levels of stress. Join us to learn about some different strategies you can use to relieve and manage stress.

**Venue:**

Grove Corner Youth & Community

Centre, 76A High Street North,  
Dunstable, LU6 1JF



**Understanding  
Low Mood**

Depression is very present among young people and can impact the way you think, act and feel. An opportunity to learn about the signs and causes that can lead to low mood. We will also look at different tools to help us manage

depression.

Rimmer

**Venue:**

Shackleton Primary School  
Community Hub, Pearcey Rd,  
Bedford, MK42 9LZ

**Date:**

Monday 12th December

**Time:**

3.45-5.15pm

**Facilitators:** Shiblu Miah & Jack

**Date:**

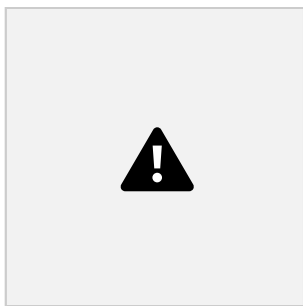
Tuesday 13th December

**Time:**

4.30-6pm

**Facilitators:** Mihaela Iancu &  
Suzie Simkins

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**Understanding**

**Low Mood** Depression is very present among young people and can impact the way you think, act and feel.  
An opportunity to learn about the signs and causes that can lead to low mood. We will also look at different tools to help us manage depression.

**Venue:**

Online - Zoom

**Date:**

**Wednesday 14th December**

**Time:**

**5-6.30pm**

**Facilitators:** Sarah Mann &  
Shana Ryan



## **Preparing for University (2 weeks online course)**

This course guides you on how to navigate this new journey, with a better understanding of what to expect. We will discuss topics such as moving away from home, applying for university accommodation and how to integrate at university. These sessions will conclude with discussions where you can ask questions and hear the experiences of people who have been through similar situations.

### **Venue:**

Online- Zoom



## **Money Matters**

Learn some tools to help you build a healthy financial future through saving, budgeting and prioritising your needs. Join us for this valuable workshop to find out more about money and how to earn or manage it.

### **Venue:**



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

# LIFE SKILLS

## Date:

Monday 7th &  
Monday 14th  
November

## Time:

5.30-7pm

## Facilitators:

Marianne Bahadur & Shana Ryan

## Date:

Tuesday 15th  
November

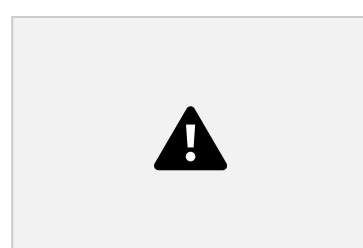
## Time:

4.30-6pm

## Facilitators:

Hariharan  
Navaratnasingam & Mihaela Iancu

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## CV Writing

### Skills

From personal details to interests and hobbies, how do you compose the story of your life?

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

## Venue:

Luton Central Library  
St George's Square, Luton

LU1 2NG



## Interviewing

### Skills

How important are enthusiasm and preparation compared with previous experience when you attend a job interview?

Find out ways of developing your self confidence and the skills you can learn to help you get THAT job!

## Venue:

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

Tuesday 29th November

**Time:**  
4.30-6pm

**Date:**  
Tuesday 22nd November

**Facilitators:** Shiblu Miah

**Time:**  
4.30-6pm

**Facilitators:** Shiblu Miah

**Date:**



# Baking Workshop

In this workshop we will explore baking as a strategy to look after your wellbeing. At the end of the baking session, you'll go home with some tasty treats and a few more skills!

**Venue:**  
TOKKO Youth Space  
7 Gordon Street, Luton LU1 2QP

**Date:**  
Tuesday 6th December

**Time:**

**5-7pm**

**Facilitators:** Molly Burton &

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# CREATIVITY

your career/ working life.



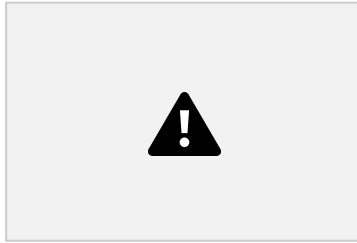
## CV Writing Skills

From personal details to interests and hobbies, how do you compose the story of your life?

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

**Venue:**

The Place Theatre, Bradgate Road,  
Bedford MK40 3DE



## Painting to Music

In this session we will use music to get the mind thinking, blood pumping and

feet tapping to Jazz, Blues, old skool anthems, hip hop and contemporary tracks.

The focus will be on making and translating instrumental and vocal layers into a visual language.

**Venue:**

The Place Theatre, Bradgate Road, Bedford MK40 3DE

**Facilitators:**

Shiblu Miah & Mihaela Iancu

**Date:**

Thursday 1st December

**Time:**

5-7pm

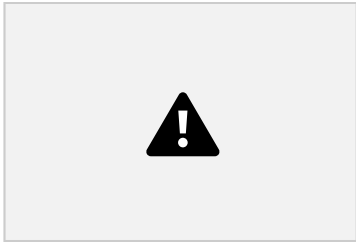
**Date:**

Monday 21st November

**Facilitators:**

Sarah Mann & Fiona Wilson (Artist)

**Time:**



**Creating Jewellery**

Any creative activity helps our wellbeing and mental health. 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.

**Venue:**

The Place Theatre, Bradgate Road, Bedford MK40 3DE



5-7pm

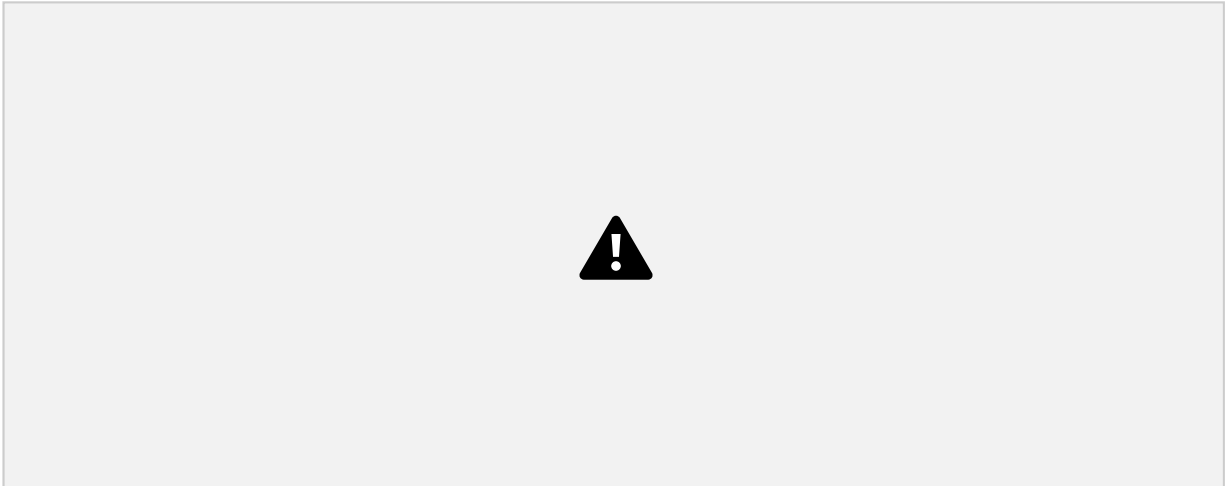
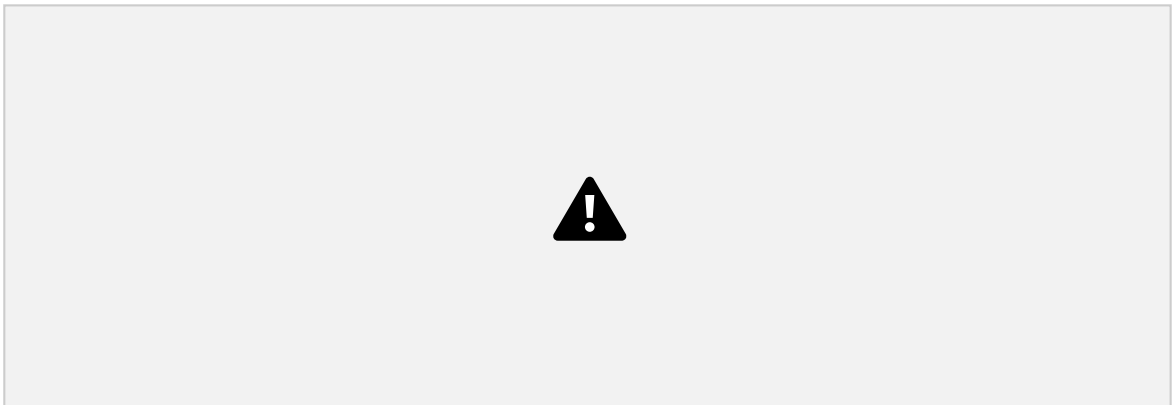
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Thursday 8th December

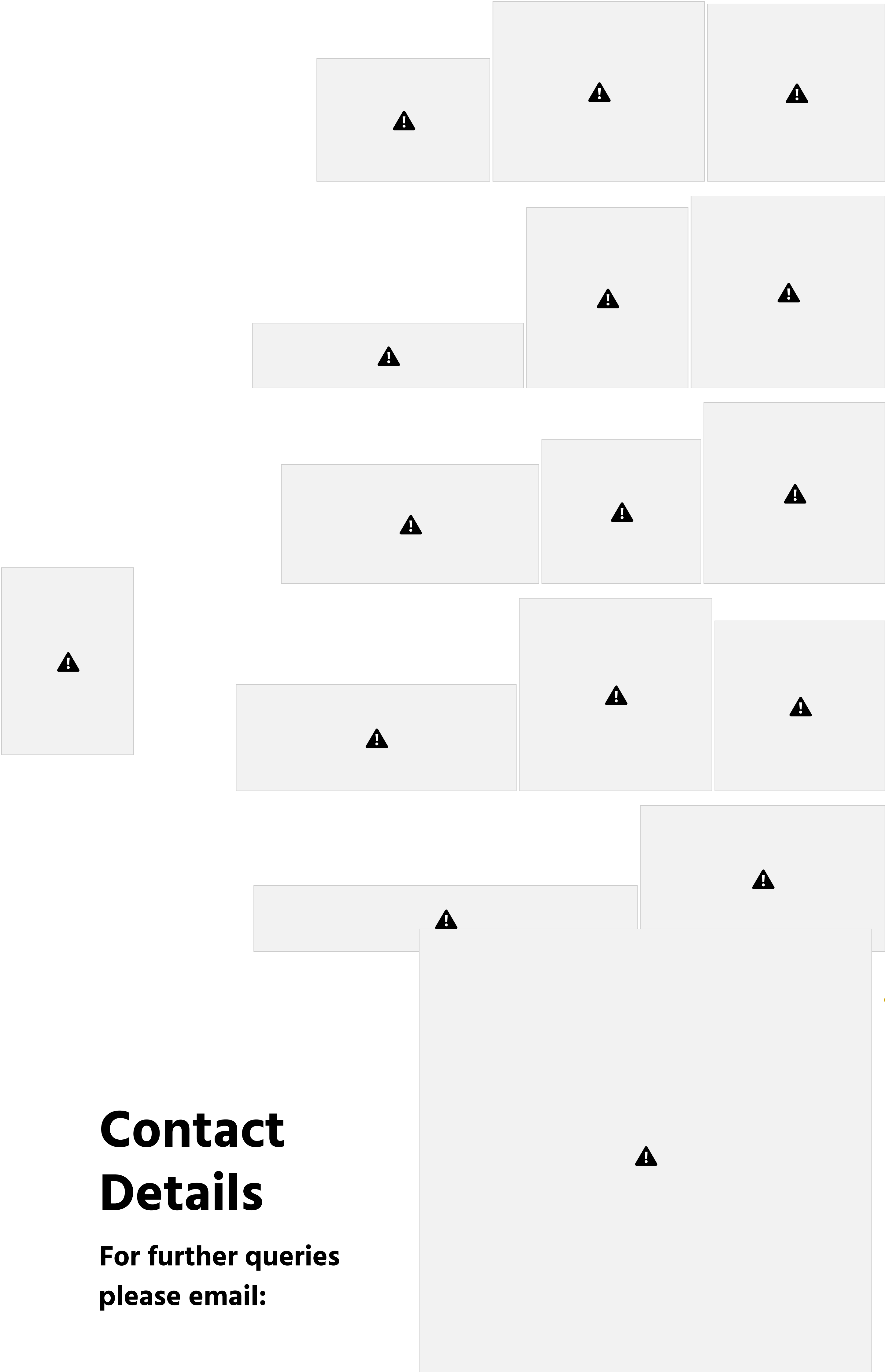
**Facilitators:** Mihaela Iancu

**Time:**

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# OUR PARTNERSHIPS





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# 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.stanisleau@nhs.net**

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