

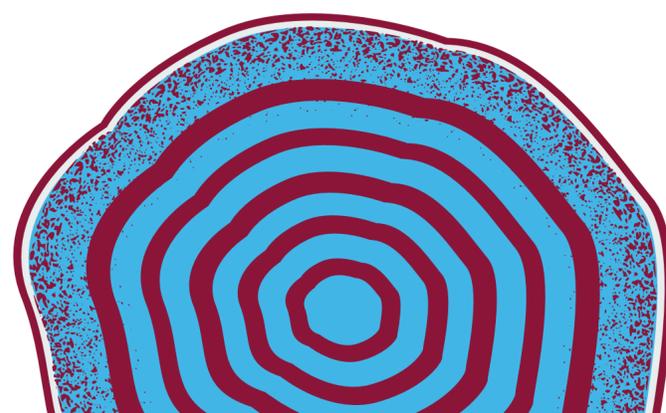
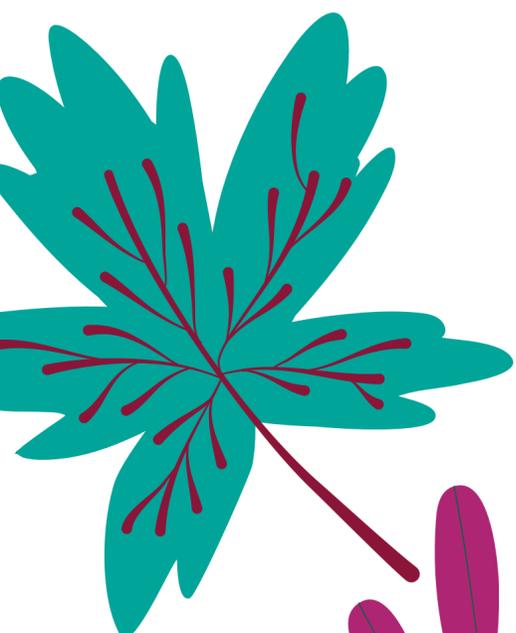
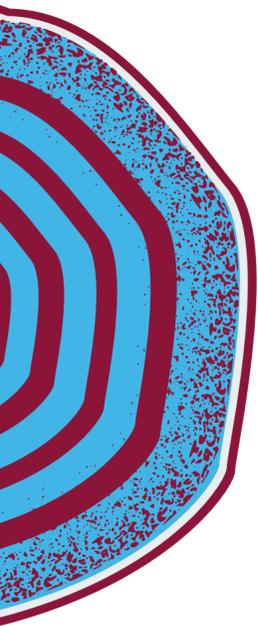
East London
NHS Foundation Trust

Spring Term Prospectus

January - April 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 (adult version of Discovery College) Prospectus when I turned 18, I was daunted by the range of courses available. A lot of them 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. The idea of the Discovery College came up"

Jay Aged 20

Jay and others campaigned for the Discovery College and now it is finally here!



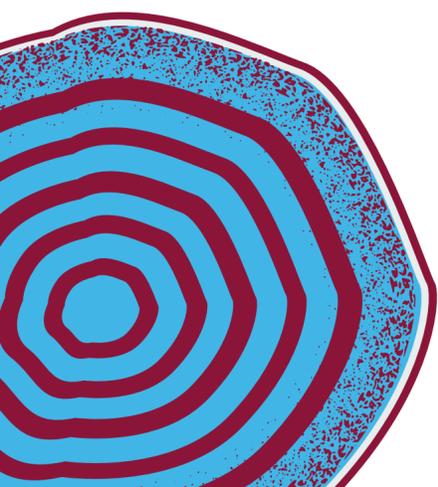
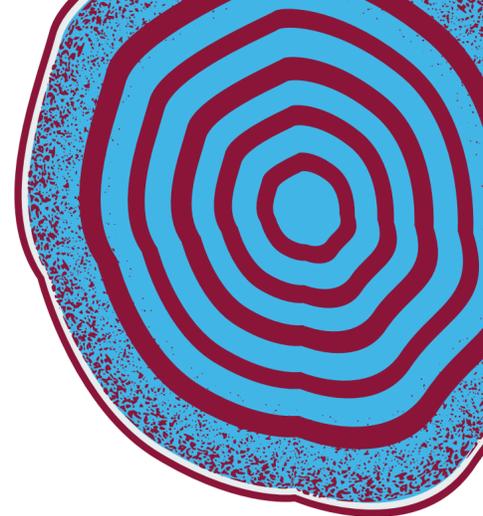
ORIGINS

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 17

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





THE DISCOVERY COLLEGE

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

Workshops will focus on numerous topics from arts and crafts to CV writing and career development.

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.

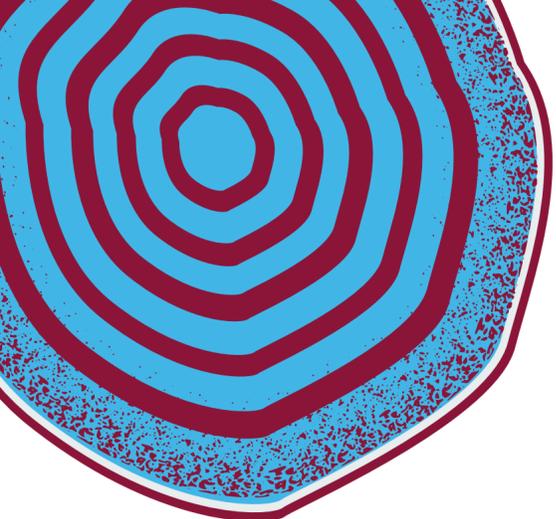


CO-PRODUCTION

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 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, instill 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.



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

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 an expression of interest list, this means if there is a cancellation you could be offered a place.



WORKSHOPS & COURSES

Life Skills (6 week course)

WK1 - Building relationships & Self Care

WK2 - Cooking

WK3 - Budgeting

WK4 - CV Writing & Interviewing

WK5 - Application Forms

WK6 - Computer Literacy

Venue:

TOKKO Youth Space

7 Gordon Street

LU1 2QP, Luton

Date:

Monday 17th, 24th, 31st Jan

Monday 7th, 14th, 21st Feb

Time:

4.30-6.30pm

Facilitators:

Ella Pinelli & Sade Skepple

Age Group:

13-18 years

LivelyHood (2 week course)

WK1 - Planning and sketching your logo or tagline for your hoody.

WK2 - All students will get to put their custom made design on their hoody to take away.

Venue:

Shackleton Primary School

Pearcey Rd MK42 9LZ,

Bedford

Date:

Tuesday 1st & 8th Feb

Time:

4.30-6.30pm

Facilitators:

Carl Ramsey

Age Group:

16-18 years

The Impact of Recreational Drugs on Well-being (2 hour workshop)

To raise awareness on how your physical and emotional health is affected by recreational drugs.

Identify some of the negative thoughts, attitudes and risks towards mental health.

To share lived experience (optional) and strategies that have helped you towards a positive mindset.

Venue:

Resolutions
12 Victoria Street Chapel Langley
LU1 2UA, Luton

Date:

Tuesday 15th Feb

Time:

3-5pm

Facilitators:

Louise Thirkettle &
Mo Hussain

Age Group:

13-18 years

Understanding Anxiety (2 hour workshop)

Learn how anxiety affects us in different ways.

We will gain a deeper understanding on the possible causes and how best to manage these feelings.

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

Venue:

Stockwood Park Academy
Rotherham Ave
LU1 5PP, Luton

Date:

Tuesday 22nd Feb

Time:

4.30-6.30pm

Facilitators:

Shiblu Miah

Age Group:

13-18 years



Understanding Low Mood (online workshop)

Depression is very prevalent among young people and can impact the way you think, act and feel.

An opportunity to learn about the signs and causes to low mood.

Look at different tools that can help us manage depression.

Venue:

Online - Zoom

Date:

Wednesday 2nd Feb

Time:

5-6.30pm

Facilitators:

Jaina Patel &
Shiblu Miah

Age Group:

13-18 years

Self-esteem & Confidence (4 week online course)

This course is aimed at young people who want to change the way they think and feel about themselves to become more positive, especially people struggling with low self-esteem and low self-confidence.

WK1 - Understanding Emotions

WK2 - Self-Esteem & Confidence

WK3 - Intro to Social Media & Mental Health

WK4 - Creating a Healthy Social Media Feed

Venue:

Online - Zoom

Date:

Wednesday 23rd Feb

Wednesday 2nd, 9th,
16th Mar

Time:

4.30-6pm

Facilitators:

Layla Wilkinson &
Shiblu Miah

Age Group:

13-18 years



WORKSHOPS & COURSES



Male Mental Health 13-16 years (online workshop)

Male Mental Health 16-18 years (online workshop)

The interactive workshops by Kooth will address the barriers and stigma that young men face in relation to mental health.

It will also look at men in the public eye who have spoken out about their mental health to help normalise male discussions around mental health.

Finally it will feature group discussions around how we can make it easier for young men to talk about their mental health.

Venue:

Online - Zoom

Date:

Thursday 24rd Feb
(16-18 years)

Wednesday 30th
Mar (13-16 years)

Time:

5-7pm

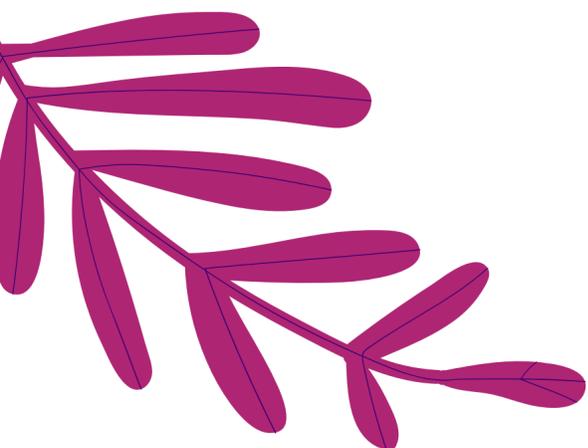
Facilitators:

Tiana Golden

Age Group:

13-16 years

16-18 years





Youth Empowerment Leadership Programme (4 week course)

Faith in Queens Park have collaborated with the "DisCo" to empower young people and enhance their leadership skills through playing and coaching Cricket. Calling out all future role models and mentors in the community!

- WK1 - Becoming a role model
- WK2 - What is leadership?
- WK3 - Safeguarding & Confidentiality
- WK4 - Planning a cricket session

Venue:

All Saints Church
Parish Room, 98 Iddesleigh Rd
Queens Park MK40 4LQ, Bedford

Date:

Thursday 20th, 27th Jan
Thursday 3rd, 10th Feb

Time:

6-7.30pm

Facilitators:

Abid Hussain &
Moin Tahir

Age Group:

13-18 years

Building Resilience (2 week online 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 may face in the future. You will learn about the 4's of resilience.

- WK1 - Understanding resilience
- WK2 - Using your 4's to 'bounce back'

Venue:

Online - Zoom

Date:

Thursday 31st Mar

Time:

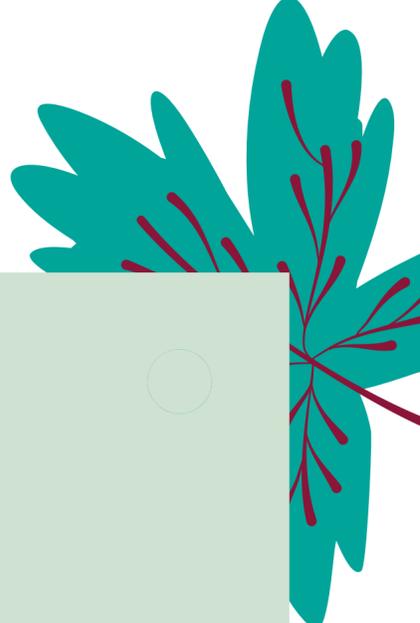
4.30-6.30pm

Facilitators:

Shiblu Miah

Age Group:

13-18 years



Luton Town Football Club Mentorship (4 week course)

Young people will get the chance to learn about the physical, mental, social and technical aspects of Football.

Each week you will be taught a skill and then professionally supported to apply this in a game scenario by the finest coaches at Luton Town FC.

Venue:

Kenilworth Rd Stadium

LU4 8AW, Luton

Beech Hill Community Primary School

Dunstable Rd LU4 8BW, Luton

Date:

Monday 7th, 14th,
21st, 28th

Time:

5-7pm

Facilitators:

Wayne Poulsen &
Daniel Douglas

Age Group:

15-17 years

Understanding the 7 C's of addiction (online workshop)

To reduce the impact of a loved one's substance misuse on a young person, and how to be a happier and healthier you.

What is it like growing up around addiction?

How can you support that person?

How can you support yourself?

Understanding the 7 C's

Venue:

Online - Zoom

Date:

Thursday 17th Mar

Time:

5-6.30pm

Facilitators:

Shieuly Begum

Age Group:

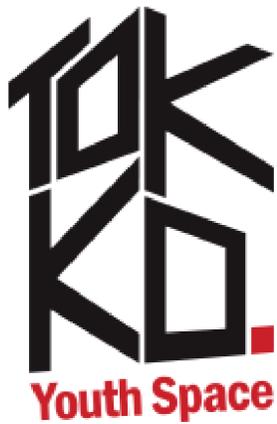
13-18 years



OUR PARTNERSHIPS



COMMUNITYTRUST
Charity No. 1123078



Provided by



**Change
Grow
Live**



Contact Details

For further queries please email:
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