



Spotlight on FREE on-line courses to support your wellbeing



Take time for Health and Wellbeing – Recovery College

This is a 14 week bite size course covering topics such as Building confidence, sleep, anxiety, depression and motivation. Sessions start in August, dip into any or all of the sessions

For further details and booking call 01234 263621 or email The Recovery College on: elft.recoverycollege@nhs.net or Google 'ELFT Recovery College'



Active Minds – Social Prescribing Team

6 week course focused on your wellbeing and providing you with the tools to help improve it, to increase motivation and plan your goals. Course starts on 9th Sept from 1 – 2.30pm

Call Sophie on: 07951 186687



Sports Sessions at HOME – Bedford Borough Council

A wide range of options of activities with varying times to participate. Classes include Chair Yoga, TaiChi, Meditation and gentle exercise.

Organised by the Bedford Borough Sports Development team.
Go to: www.bedfordsportlive.crd.co



Healthy Eating and cooking sessions – Food Etc

An opportunity to learn some new skills, enjoy conversation and cook together. 4-week course starting on Thursday 13th August at 4pm

To book a place email Julie Clay: julienmclay@gmail.com
www.foodetc.org.uk

