



Bedford Prevention and Recovery Service

A Mind BLMK service to help future proof people's mental health and support their path to wellness.

The service is free to access and offers a range of group sessions including:

- Topic based learning sessions
- Lunch and chat*
- Recreational and activity-based group drop-ins

Groups take place on Monday and Friday at the Bedford Wellbeing Centre.

*Lunch not provided

For more information, please contact:
e: hq@mind-blmk.org.uk
t: 01525 722225

Everyone accessing the service will be supported to complete a wellbeing star to help identify their personal wellbeing goals.

Eligibility:

Adults aged 18+ with a mental health need and who live in Bedford Borough.

How to Access:

Referrals can be made by completing the short referral form on our website.

Once registered for the service individuals can attend as many sessions as they wish to meet their needs.

A full timetable will be provided.



www.mind-blmk.org.uk
Charity No. 1068724



**HARPUR
TRUST**