



Central Bedfordshire Mind Matters

Mind Matters offers weekly groups across Central Bedfordshire for people to explore topics around wellbeing and mental health, in a safe, non-judgmental space.

Groups are structured and led by our Recovery Workers who deliver information and guidance on a wealth of different subjects which help attendees to learn new information, skills and tools to manage their mental health and wellbeing.

Topics may include the following, but are not limited to: self-esteem, resilience, healthy lifestyles, goal setting, managing stress, assertiveness, managing worries, hope, 5 ways to wellbeing, mindfulness, loneliness.

We also provide various self-led activities such as art and crafts that can help to support people with their mental wellbeing.

Group Locations

Monday - Dunstable

Tuesday - Leighton Buzzard

Wednesday - Biggleswade

Thursday - Ampthill

Mind Matters Evening Online Group

- Every Monday 18.30 – 20.00 via Zoom

How to access support

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

For more information, please contact:

e: recoveryservice@mind-blmk.org.uk

t: 0300 330 0648



www.mind-blmk.org.uk

Charity No. 1068724