

Luton Wellbeing Centre

We offer someone to talk to, referral pathways to other organisations and information leaflets on issues affecting your wellbeing. Most activities are free, except mindfulness and yoga. WEA activities are in blocks of 10 and are free if you are receiving any benefits. If you are interested in any of these activities, please see a member of staff.

Monday

Mindfulness	12.00 - 13.00
Craft Group	11.30 - 13.30
Digital Photography (WEA)	13.30 - 15.00

Monday eve

Recovery Activities, One-to-One	18.30 - 21.00
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Wednesday

Walking Group	10.30 - 13.00
Sewing Group	10.30 - 12.30
Drop In	12.00 - 15.00
Beginners Computer Group	11.00 - 14.30
Yoga (£2.50)	13.15 - 14.15
Relaxation	13.30 - 14.30
Art Drop In	13.00 - 14.30
Music Group	14.00 - 15.00

Wednesday eve

Mind our Music (Music24 07521 248091)	18.00 - 20.00
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(Therapeutic group using musical instruments and voices for adults with mental health needs)

Thursday

Art Group (WEA)	10.30 - 12.30
Toast (18 - 35s only)	13.00 - 15.00
Minds in Motion (Music24 on 07521 248091)	10.00 - 11.30

(Therapeutic group using musical instruments and voices for adults with dementia and their carers)

Friday

Creative Colouring	11.00 - 15.00
Men's Group	11.00 - 12.00
Beginners Computer Group	13.00 - 14.15
Women's Group	13.30 - 15.00
Drop In	14.00 - 15.00

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Luton Wellbeing Centre:
46-56 Dumfries Street Luton LU1 5BP
T: 01582 380002
E: luc@mind-blmk.org.uk
W: mind-blmk.org.uk/luton
Registered Charity No 1068724
Registered Company No 3511342



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