

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 call us on 01582 380002.

Monday Drop In - 11 am - 3 pm

Mindfulness (£2)	12.00 - 13.00
Craft Group (WEA)	11.00 - 13.00
Digital Photography (WEA)	13.00 - 15.00

Monday eve

Recovery Activities, One-to-One	18.30 - 21.00
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Wednesday Drop In - 10.30 am - 3 pm

Walking Group	10.30 - 12.30
Sewing Group	10.30 - 12.30
Drop In	10.30 - 15.00
Peer Led Computer Session	11.00 - 14.30
Yoga (£2.50)	13.15 - 14.15
Relaxation	13.30 - 14.30
Peer Led Art Group	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 - No drop in

Art Group (WEA)	10.30 - 12.30
Lighthouse Group (17 - 25s only)	13.00 - 14.30
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 Drop In - 11 am - 3 pm

Art Group (WEA)	11.00 - 13.00
Men's Group (Every fortnight)	11.00 - 12.00
Beginners' Computer Group	13.00 - 14.15
Women's Group (Every fortnight)	13.30 - 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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