

Total Wellbeing Luton

Supporting your physical and emotional health



This booklet is designed to inform you about the different types of physical and emotional health services and treatments that we offer.

Contents

About Us 3

Talking Therapies 4

Groups and Courses 5

Workshops & Webinars 6

What is Social Prescription? 7

Adult Weight Management 8

Child Weight Management 9

Exercise On Referral 10

Stop Smoking Service 11

Macmillan Move More 12

Power Our Minds (POM) 12

Respiratory Rehabilitation 13

Long Covid Rehabilitation 13

Neurological Support 14

Stroke Rehabilitation 14

Cardiac Rehabilitation 15



Self-Care Workbook 17

What is Self-Care? 18

Daily Wellbeing Activities 19

Breathing Techniques 20

Crocodile Breathing 20

Daily Self-Care Plan 21

15 Self-Care Affirmations 22

Gratitude Jar 23

Mood Tracker 24

Worrying and Sleep 25

Useful Numbers 26

About Us

At Total Wellbeing Luton, we approach health and wellbeing holistically, understanding that your life is complex.

Whether you're managing long-term health conditions, dealing with stress, anxiety, depression, or feelings of loneliness and isolation, or seeking ways to help young people be more active and understand healthy nutrition, our diverse range of healthy lifestyle programmes are designed to support, encourage, and positively impact your health and wellbeing.

Some programmes are available directly by self-referral including Talking Therapies and Stop Smoking. Others, including Social Prescription can only be accessed through a health professional referral.

We're here to make a difference in your health journey providing the support you need to achieve total wellbeing.

This booklet contains information about the different services we offer as well as self-care tips and exercises.



Talking Therapies

Support for low mood, anxiety, depression, stress and phobias.

Page 4 for details

Workshops

Explore and discuss various mental health topics.

Page 6 for details

Self-Care Workbook

Simple and creative ways to boost your wellbeing.

Page 17 for details

Talking Therapies

Our Talking Therapies service offers support to people with difficulties such as low mood, anxiety, depression, stress and phobias.

These difficulties are very common and can be supported in various ways. We are here to help anyone aged 16 years and above who lives in Luton.

Our team of therapists and advisors can help you overcome your difficulties. All you need to do is call **0300 555 4152**. You can self-refer or contact your GP and ask them to refer you.

What we offer:

- **Counselling for depression:** Understand and overcome emotional problems through exploring and reflecting on underlying feelings.
- **Cognitive Behavioural Therapy (CBT):** CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.
- **Long Term Conditions CBT:** We acknowledge that it can be difficult to manage a long-term condition, particularly if you're struggling with stress, anxiety or low mood. We offer some more specialised services to help you through this.
- **Eye Movement Desensitisation and Reprocessing (EMDR):** EMDR is a form of psychotherapy that uses eye movement combined with



talk to help overcome memories of past traumatic events or upsetting experiences that are negatively impacting your mental health and wellbeing. Sessions can only be delivered face to face.

- **Groups and Courses:** For some people, working through problems with other people who understand what they're going through and are in a similar position to themselves can really help.
- **Couples Therapy for Depression:** This therapy involves both partners working with a therapist to address relationship issues contributing to or affected by depression. It aims to improve communication, foster understanding, and provide support for each individual's mental health.
- **Computerised CBT:** We can offer online CBT for stress, anxiety or low mood through a programme called 'My Turning Point,' which is accessible anytime. Throughout the duration of the online programme, a therapist will support you and monitor your progress.
- **Workshops:** Our workshops cover a wide range of topics throughout the year, including; Managing Anxiety and Worry, Wellbeing Whilst Working, Food for Thought + plenty more.

Groups and Courses



We provide a huge range of therapy groups and courses, designed to cater to a variety of common symptoms and emotional health needs.

Therapy Groups

Our groups are guided by experts and help people who are facing similar issues.

Group CBT therapy and Self-Management Courses are a great way to access the same treatment as you would receive 1:1, quickly and with the added benefits from learning from and supporting those in the group.

It is okay to be shy and there is no pressure to disclose any personal or difficult information before you are ready.



Self-Management Courses

Our courses provide structured guidance for dealing with specific issues and situations, including:

- Positive Steps for Stress Management
- Overcoming Panic Attacks and Anxiety
- Wellbeing in Pregnancy
- Managing Low Mood and Anxiety as a New Parent

Cognitive Behavioural Therapy (CBT) Groups

- Overcoming Anxiety and Worry
- Overcoming Depression and Low Mood
- Building Self-Esteem and Supporting Self-Acceptance
- Overcoming Social Anxiety
- Breaking Through Obsessive-Compulsive Disorder (OCD)
- Anger Management
- Post Traumatic Stress Disorder (PTSD)

We also offer tailored psychological group interventions for individuals living with one or more long-term health condition. Such as;

- Living well with Pain
- Living well with Diabetes
- Breathe Easy for Respiratory Problems
- Acceptance and Commitment Therapy (ACT) for long-term health conditions

Workshops & Webinars

FREE

Our Informal workshops and webinars are for people to explore the signs and symptoms of common emotional health topics. We have many topics including:

● **Anxiety & Worry**

You will leave with techniques that will enable you to cope better in situations that you may feel unable to.

● **Managing Stress**

You will learn to identify symptoms of stress, how they develop, and what you can do to help manage this common problem.

● **Navigating Relationship Breakdowns**

In this workshop we will explore how to begin the healing process whilst taking care to support your mental and physical wellbeing.

● **Sleep Hygiene**

This workshop will explore sleeping problems by looking at unhealthy and healthy sleeping patterns, with the aim of enhancing the quality of your sleep.

● **Food for Thought**

During this workshop participants will gain insight into emotional eating, being aware of our emotions and building healthier, better relationships with food.

● **Resilience**

In this workshop you will learn what resilience is about, plus techniques that will help you recover quickly from difficulties in everyday life.

(Over 35 topics available)

Workshops for organisations

Our workshops are also available to all organisations, businesses and community groups based in Luton, Bedfordshire and Milton Keynes. Suitable for staff, students, volunteers or clients who are over 16.

To book a workshop for free call **0300 555 4152** or visit **totalwellbeingluton.org**



What is Social Prescription?

FREE

Social Prescription helps people to live well by connecting them with activities and people in their local communities.

It is non-medical support to help people who may be lonely or isolated, those who care for others but need support themselves, and people living with long-term conditions and/or emotional health issues, to improve their wellbeing.

Social Prescription can be used on its own or in combination with medical support.

Contact us to find out more on **0300 555 4152** or **info@totalwellbeingluton.org**



Support Available:

- Information and advice
- A wide range of physical activity opportunities
- Volunteering and community groups
- Training and Employment support
- Social groups including creative and educational workshops/courses
- Emotional wellbeing support
- Support groups for long-term conditions
- Professional advice and support (financial, housing, etc. If you currently have a housing officer or bidding number with regards to housing, then we unfortunately cannot offer you support)

Adult Weight Management



Our FREE 12 week Healthy Lifestyles Programme is designed to support adults who fall into the category of being above a healthy weight.

From learning how to eat well and be 'sugary savvy' and 'treat wise' through nutritional top tips and advice, this course will teach you how to make the right choices and embed long lasting healthy habits.

Each session is delivered by a qualified nutritionist and personal trainer, addressing pivotal topics such as energy balance, liquid calories, processed versus ultra-processed foods, physical activity, and mindful eating.

We also explore the emotional connection to food where a trained therapist delves deeply into the complex connection between emotional wellbeing and our relationship with food.



Online, Boot Camps or 1:1 sessions available

There is even low-intensity circuit based training included in the programme to help you really get started on that journey to being the healthiest version of you that you can be.

Referral criteria:

- Aged 16 years and over
- BMI equal to or greater than 25
- Address is a Luton postcode AND/OR registered with a Luton GP

Exclusion criteria:

- Pregnant women – Refer to Active Luton's pregnancy class timetable.



Child Weight Management

FREE



This programme offers 12 weeks group based support for children who fall into the category of being above a healthy weight.

The course consists of lots of fun-filled activities to get children moving, such as dodgeball and basketball, and covers a new nutritional topic and food related activity each week.



The aim is to involve the whole family so long lasting healthy habits are built.

Referral criteria:

- Aged 5 - 15 years
- BMI above the 91st centile or under the 9th centile*
- Address is a Luton postcode AND/OR registered with a Luton GP

Exclusion criteria:

- Children with a severe learning difficulty or disability
- Any child attending Lady Zia Werner, Woodlands Avenue and Richmond Hill



* Those presenting a BMI above 99.6th Centile must receive consent via GP to participate safely in physical activity programme and to assess for any co-morbidities present

Exercise On Referral



This programme aims to help you improve your lifestyle or manage an existing health condition through 12 weeks of supported gym based activity, aquatic classes or group activity sessions at either Inspire: Luton Sports Village, Lea Manor Recreation Centre, Lewsey Sports Park or Stockwood Park Athletics Centre.

A special programme will be created and tailored to your individual needs and will include 1:1 sessions with an exercise specialist.

We will help you improve your overall emotional wellbeing too!



This programme is available through a referral from a Luton Health Care professional only and for those who are looking to make lifestyle changes under professional supervision.

Referral for :

- Diabetes
- Hypertension
- MSK (including Arthritis)
- Fibromyalgia
- Falls Prevention

Sessions are available at a heavily discounted rate with Active Luton.



Stop Smoking Service

Are you ready to quit smoking for good? With our help and advice, you are three times more likely to succeed.

Our supportive 12-week programme combines 4-6 weeks of treatment and 12 weeks of behavioural support. Our highly qualified Stop Smoking Specialists will work with you to provide customised medication options, motivation, and goal-setting guidance to ensure a smooth transition during the early stages of your quit journey.

Throughout the programme, you will have the opportunity to discuss your quit attempt, various Nicotine Replacement Therapy (NRT) options, prescriptive medication and e-cigarette options. We will find what works best for you!



Our face-to-face appointments are conveniently accessible at multiple locations across Luton, Monday to Saturday, 8am to 8pm (with adjusted hours on Saturdays), as well as GP surgeries and community settings.

Furthermore, our programme offers specialist trained support for:

Maternity clients and SMI (Mental health) patients and supports sessions at Workplaces.

Text **QUIT** to **60066**

Call **0300 555 4152**

Email **info@totalwellbeingluton.org**

Referrals can be initiated directly by clients or through most healthcare professionals, such as general practitioners, or other Total Wellbeing services.

Please note: 12 - 18 year olds can only be supported with a parent or a guardian (consent) and can only use NRT products as treatment.

*Prescription costs may apply.

Long Term Conditions

Macmillan Move More

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Many of us are affected by cancer at some point in our lives, and we want to make sure you are supported in the right way.

Exercise is extremely important before, during and after cancer treatment and can help you take control back in your life. Many of us feel a sense of abandonment after treatment which is why it's important for you, both physically and emotionally, to fill this gap by doing something to improve your wellbeing.

The Macmillan Move More programme is delivered by a Level 4 cancer rehabilitation specialist who will advise on the best type of activity for you. From 1:1 support in the gym, aquatic classes and small group based activities.

Text LTC to 60066

Call 0300 555 4152

**Sessions are available
at a heavily discounted
rate with Active Luton.**



Power Our Minds

Are you experiencing symptoms of stress, anxiety, post-traumatic stress syndrome or any other emotional health problems? We can help improve both your emotional and physical health, and gain back a sense of control in your life. Across all Active Luton centres you will have a Specialist trainer with up to 4x 1 to 1's during the 12 week programme.

Classes include Tai Chi, Pilates, Swimming, and walking groups which will help you generate that feel good feeling whatever your age or ability!

Text LTC to 60066

Call 0300 555 4152

**Sessions are available
at a heavily discounted
rate with Active Luton.**



Respiratory Rehabilitation

If you suffer with a respiratory condition such as asthma, you are not alone.

There are more than one billion people who suffer in the world and each year four million people die from chronic diseases such as COPD.

We can help you take control of this by simply leading a healthy lifestyle and becoming more active. Being more active can help slow down the rate of disease progression - you

may feel like you shouldn't be exerting yourself as much but the reality is, the more exercise you do in a controlled environment, the better.

We can help you get on track with classes such as circuits, swimming, indoor bowls and more.

Text LTC to **60066**

Call **0300 555 4152**

Sessions are available at a heavily discounted rate with Active Luton.



Long Covid Rehabilitation



If you are suffering with Long Covid symptoms 12 weeks after diagnosis, specialist support is available. Our 12 week programme can help you to recondition and ease the symptoms through specialist exercise at any Active Luton Leisure Centre.

Overview/Criteria

- Luton resident or registered with a Luton GP
- Over the age of 16
- Experiencing Long Covid symptoms/Deconditioned

- Referral to this programme can be via a GP or health professional
- Specialised support from a Level 4 exercise trainer
- Programme sits under our current level 4 respiratory rehab programme
- 1:1 support, small group sessions and outdoor activities
- Specialised 12 week reconditioning programme tailored to the individual

Text LTC to **60066**

Call **0300 555 4152**

Neurological Support

We support people with MS, Parkinson's, Dementia and any other neurological condition.

Our specialist team can help work around these symptoms and get you fighting fit and enjoying your life through the use of different activities and exercise options. Whether it's group activities or even specific classes related to your condition such as our 'MS Stars' group,

walking groups, chair based or Tai Chi classes, we can help you take control and have some fun.

Classes run at all Active Luton leisure facilities.

Text LTC to 60066

Call 0300 555 4152

Sessions are available at a heavily discounted rate with Active Luton.



Stroke Rehabilitation

Having a stroke can affect a person in many different ways whether its paralysis, loss of range of movement, speech or extreme fatigue.

Having a stroke can also affect a person's emotional and social health so it's really important to keep your body and mind as active as possible.

With our Stroke Rehabilitation programme you will receive full support from our specialist team, on a 1:1 or small group basis.

Text LTC to 60066

Call 0300 555 4152

Stroke
association



Sessions are available at a heavily discounted rate with Active Luton.



Cardiac Rehabilitation

It can be daunting and scary to be diagnosed with a heart condition and you may not know what you should and shouldn't do to maintain and improve your lifestyle.

Our specialist cardiac phase 4 team are here to help every step of the way, not just physically but emotionally and socially too.

Speak to your GP or referral through phase 3 cardiac rehabilitation team.



We understand it can be a very lonely time suffering from a cardiac condition so we make sure you're not alone in your journey with us.

You'll get the chance to take back control of your life through safe exercise and meet new people going through a similar experience to yourself.

Text LTC to 60066

Call 0300 555 4152

Sessions are available at a heavily discounted rate with Active Luton.



Your notes

Total Wellbeing

Luton



Self-Care Workbook

Simple and creative ways
to boost your wellbeing

The information in this workbook has been created by our Psychological Wellbeing Practitioners to offer simple ways for boosting your wellbeing.

What is Self-Care?

Self-care refers to the activities and practices that we do deliberately on a regular basis to maintain and enhance our own health and wellbeing. Self-care is about getting in touch with yourself - your wants, needs, passions and prioritising time for yourself to make those things happen.

It is also about becoming aware of your emotions, and the stress and pressure in your life that may be causing you to feel unwell, whether that's physically, mentally or emotionally. The 5 ways to wellbeing are simple steps that anyone can take to improve health and wellbeing. These are:



Connect

Talk and listen, be there,
feel connected.



Be active

Do what you can. Enjoy what you
do. Move your mood.



Take notice

Remember the simple things
that give you joy.



Keep learning

Embrace new experiences. See
opportunities. Surprise yourself.



Give

Your time. Your words.
Your presence.



Daily Wellbeing Activities

Activities that can improve your wellbeing.



Connect



Be active



Take notice



Keep learning



Give



Breathing Techniques

A key technique for reducing anxiety is to focus on your breathing and learn to take deeper, more satisfying breaths.

A great way of learning to improve your inhalation (inward breaths) and take deeper breaths is to focus on your exhalation (outward breaths). If you practice crocodile breathing when you feel calm you will be able to use it more effectively during moments of stress and anxiety.

- Although breathing happens automatically you can also control it consciously.
- Controlling the breath is the first step to calming down an over-active stress response in the body.
- Consciously slowing breathing during a period of stress helps to reduce feelings of anxiety.

Crocodile Breathing (Makrasana)

How to set up your body

- 1 Lie on your stomach with your legs a comfortable distance apart.
- 2 Turn your toes in or out, whichever is more comfortable.
- 3 Fold your arms, placing each hand on the opposite elbow.
- 4 Relax the body into this central position.

Tempo of Breath



Inhale
4-6
seconds



Hold
2-4
seconds



Exhale
4-6
seconds

Do this for six to ten minutes



Daily Self-Care Plan

Copy this page to plan for multiple days

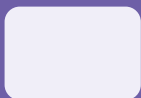
Date

Water

Mark off the glasses of water you have had today



Sleep



How much did you sleep last night?

Today I will...

Pick one wellbeing activity to do

Things to do

I am grateful for...

Today's Affirmation



15 Self-Care Affirmations

For a Positive Emotional Health Day

Self-care affirmations are statements that you should be repeating to yourself every day. Either by writing it down or looking in the mirror and saying it out loud to yourself. Self-care affirmations, much like practicing breath work can help boost your mood and attitude which will lead to a positive day ahead achieving your wellbeing goals.



Here is a list of 15 self-care affirmations to say to yourself every day to have a positive emotional health day.

Today I will be kinder to myself than yesterday.

It's okay if things don't go as planned, it doesn't mean the whole day is ruined.

All of my dreams are possible through self discipline and belief in myself.

You are never too old to be who you want to be.

I am resilient in the face of challenges.

I forgive myself for mistakes I made, and I refuse to hold them against myself.

I overcome my fears by getting out of my comfort zone.

I accept my emotions and let them move through me.

Growth is sometimes bumpy and isn't always linear, but I will stay the course.

I accept myself exactly as I am without judgement.

I am proud of myself and my achievements.

My life is rewarding and fulfilling because of the choices that I do make each day.

I know my worth.

I am capable of making healthy choices.

I take care of myself, mind, body, and spirit.

Gratitude Jar

Fill this jar with things
you are grateful for.



Research shows that practicing gratitude — 15 minutes a day, five days a week — for at least six weeks can enhance emotional wellness and possibly promote a lasting change in perspective.

Mood Tracker



How are you feeling today?

You can add your own emoticon if you want



Can you describe it?

e.g. happy, frustrated, relaxed, satisfied, angry, distressed, stressed...

What have you been doing?

e.g. socialising, working, watching TV, exercising...

Colour a dot **each week**. A column represents about a month. Use red for a bad week, orange for ok and green for a good week.

Yearly Progress

•	•	•	•	•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•	•	•	•	•

Worrying and Sleep

It can be very difficult to stop or control worries. Worries often happen in bed as you are not occupied at this point and they can stop you from getting to sleep. This in turn can weaken the association between sleep and strengthen the association between bed and stress.



Below is a technique that you can use to help you control your worries. This can be difficult to do at first, but should become easier the more you practice it.

Worry Time

Whenever you notice a worry write it down (make a list)

Give yourself a set amount of undisturbed time each day to go through your list of worries

Separate the practical worries (e.g. problems that you can do something about) from the hypothetical worries (e.g. 'What ifs')

Write an action for all practical worries (what; when; where and who?)

Give yourself time to think about the hypothetical worries (Not right before going to bed)

Once the time is up you need to stop worrying and focus on something else

You might want to screw the paper up

Try and do something engaging and get a change of scenery

Any worries that you have outside of your worry time, write them down and think e.g. "I will think about that tomorrow at 5:00. There is no need to worry about it now"

When in bed, try to focus your attention on your breathing, in-out, in-out

Notice when your mind wanders and bring your attention back to your breathing

Useful Numbers

111 For physical health issues

.....

999 For emergencies

.....

116 123 Samaritans 24/7

.....

01525 722 225 Mind BLMK (Luton, Central Bedfordshire and Bedford Crisis line for young people 14-17 in need of mental health support)

.....

01582 725 838 Luton Food Bank (They can help with emergency food, debt advice, budgeting, and job searches for people in Luton)

.....

01582 876 636 Women's Aid Luton 24 hour Domestic Abuse and Violence helpline

.....

0800 0546 603 Resolutions Drug and Alcohol Support

.....

01582 416 783 Luton All Women's Centre Domestic Violence and Sexual Abuse Support



Your Notes

Find out more

Call us

0300 555 4152

Email us

info@totalwellbeingluton.org

Visit our website

totalwellbeingluton.org

Connect with us

 **@TotalWellbeingLuton**

 **@LutonTotal**

 **totalwellbeingluton**

If you are aged 16 or over, live, work, study or are registered with a GP in Luton, you can contact us directly. We provide free 1:1 sessions with a translator and can also support local organisations with free wellbeing workshops.

