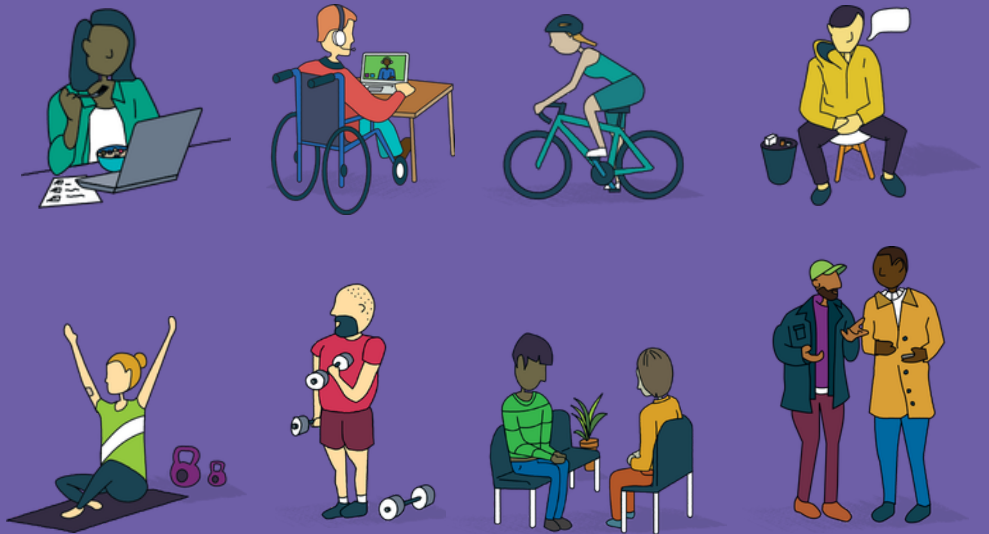


Total Wellbeing Luton

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.

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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 people be more active and understand healthy nutrition, our diverse range of healthy lifestyle programmes is designed to support, encourage, and positively impact your health and wellbeing. Our programmes are available throughout Luton and can be accessed directly through self-referral or with a referral from a health professional. This includes services such as Talking Therapies, Exercise on Referral and Stop Smoking services.

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 Total Wellbeing Luton offers as well as self-care tips and exercises.



Talking Therapies

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

Page 4 for details

Workshops & Webinars

Explore and discuss various emotional health topics.

Page 11 for details

Self care workbook

Simple and creative ways to boost your wellbeing.

Page 18 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 people living in Luton and Bedford, any age above 16 years old. 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.

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. The number of sessions you require will be discussed with you at your first session.

● **Long Term Conditions CBT:**

We acknowledge that it can be difficult to manage a long-term condition, particularly if you're also struggling with symptoms of stress, anxiety or low mood. We offer some more specialised services to help you through this.



● **Eye movement desensitisation and reprocessing (EMDR):**

This form of psychotherapy 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 should preferably be face to face but can be delivered by videos. It cannot be done over the phone.

- **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.

- **Computerised CBT:** We can offer online Cognitive Behavioural Therapy (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 are on a dynamic calendar and cover a wide range of topics throughout the year, including; Managing Anxiety and Worry, Wellbeing Whilst Working, An Introduction into Mindfulness, Food for Thought plus plenty more.

Groups & Courses

All Groups and Courses are available remotely or in person

We provide a huge range of therapy groups and courses, designed to cater to a variety of common symptoms and emotional health needs. Access to a group or course is decided once an assessment is done.

Therapy Groups

Our expert-led groups offer CBT and self-management support for people facing similar challenges with no pressure to share personal details until you're ready.

Cognitive Behavioural Therapy (CBT) Groups

CBT helps you understand your thoughts, feelings, behaviours and emotions. The aim is to teach practical coping strategies to break the vicious cycle of depression and anxiety disorders.

Generalized Anxiety Disorder (GAD) Group

This 11-week course helps people manage anxiety and worry using CBT techniques. It covers understanding anxiety, managing thoughts and behaviours, building tolerance to uncertainty, problem-solving, and relapse prevention.

Depression Group

This 10-week course helps you understand what triggers and maintains depression. Using CBT techniques, it teaches ways to challenge negative thoughts and change behaviours to improve mood and wellbeing.



Anger Management

This 10-week Anger Management course uses CBT techniques to help you understand and manage the thoughts and behaviours that drive anger and irritability.

Low Self-Esteem Group

This 10-week course explores how low self-esteem contributes to depression. Using CBT and modern approaches, it helps you understand the problem, challenge unhelpful thoughts and behaviours, and maintain progress.

Social Anxiety Course

This 12 week group therapy session provides participants the opportunity to learn more about social anxiety and how Cognitive Behavioural Therapy (CBT) can be implemented to assist in reducing the impact of associated symptoms.

Trauma Information & Stabilisation Course

This 6-session trauma education group is for people with Post Traumatic Stress Disorder (PTSD) symptoms. It's not a treatment group but offers grounding techniques and information about PTSD while clients wait for CBT or EMDR.

Guided Self-Help Courses

Our Wellbeing Courses offer practical support and guidance to help you manage your mental health and build coping skills.



Sleep Management

This course is a 6 week psycho-education course. It aims to develop skills and techniques of managing symptoms in a more effective way. The course covers aspects of sleep hygiene and techniques to improve the likelihood of a better quality night sleep.

Managing Anxiety & Worry

This 6-session course helps people manage anxiety that's affecting daily life. Using CBT techniques, it covers physical symptoms, worry, panic, low mood and unhelpful thinking, building skills to feel more in control.

Facing Your Fears

This 6 week psycho-educational course, supports in overcoming anxiety and worries related to a specific phobia and panic, including physical symptoms, tackling avoidance and challenging scary thoughts.

Building Confidence

This 6-session course aims to help you build confidence by understanding the factors that impact self-confidence and learning practical techniques to address them. Using Cognitive Restructuring you will identify and challenge negative automatic thoughts.

Positive Steps

This 6-session course helps people manage anxiety that's affecting daily life. Using CBT techniques, it covers physical symptoms, worry, panic, low mood and unhelpful thinking, building skills to feel more in control.

Stress

This 6-week course teaches low-intensity CBT techniques to manage stress and improve wellbeing. Topics include relaxation, exercise, thought and behaviour management, panic, and sleep.

Low Mood

Low mood and depression are common. This 6-week course helps by using CBT techniques to understand what keeps low mood going and teaches practical tools to manage it and feel better.



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

Long Term Conditions (LTC) Group

Feeling low or anxious is common with long-term conditions and can affect how you manage your health. This 6-week guided self management course teaches practical tools to improve mood and self-care.

See page 12-14 for more information on Long Term Condition programmes available

Living well with Pain

This 7-week CBT course helps you manage the emotional impact of chronic pain. While it doesn't cure pain, it offers tools to understand how thoughts and behaviours can be impacted by our physical health, with the aim to improve your overall wellbeing.

Acceptance and Commitment Therapy (ACT) for Long-Term Conditions

A long-term health condition can feel overwhelming and emotionally draining. This 8-week course, using mindfulness and acceptance techniques, helps you adapt to difficult thoughts and emotions while still pursuing meaningful goals.



Physical Activity for Depression

As part of our Power Our Minds (POM) programme (see page 13), this is a 6-week course using gentle movement to support emotional wellbeing and manage low mood or depression.

Led by a Level 4 Exercise & Mental Health Specialist, it offers practical tools in a safe, welcoming space.



Pregnancy & Postpartum Wellbeing Course

This is a 6 week psycho-educational course to support with prenatal anxiety and postpartum low mood.

Focusing on expectations and challenges that can be experienced when becoming a new parent.



1-2-1 Low & High Intensity Support

1:1 Low Intensity support is up to 6 weeks of Guided Self Help for mild, common mental health conditions. 1:1 High Intensity support is up to 12 weeks of Cognitive Behavioural Therapy.

Both options can be supported by a professional interpreter.

Employment Advisory Service



Our Employment Advisory Service works in harmony with Talking Therapies to support anyone whose emotional health is affected by work, unemployment, education, training or volunteering.

Whether you're in work or looking for opportunities, our advisors offer personalised, practical support to help you manage stress, anxiety, or low mood linked to employment.

In-Work Support Includes:

- Support with employer conversations and tribunal preparation.
- Guidance on reasonable adjustments and phased returns.
- Help with workplace challenges like sickness absence, disciplinarys, or stress.

Support for Job Seekers, Trainees & Volunteers:

- Confidence-building and motivation to re-enter work or explore new paths.
- Tailored CV, job search, and interview advice.
- Guidance on volunteering and training options.

Why Choose Us?

- Integrated support with Talking Therapies.
- Free, confidential and non-judgemental.
- Flexible sessions - online, phone, or in-person.

We listen first, then tailor support to your goals. Our advisors walk with you every step of the way, blending employment guidance with mental health care.

Need Help?

If emotional health is affecting your work, we're here.

Contact us using the information below

✉ info@totalwellbeingluton.org

☎ 0300 555 4152

🌐 totalwellbeingluton.org

Workshops & Webinars

—
FREE
—

Our informal workshops, along with our live and on-demand webinars, offer a welcoming and supportive space for individuals to explore and engage in meaningful conversations around common topics that affect our mental health.

We cover a wide range of topics, including:

- Anxiety & Worry
- Resilience
- Managing Stress
- Navigating Relationships
- Food & Mood
- Managing Low Mood

(Over 30 topics available)

Workshops for Organisations

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

These sessions offer practical tips on recognising signs and symptoms, accessing further support to improve your emotional wellbeing.

To register for a free workshop or webinar **scan the QR code.**



What is Social Prescription?



Social prescribing connects adults 18 and older with local activities and support to improve wellbeing. It offers non-medical help for those who are lonely, isolated, caring for others, or living with long-term or emotional health issues.

It can be used alongside medical treatment, talking therapies or on its own.

Support Available

- Information and advice
- Volunteering and community groups
- Physical activity opportunities
- Emotional wellbeing and long-term condition support
- Professional advice (benefits and specific housing advice) and more.

Maternal and Early Years Social Prescription



This early-intervention programme supports pregnant women and birthing people, babies and families in Luton from birth to 2.5 years. It offers personalised guidance, signposting and referrals to help with emotional, physical and social wellbeing during the critical early years.

Eligibility Criteria

- Health support: Pregnancy care, lifestyle advice, long-term conditions, physical activity.
- Emotional/social needs: Emotional health, isolation, domestic abuse, child development.
- Practical help: Smoking, finances, housing, substance misuse.

Self-refer



Active.Luton@nhs.net

Exercise on Referral

The Exercise on Referral programme is offered at Inspire: Luton Sports Village, Lewsey Sports Park & Pool, Lea Manor Recreation Centre and High Town Gym & Wellbeing Centre. The programme gives 12 weeks of heavily discounted supported activities such as gym groups, classes and up to four 1:1s in the gym with our exercise specialist, including lifestyle changes under professional supervision. These sessions can be accessed through referral of a GP or health professional and are for Luton residents only.



Macmillan Move More

This programme supports cancer patients to increase their activity through personalised sessions, with options such as 1:1 gym support, Hydra Health or group classes recommended by a Level 4 Cancer rehabilitation specialist.

(Curative and Palliative patients welcome)

Long Term Conditions Programmes

These sessions are offered at heavily discounted rates in partnership with Active Luton and are for Luton residents and/or those who are registered with a Luton GP.

Self-refer

✉ Text **LTC** to 60066
(standard network rates apply) ☎ 0300 555 41520

Power Our Minds

This programme supports individuals with mild to moderate emotional health conditions, such as anxiety, stress and PTSD. Participants engage in small gym groups and 1:1 sessions to include but not limited to Tai Chi, Pilates and swimming. Each session takes place with an emotional health exercise specialist.

Respiratory Rehabilitation

Our respiratory programme supports people with conditions such as COPD, asthma and other lung diseases. It supports improvement to fitness, strength, and lung function through gym groups, circuit classes and swimming. Sessions run across all Active Luton centres with personalised activities throughout the week.

Cardiac Rehabilitation

If you've completed your Phase 3 cardiac rehabilitation, our programme is designed just for you. Working alongside the Luton and Dunstable Cardiac Unit, we aim to provide a seamless transition onto our 12 week stage 4 cardiac rehabilitation programme.

You will be assigned to a Cardiac Health Specialist who will provide a safe, supportive and encouraging environment for you to keep active. This will include 1:1 support with a tailored exercise programme, monitored group sessions and more.

Available at Inspire: Luton Sports Village, Lea Manor Recreation Centre and Lewsey Sports Park & Pool.



Long COVID (Reconditioning) Rehabilitation

This 12-week programme offers specialist exercise support for Luton residents experiencing long COVID symptoms. Sessions are available at all Active Luton centres to ease symptoms and improve overall wellbeing.

Neurological Support

This programme supports people with neurological conditions such as MS, Parkinson's, Dementia, and Alzheimer's. Activities include 1:1 and group sessions such as chair-based classes, walking groups, Tai Chi and swimming. Weekly MS-specific classes are also available at High Town Gym & Wellbeing Centre.

Stroke Rehabilitation

This programme, in partnership with the Stroke Association, offers gym and studio-based sessions to aid recovery. Using the Action for Rehabilitation from Neurological Injury (ARNI) approach, activities focus on improving movement, fitness, and self-reliance through 1:1 or small group support. Sessions run weekly at Inspire: Luton Sports Village, Lea Manor Recreation Centre and Lewsey Sports Park & Pool.



Mini Health Checks

Mini health checks can be conducted manually, or via a SISU machine - which is a self-service digital health kiosk. Both checks offer free, quick and private health assessments, including measurements of blood pressure, heart rate, height, weight, and BMI. It also assesses lifestyle factors like stress, physical activity, and alcohol/smoking levels. After providing instant results, the machine offers personalised health recommendations, next steps and signposting to local support services.

Important to note

- Mini Health Checks do not include blood samples for cholesterol or glucose and do not calculate a QRISK score.

 **Book Yours!**
Find The Wellbeing Hub located
in Frasers Plus Luton (near Poundland).



Weight Management - Healthy Lifestyles

Adult

Referral criteria

- Aged 16 years +
- BMI equal to or greater than 25
May vary between ethnicity groups
- Address is a Luton postcode and / or registered with a Luton GP

Exclusion criteria

- Pregnant women – Refer to Total Wellbeing Healthy pregnancy programme
- Must be able to work in a group based setting
- BMI under 25

A 10–12-week weight management group-based, face to face programme, focussing on nutritional education and light exercise.

If you're unable to attend our face-to-face sessions, then an online nutrition only programme is also available.

Topics are interactive and visual, with a mix of discussion and demonstrations. Physical activity is circuit-style, led by a trainer, using available equipment in a private space.

Self-refer



HLS@activeluton.co.uk



0300 555 41520



totalwellbeingluton.org

Child & Family

A 10-week community based programme combining nutrition education, physical activity, and mandatory parent/carer workshops. Families can also access support through virtual 1:1 appointments.

Referral criteria

- Aged 5 - 15 years
- BMI equal to, or above the 91st centile (A BMI above the 96th centile requires GP consent)
- A parent/ carer is required to attend the week 1, midpoint and final session
- Must live in Luton or be registered with a Luton GP

Exclusion criteria

- Children with a severe learning difficulty or disability – refer to Active Luton disability activity club or Nutrition and Dietetics.
- Children who can't work independently



Stop Smoking

Appointments are available in various locations across Luton.

Our Stop Smoking Programme is specifically designed for individuals who are committed to quitting smoking. We offer up to 12-weeks of support, combining both behavioural therapy with the use of stop smoking aids*. You are three times more likely to quit for good with our 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.

Referral criteria

- Luton residents registered to a Luton postcode and/or registered with a Luton GP
- Aged 12+**
- Using tobacco products (including cannabis)

*Prescription charges may apply. **Young people aged 12-17 need parental consent and can only use Nicotine Replacement Therapy (NRT). Adults 18+ can access NRT, medication or e-cigarettes.

Self-refer

- ✉ Text **QUIT** to **60066**
(standard network rates apply)
- ☎ 0300 555 41520
- 🌐 totalwellbeingluton.org



SilverCloud & Direct to Digital

FREE

SilverCloud is a free online therapy programme using CBT techniques to help with stress, anxiety, and low mood. You can access support anytime, on any device, and work up to 1 hour a week with ongoing reviews from our team.

Key Features of the programme includes:

- Video Clips
- Interactive quizzes
- A journal
- Audio-guided mindfulness exercises
- Other people's personal stories (you're not alone)
- Reflective exercises
- Access for up to 1 year from the time of registration

To self-refer for SilverCloud scan the QR code.



Once you complete your referral, you'll receive an email from SilverCloud with access to a Self-Management Toolkit. Our team will then contact you to arrange a 30-minute screening to confirm whether Computerised CBT is right for you. If suitable, you'll be enrolled onto a psychological programme with weekly guidance from your therapist.



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 Mental 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 mental 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 judgment.

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 mental 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 & 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 urgent crisis

.....

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)

.....

0800 0546 603 Resolutions Drug and Alcohol Support

.....





WHAT TO DO IF YOU FEEL AT RISK TO YOURSELF OR OTHERS

As a primary care service, we are not able to provide support during crisis situations. If you are in immediate danger or need help to keep yourself or others safe, please call:

- NHS 111
- Samaritans Call 116 123 or email jo@samaritans.org
- Contact your GP and request an urgent appointment
- Visit your nearest A&E department

If you or someone else is at imminent risk of physical harm, call 999.

Things that can help when we feel low

- Talk to someone you trust or call a helpline
- Do things you enjoy - walks, hobbies, or self-care like a warm bath
- Don't isolate - being alone can make things feel worse
- Eat and drink regularly
- Avoid quick fixes like junk food or alcohol - they often have the opposite effect
- Reflect on past challenges - what helped you then?

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.



www.totalwellbeingluton.org

