

## Mind BLMK Wellbeing centre - Luton

Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, we offer a number of activities from our wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes.



Mind BLMK are proud to have four wellbeing centres in Luton, Bedford, Leighton Buzzard and Milton Keynes. The wellbeing centres are the home of many of our groups, projects and training sessions as well as offering a visible place in the community where people can access wellbeing and mental health information and resources.

At our Luton Wellbeing Centre we offer a variety of recovery-focused activities including peer support, art & craft, digital photography, yoga and mindfulness, drop-in support and a peer mentoring service. We also offer support for carers who feel their caring role is impacting on their mental health and wellbeing, and training courses including Healthy Aspirations, Mental Health Awareness and Mental Health First Aid.

In order to come to Mind BLMK you must be aged 18 and over and finding it difficult to lead a fully rewarding life because of your mental health problem.

You can access Mind BLMK's Services through a range of agencies including, Health Services, Social Services and through your GP. You can also fill in an "Access to Services" form. Our online Access to Services Form is [here](#) and there are also links there for you to download a paper version. Alternatively, call us on **0300 330 0648** for further information.

You can also visit the [Mind](#) website for information about mental health issues, post natal depression, anxiety, panic attacks, OCD, personality disorders, self-esteem, self-harm and much more.

### Who to contact

<b>Telephone</b>	01582 380002 0300 330 0648
<b>E-mail</b>	<a href="mailto:lwc@mind-blmk.org.uk">lwc@mind-blmk.org.uk</a>
<b>Website</b>	<a href="http://www.mind-blmk.org.uk/">www.mind-blmk.org.uk/</a>

### Where to go

<b>Name</b>	Luton Wellbeing Centre
<b>Address</b>	46-56 Dumfries Street Luton
<b>Postcode</b>	LU1 5BP

### When is it on?

<b>Session Information</b>	Centre Opening Times: Monday - 12.00pm-3.00pm Monday Evening - 6.30pm-9.00pm Wednesday - 10.30am-3.00pm Thursday - 11.00am - 1.00pm Friday 11.00am-3.00pm
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### Other details

<b>Supporting people with</b>	<b>Has experience or training in the following areas, please contact the provider for more details.</b> Mental health needs
<b>Related Links</b>	<a href="#">Facebook</a> <a href="#">Twitter</a>

### Useful Documents

- [Luton Wellbeing](#)

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