



Community Based Recovery Services (CBRS)



Social Interest Group



Community Based Recovery Services

Volunteering pathways and community engagement



Penrose Roots to Recovery

This is our garden-based project that provides a therapeutic growing space for our members, volunteers and the wider community. Through our work in the garden, we equip people with new skills, help reduce social isolation, and promote positive mental, emotional and physical well-being.

Roots to Recovery offers access to a safe space where people can grow plants and organic produce, take part in on-site workshops such as woodwork and upcycling, as well as learning about wildlife, horticulture and environmental sustainability.

Roots also promotes recovery from substance addiction, and supports those with mental ill health, offending behaviour, learning disabilities, those who have been homeless and those who are unemployed.

**Monday, Tuesday and Thursday
10am till 3pm
Site entrance opposite Cranleigh
Gardens, New Bedford Road, Luton**

Connects

Connects has a monthly timetable of social groups and activities that are open to everyone:

- Coffee morning/tea/light bites
- Mindfulness & art therapy
- Opportunities to learn skills; conversation building, confidence and self esteem
- Sports, leisure, recreation activities
- Low level/ad-hoc support; mental health, social anxiety, benefits/housing queries, advice and signposting

**Friday 10am till 2pm
Strathmore Avenue Methodist Church
Strathmore Avenue, Luton**

Volunteering Pathway

We can support you to develop your skills as a volunteer. We have many areas where we need volunteers to share their experiences and interests with us.

We will offer you all the training you need to be a member of our volunteering programme, including supporting you to be DBS checked.

Volunteering could be part of your personal development pathway to independence and financial stability.

Bedford Food 4 Thought

This is a small community garden, where you can learn basic 'grow your own' skills and make new friends.

**Mondays, Wednesdays and Saturdays
10am - 3pm
Millburn Road, Bedford**

Roots to Success

The project provides a social enterprise that is used for wellbeing and horticultural training. Roots to Success (R2S) operates in a 2500 sqm glasshouse located on the award winning Stockwood Park in the borough of Luton. R2S donates regular volunteering hours to the service, and sells plants and flowers through the Stockwood Park gift shop. This additional project provides opportunities:

- To have a social enterprise that will generate an income through growing and retail of plants
- To provide gardening services across Bedfordshire and the SIG family and give clients the chance to gain real work experience
- To provide more voluntary opportunities to our current client group

**Monday, Thursday and Saturday
10am to 3pm
Glasshouse 2, Stockwood park, Luton,
LU14LX**

Recycle-A-Bike Workshop

Learn basic bike maintenance and help rebuild donated bikes that are then donated back to the community.

**Fridays
11am - 1pm and 1.30pm - 3.30pm
Unit 2, Stockwood Discovery Centre,
Luton**

Roots to Recovery is funded/supported by the following partners:



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Penrose is part of the Social Interest Group (SIG). The group provides a range of residential and support services. www.socialinterestgroup.org.uk