

Bedfordshire
mental health and wellbeing service
provided by ELFT



Bedfordshire Mental Health and Wellbeing Service



Bedfordshire Mental Health and Wellbeing Service provides mental health services across Bedford Borough and Central Bedfordshire.

We are commissioned by Bedfordshire Clinical Commissioning Group (CCG) to provide the following services:

- Improving Access to Psychological Services (IAPT)
- Adult, older adult mental health and learning disability services
- Adult rehabilitation and recovery services
- Child and Adolescent Mental Health Services.

Our community services include six Adult Community Mental Health Teams (CMHTs), two Crisis and Home Treatment Teams (CRHT) three Older People's CMHTs and three Children's and Adolescent Mental Health Service (CAMHS) teams. Our inpatient service includes one Psychiatric Intensive Care Unit, two Older Person's Wards, four Adult Admission/Recovery Wards and one Specialist Learning Disability Unit.

We are part of East London NHS Foundation Trust, which is recognised as a centre of academic excellence, innovation and improvement with a strong track record for pioneering health solutions.

Below is a full list of all our services along with their locations, contact details and opening hours. I hope you find it useful.

Kind regards,

Michelle Bradley, Director
Bedfordshire Mental Health and Wellbeing Service

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Adult Services**1- 4**

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Barford Avenue Resource Centre
Bedford Liaison Psychiatry
Bedford & Mid Bedfordshire Crisis Team
Bedford Assertive Outreach Team
Bedford East CMHT
Bedford West CMHT
Biggleswade CMHT
Cedar House
Clinical Psychology Service
Complex Needs Service, Poynters House PD Service
Court Diversion & Liaison Team
Day Resource Centre
Diverse Cultures
Dunstable CMHT
Early Intervention Psychosis
Employment Advisors
Jade Ward PICU
Keats Ward (female)
Leighton Buzzard CMHT
Luton & Bedfordshire Community Eating Disorder Service
Luton & South Bedfordshire Crisis Team
Oakley Court - Ash Ward (Male)
Oakley Court - Willow Ward (Female)
Path 2 Recovery (P2R) Bedford Borough
Path 2 Recovery (P2R) Central Bedfordshire
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(including Memory Assessment Service)
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South Bedfordshire Older People's CMHT
(including Memory Assessment Service)
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Adult Autism Service	Community Autism Spectrum Disorder diagnostic and short-term therapy service	Community	Monday - Friday 09:00 - 17:00	Clinical Resource Centre, Milton Road, Clapham, Bedford MK41 6AT Tel: 01234 310593
Amphill CMHT	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Meadow Lodge, Steppingley Hospital, Amphill Road Beds, MK45 1AB Tel: 01525 758400
Barford Avenue Resource Centre	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	29 Barford Avenue Bedford, Beds MK42 0DS Tel: 01234 215610
Bedford Liaison Psychiatry	Mental health services for hospital patients	Community	Monday - Friday 09:00 - 17:00	Luton & Dunstable Hospital, Lewsey Road, Luton, Beds Tel: 07775 002894 / 07989 702531
Bedford & Mid Bedfordshire Crisis Team	Community-based mental health services for adults of working age	Community	365 days / 24 hours	Floor 2, Weller Wing, Amphill Road, Bedford, Beds, MK42 9DJ Tel: 01234 315691
Bedford Assertive Outreach Team	Community-based mental health services for adults of working age	Community	Seven days a week 09:00 - 17:00	Florence Ball House, Bedford Health Village, 3 Kimbolton Road Bedford, MK40 2NT Tel: 01234 315785
Bedford East CMHT	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Florence Ball House, Bedford Health Village, 3 Kimbolton Road Bedford, MK40 2NT Tel: 01234 310555

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Bedford West CMHT	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Florence Ball House, Bedford Health Village 3 Kimbolton Road, Bedford MK40 2NT Tel: 01234 310555
Biggleswade CMHT	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Spring House, Biggleswade Hospital Potton Road, Beds, SG18 0EJ Tel: 01767 224922
Cedar House	Long stay/rehabilitation mental health wards for working age adults	Inpatient	365 days / 24 hours	Bedford Health Village, 3 Kimbolton Road, Bedford, Beds, MK40 2NT Tel: 01234 310328
Clinical Psychology Service	Clinical support for Bedford East and Bedford West CMHTs	Community	Monday - Friday 09:00 - 17:00	26-18 Bromham Road Bedford, MK40 2QD Tel: 01234 310241
Complex Needs Service, Poynters House PD Service	Community-based mental health services	Community	Monday - Friday 09:00 - 17:00	Disability Resource Centre Poynters Road, Dunstable Beds, LU5 4TP Tel: 01582 709066
Court Diversion & Liaison Team	Screening and triage service for vulnerable adults going through the criminal justice process	Community	Monday - Friday 07:00 - 17:00	Charter House, Alma Street Luton, Beds, LU1 2PJ Tel: 01582 700227
Day Resource Centre	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Bedford Health Village, 3 Kimbolton Road, Bedford Beds, MK40 2NT Tel: 01234 310044

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Diverse Cultures	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Twinwoods Health Resource Centre, Whitbread Centre, Milton Road, Clapham, Beds, MK41 6AT Tel: 01234 408700
Dunstable CMHT	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Beacon House, 5 Regent Street, Dunstable, Beds, LU6 1LP Tel: 01582 709200
Early Intervention Psychosis	Community-based mental health services for people aged 14-35	Community	Monday - Friday 08:30 - 17:00 Weekends - On Call	Twinwoods Health Resource Centre, Whitbread Centre, Milton Road, Clapham, Beds, MK41 6AT Tel: 01234 315690
Employment Advisors	Community-based mental health services for adults of working age	Community	Monday - Friday 08:30 - 17:00	Charter House, Alma Street, Luton, LU1 2PJ / 3 Woburn Road, Bedford, Beds, MK40 1EG Tel: 01234 355933
Jade Ward PICU	Acute wards for adults of working age and psychiatric intensive care units (PICUs)	Inpatient	365 days / 24 hours	Calnwood Road, Luton, Beds, LU4 0FB Tel: 01582 556975
Keats Ward (female)	Acute wards for adults of working age and psychiatric intensive care units (PICUs)	Inpatient	365 days / 24 hours	Weller Wing, Ampthill Road, Bedford, MK Tel: 01234 299963
Leighton Buzzard CMHT	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00	Crombie House, 36 Hockliffe Street, Leighton Buzzard, Beds, LU7 1HJ Tel: 01525 751133

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Luton & Bedfordshire Community Eating Disorder Service	Specialist service for mental health service users with serious or severe range of presenting concerns	Community	Monday - Friday 09:00 - 17:00	Disability Resource Centre, Poynters House, Poynters Road, Dunstable, Beds LU5 4TP Tel: 01582 709066
Luton & South Bedfordshire Crisis Team	Crisis services and health-based places of safety	Community	Monday - Friday 09:00 -21:00	First Floor, Calnwood Court, Calnwood Road, Luton, Beds, LU4 0LX Tel: 01582 556971
Oakley Court - Ash Ward (Male)	Acute wards for adults of working age and psychiatric intensive care units (PICUs)	Inpatient	365 days / 24 hours	Angel Close, Luton, Beds Tel: 01582498940
Oakley Court - Willow Ward (Female)	Acute wards for adults of working age and psychiatric intensive care units (PICUs)	Inpatient	365 days / 24 hours	Angel Close, Luton, Beds Tel: 01582 498940
Path 2 Recovery (P2R) Bedford Borough	Advice, treatment and support for people whose lives are affected by drug or alcohol use.	Community	Monday - Friday 10:00-17:30, with 20:00 opening on Thursday	21 The Crescent, Bedford, MK40 3RT Tel: 01234 352220
Path 2 Recovery (P2R) Central Bedfordshire	Advice, treatment and support for people whose lives are affected by drug or alcohol use.	Community	Monday - Friday 10:00-17:30, with 20:00 opening on Tuesday	67 High Street North, Dunstable Bedfordshire, LU6 1JF Tel: 01582 501780
South Bedfordshire Assertive Outreach Team	Community-based mental health services for adults of working age	Community	Monday - Friday 09:00 - 17:00 weekend - on call	Crombie House, 36 Hockliffe Street Leighton Buzzard, Beds, LU7 1HJ Tel: 01525 751133

Wellbeing Services

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Bedfordshire Wellbeing Service	Community-based improving access to psychological therapies (IAPT) service	Community	Monday – Friday 09:00 – 17:00	Gilbert Hitchcock House, Kimbolton Rd, Bedford, MK40 2NU Tel: 01234 880400
Bedfordshire Wellbeing Service	Community-based improving access to psychological therapies (IAPT) service	Community	Monday – Friday 09:00 – 17:00	Matthew House, Matthew Street, Dunstable, LU6 1SD Tel: 01234 880400

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Bedford Older People's CMHT (including Memory Assessment Service)	Community-based mental health services for older people	Community	Monday - Friday 09:00 - 17:00	Florence Ball House Bedford Health Village 3 Kimbolton Road Bedford, MK40 2NT Tel: 01234 310539
Fountains Court - Bedford Older People's Inpatient Service	Wards for older people with mental health problems	Inpatient	365 days / 24 hours	Fountains Court Bedford Health Village 3 Kimbolton Road, Beds MK40 2NT Tel: 01234 310798
Mid Bedfordshire Older People's CMHT (including Memory Assessment Service)	Community-based mental health services for older people	Community	Monday - Friday 09:00 - 17:00	The Lawns Resource Centre, The Baulk Biggleswade, Beds SG18 0PT Tel: 01767 224181
South Bedfordshire Older People's CMHT (including Memory Assessment Service)	Community-based mental health services for older people	Community	Monday - Friday 09:00 - 17:00	Townsend Court, Mayer Way, Houghton Regis Dunstable, Beds LU5 5BF Tel: 01582 657588
Townsend Court	Wards for older people with mental health problems	Inpatient	365 days / 24 hours	Townsend Court, Mayer Way, Houghton Regis Dunstable Beds, LU5 5BF Tel: 01582 707581

Learning Disability Services

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Specialist Community Healthcare Team	Community multi-disciplinary healthcare team for people with a learning disability	Community	Monday - Friday 09:00 - 17:00	Clinical Resource Centre Milton Road, Clapham Bedford MK41 6AT Tel: 01234 310589
The Coppice	Inpatient ward for people with a learning disability or autism	Inpatient	365 days / 24 hours	The Coppice, 2 The Glade, Bromham, Beds MK43 8HJ Tel: 01234 310538
Intensive Support Team (IST)	Crisis intervention community team for people with a learning disability	Community	365 days / 24 hours	The Coppice, 2 The Glad, Bromham, Beds, MK43 8HJ

CAMHS (Child and Adolescent Mental Health Services)

Name of service	Core service provided	Inpatient/ community	Opening times where appropriate	Address and contact number
Dunstable Child & Adolescent Mental Health Services (CAMHS) Team	Specialist community mental health services for children and young people	Community	Monday - Friday 09:00 - 17:00	Beech Close Resource Centre Beech Close, Dunstable, Beds LU6 3SD Tel: 01582 707635
Mid Bedfordshire Child & Adolescent Mental Health Team	Specialist community mental health services for children and young people	Community	Monday - Friday 09:00 - 17:00	24 Grove Place, Bedford, MK40 3JT Tel: 01234 310800
North Bedfordshire Child & Adolescent Mental Health Team	Specialist community mental health services for children and young people	Community	Monday - Friday 09:00 - 17:00	5-7 Rush Court, Bedford, Beds MK40 3JT Tel: 01234 310670

Bedfordshire and Luton community services

- 1 Bedford Older People's CMHT**
(including Memory Assessment Service)
Florence Ball House, Bedford Health Village
3 Kimbolton Road, Bedford, MK40 2NT
Tel: 01234 310539
- 2 Bedford West CMHT**
Florence Ball House, Bedford Health Village
3 Kimbolton Road, Bedford, MK40 2NT
Tel: 01234 310555
- 3 Bedford East CMHT**
Florence Ball House, Bedford Health Village
3 Kimbolton Road, Bedford, MK40 2NT
Tel: 01234 310555
- 4 Ampthill CMHT**
Meadow Lodge, Steppingley Hospital
Ampthill Road, Beds, MK45 1AB
Tel: 01525 758400
- 5 Biggleswade CMHT**
Spring House
Biggleswade Hospital
Potton Road, Beds, SG18 0EJ
Tel: 01767 224922
- 6 Leighton Buzzard CMHT**
Crombie House, 36 Hocklie Street
Leighton Buzzard, Beds, LU7 1HJ
Tel: 01525 751133
- 7 Dunstable CMHT**
Beacon House, 5 Regent Street
Dunstable, Beds, LU6 1LP
Tel: 01582 709200
- 8 Dunstable Child & Adolescent Mental Health Services (CAMHS) Team**
Beech Close Resource Centre, Beech Close
Dunstable, Beds LU6 3SD
Tel: 01582 707635
- 9 Luton Older Peoples CMHT**
(including Memory Assessment Service)
Poplars, Townsend Court, Mayer Way
Houghton Regis, LU5 5BP
Tel: 01582 707555
- 10 Luton Central CMHT**
Charter House, Alma Street
Luton, Beds, LU1 2PJ
Tel: 01582 709152
- 11 Luton East CMHT**
Charter House, Alma Street
Luton, Beds, LU1 2PJ
Tel: 01582 709152
- 12 Luton West CMHT**
Charter House, Alma Street
Luton, Beds, LU1 2PJ
Tel: 01582 709152
- 13 Luton Child & Adolescent Mental Health Service**
Charter House, Alma Street, Luton
Beds, LU1 2PJ
Tel: 01582 708140
- 14 Mid Bedfordshire Child & Adolescent Mental Health Team**
24 Grove Place, Bedford, MK40 3JT
Tel: 01234 310800
- 15 Mid Bedfordshire Older Peoples CMHT**
(including Memory Assessment Service)
The Lawns Resource Centre
The Baulk, Biggleswade
Beds, SG18 0PT
Tel: 01767 224181
- 16 Mid Bedfordshire Older Peoples CMHT**
(including Memory Assessment Service)
The Lawns Resource Centre
The Baulk, Biggleswade
Beds, SG18 0PT
Tel: 01767 224181



17 **North Bedfordshire**

Child & Adolescent Mental Health Team
5-7 Rush Court, Bedford, Beds, MK40 3JT
Tel: 01234 310670
Tel: 01767 224181

18 **Path 2 Recovery (P2R)**

Bedford Borough
21 The Crescent, Bedford
MK40 3RT
Tel: 01234 352220

19 **Path 2 Recovery (P2R) Central Bedfordshire**

67 High Street North, Dunstable
Bedfordshire LU6 1JF
01582 501780

20 **South Bedfordshire Older Peoples CMHT**

(including Memory Assessment Service)
Townsend Court, Mayer Way, Houghton Regis
Dunstable, Beds LU5 5BF
Tel: 01582 657588



A P

Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

Compliments, Comments and Complaints

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on freephone **0800 0131 223** or email: PALS@elft.nhs.uk.

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team. If you wish to make a complaint, you can call freephone **0800 085 8354** or

email: PALSandComplaints@elft.nhs.uk
or write to: Complaints and PALS Manager,
FREEPOST RTKB-ESXB-HYYX, Trust Headquarters,
9 Alie Street, London E1 8DE