



together we
Cumbria

Who are we?

Together We CIC are a not for profit organisation that offers many services across Cumbria, to help people take control of their physical and mental wellbeing. We have 4 services that connect to provide care for people of all ages.

To access our services you can self-refer or you can ask a professional to make a referral on your behalf. Please see the descriptions below for more information about how to refer.

To find out more about any of our services you can call for free on 0808 196 1773 or email info@togetherwe.uk See below for further details regarding referrals to our services.

Carry: This is our Maternal Mental Health support service and sling library.

Using a sling carrier with your baby as a Mum or Dad can have a really positive impact on the physical and mental health of you and your baby. During the sling library workshops we talk about the benefits of using a sling/carrier and discuss what might work for you.

We show you how to use a sling/carrier safely and comfortably and you'll be able to try some sling/carriers out with the option to hire one free for 3 months. The slings are suitable for babies from birth to 6 months old. You are very welcome to bring a partner, friend, relative, supporter and your other children. The workshops are open to all Mums, Dads, Parents and Caregivers that want to use slings/carriers.

Together We Carry also provide support for Dads via Offload for Dads which is a bi-monthly support group specifically for Dads and a Mens Group that meet weekly, both groups run from the Hive in Workington.

We can also provide access to our maternal mental health link worker who aims to connect parents with local services to improve mental wellbeing.

To attend a workshop or support group you can register by calling 0808 196 1773, book via our website <https://ncrecoverycollege.org> or drop in on the day.

Fitness: This is our Physical Wellbeing service.

You can be referred to us – by a professional or by self-referral, to work with our fitness team to improve physical health and overall wellbeing.

You will work with a fitness professional who will ask you about your health and will carry out an assessment with you. They will help you to set goals and plan sessions that are safe, accessible and we hope enjoyable for you. Sessions typically last 30 minutes and include a combination of stretches and gentle cardio moves.

Additionally, we provide public group fitness sessions which are open to anybody and intend to provide a variety of exercise types.

Talk: This is our Mental Health support service.

We offer 1:1 sessions for people of all ages and group sessions for families and couples where there is an identified need to work together.

Within the talk service we offer a range of modalities which include but aren't limited to CBT, DBT, IPT, Drawing and Talking, Counselling and Talk Support.

When you are referred to us, by a professional or as a self-referral, you will be contacted for an initial assessment where a member of our talk team will discuss and begin to assess your needs or the needs of everyone in the group. After this you will be allocated a practitioner who will continue to work with you to formulate a way forward to address the reasons that you were seeking support for.

To make a referral to this service contact us on 0808 196 1773 or email referral@togetherwe.uk we will need you to provide some contact details and a brief outline of the support that is being requested.

Our referral coordination team will call for additional information and then you will be triaged for your initial assessment.

Recover: This encompasses our Recovery and Discovery College services

The Discovery College is currently being trailed in Allerdale and Copeland to provide support for children aged 14-18 and Families the Recovery College started in 2021 to provide support for Adults ages 18+ in Allerdale, Copeland, Carlisle and Eden.

The colleges provide group sessions and opportunities for those experiencing mental or physical health difficulties, or those caring for someone that does, to engage in a variety of courses and groups that are focused on increasing understanding, developing skills and confidence to be able to take control of your mental and physical wellbeing.

The courses include but aren't limited to assertiveness, anger management, emotional resilience, decider skills, wellness planning, stress and worry management. Courses usually run for 4-6 weekly sessions, groups within the Recovery College are ongoing.

To find out more please contact us on 0808 196 1773 or email hello@ncrecoverycollege.org and for the latest timetable information go to our website <https://ncrecoverycollege.org>

All of our services can be also found on social media – facebook, linkedin, twitter and Instagram.

