



Timetable for **EDEN & ONLINE** February 2023 to March 2023 Block 4

Enrolment:

To enrol click on this link to enrol for [Eden Courses and Groups](#) if you are viewing this online, call 0808 196 1773 for free during working hours 9am - 4pm or send us an email hello@ncrecoverycollege.org and we will arrange a time to call you back.

You will find course descriptions and our frequently asked questions at the end of the timetable. To view our prospectus online go to our website <https://ncrecoverycollege.org> where you can download a copy or click the link to be added to our mailing list where you can opt to receive information by email, text and post.

Based on demand some courses may be changed or replaced with alternative courses to ensure we are meeting the needs of our service users as best as possible.

Where we work from (all areas):

Allerdale:

The Hive, Workington, CA14 2AH

Workington Town Council Community Room, Vulcan Park, Workington, CA14 2QA

Workington Community Fire Station, Workington, CA14 5BF

Copeland:

Creative Cup, Cleator Moor, CA25 5LA

De Lucy Centre, Egremont, CA22 2AF

Mirehouse Community Centre, Whitehaven, CA28 9SW

Carlisle:

The Lookout, Shady Grove Road, Carlisle, CA2 7LD

Eden:

Grizedale Building, Newton Rigg, Penrith, CA11 0AH

Penrith Library, Penrith, CA11 7YA

Online sessions for Block 4

<p><u>Mondays</u> 27/02/2023 06/03/2023 13/03/2023 20/03/2023 27/03/2023 03/04/2023</p>	<p><u>Tuesdays</u> 28/02/2023 14/03/2023 28/03/2023</p>	<p><u>Saturdays</u> 03/03/2023 17/03/2023 31/03/2023</p>
<p><u>ONLINE ZOOM:</u> <u>Decider Life Skills</u> (Sessions 1-6) 2.00pm-3.00pm</p>	<p><u>ONLINE & THE DE LUCY CENTRE</u> <u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ONLINE & WORKINGTON</u> <u>Preparing for Therapy</u> 10.00am-11.00am</p>

Eden in person sessions for Block 4

<p><u>Wednesdays</u> 01/03/2023 08/03/2023 15/03/2023 22/03/2023 29/03/2023 05/04/2023</p>	<p><u>Thursdays</u> 02/03/2023 09/03/2023 16/03/2023 23/03/2023 30/03/2023 06/04/2023</p>	
<p><u>NEWTON RIGG</u> <u>GRIZEDALE BUILDING:</u></p> <p>Women's Group 1:00pm - 2:00pm</p> <p>Here and Now Group 2:00pm - 4:00pm</p> <p>Decider Skills 4:00pm - 5:00pm</p> <p>Anger Management (Sessions 1-5) 5:00pm -6:00pm</p> <p>Assertiveness (Sessions 1-5) 6:00pm - 7:00pm</p> <p>Managing Stress & Worry (Sessions 1-5) 7:00pm - 8:00pm</p>	<p><u>APPLEBY LIBRARY</u> <u>TO BE CONFIRMED</u></p>	<p><u>PENRITH LIBRARY</u> <u>GROUND FLOOR ROOM</u></p> <p><u>Offload Mens Group</u> 12:30pm - 2:00pm</p>

Course Descriptions for Eden

Anger Management

These sessions are designed to help you to understand your relationship with anger better; looking at what your triggers might be, learning ways to deal with anger when it happens and looking at ways to reduce the frequency and impact of anger.

Assertiveness

Would you like to be more assertive? Attend this course to find out what assertiveness is and isn't; we will explore the different elements of assertive behaviours, the course is beneficial to those wishing to improve confidence in everyday life

Decider Life Skills (12 Skills)

This course will always run 4-5pm on Wednesdays in Person and 2-3pm on Mondays Online

The Decider Life Skills were designed to enable you to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and to live a more skilful, less impulsive life. They are delivered in an original, fun and creative style, using role plays, props and imagery that makes them easy to learn and teach. The Decider Life Skills A5 booklets are on sale in sessions for £3.00, if you'd like to purchase one to make notes in.

Hearing Voices Group - Online and in person in Copeland

The Hearing Voices Group provides information and support for anyone affected by hearing voices and can be attended online as well as in person.

Here & Now Group

The Here & Now Group is a drop in session for all adults aged 18+. More information to follow!

Managing Stress & Worry

In these sessions you will be introduced to a variety of strategies for understanding and managing stress.

Offload Mens Group with Liam Edmondson: <https://offloadcumbria.co.uk/>

Offload is a venture set up to bridge the gap between self and professional help for males aged 18+ suffering from mental health issues in Cumbria. The group has been established to provide an informal, safe, supportive and non-judgemental place for male adults aged 18+ struggling with their mental wellbeing to come together and share their experiences. We aim to do this by encouraging participants to talk about their journey and share ideas on how to move forward and manage issues as well as signposting to other organisations where needed.



Preparing for Therapy - Online and in person in Allerdale

Not sure what to expect or how to prepare for a therapy session? Come to this session to find out more. Learn how to prepare yourself and manage expectations. you can attend online as well as face to face.

Women's Group

This group is an opportunity for women to learn strategies for understanding how to better manage their mental health. This group is an opportunity for women to learn strategies for understanding how to better manage their mental health.

North Cumbria Recovery College - Frequently Asked Questions

What is a Recovery College?

It's a place you can go to learn techniques and strategies to help manage mental and physical wellbeing for yourself or someone you might be caring for. Sessions are supported by Lived Experience Peers which includes NHS Peer Supporters, Together We CIC Volunteers and helpers.

Who is a Recovery College for?

Recovery Colleges are for all Adults aged 18+ that would like to improve their overall mental health and physical wellbeing. Our overall aim at the North Cumbria Recovery College is to improve hope for everyone that uses our service.

Where is the North Cumbria Recovery College based?

We have bases in Allerdale, Copeland, Carlisle and Eden, where we provide a range of courses and groups in person and online. We also have a smaller number of sessions and groups that run both online and in person.

When are the sessions on and how much do they cost?

The sessions run on a 6 week block timetable format, with drop in sessions in between. Timetables are published online on the website, social media and sent out via email to those on our mailing list. Sessions are fully funded by grants and donations.

What is the difference between a course and a group?

A course typically lasts 4-6 sessions and follows a set structure, a group is ongoing and the people attending the group often discuss the theme and activities of the group more informally than a course.

What is the attendance criteria?

If you join a course we would like you to attend all of the sessions if you can, but we understand that life gets in the way sometimes and we would encourage you to attend as much as you can. It is OK to repeat our courses if you'd like to. A group is ongoing and you can freely pop in and out of the group sessions as you need to.

Would I be able to volunteer at the Recovery College?

Yes, absolutely. We would recommend that you attend some of the sessions or groups to gain an insight to the organisation first and then contact our Volunteer Manager to begin the process of becoming a volunteer with us.