



Together We CIC: Recovery College Evaluation Year 2

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Thank you to our funders:



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Contents

- 1 - Induction and Scope**
- 3 - How the NCRC is Governed**
- 5 - CNTW peers input into the college – year 2**
- 6 - Current Data Collection**
- 7 - Theories of change**
- 9 - Hard to reach students**
- 10 - Review of Data**
- 15 - Overall Average for Year 2**
- 17 - External partners evaluation**
- 51 - Financial report / information**
- 52 - Conclusion**
- 52 - Appendices**

Introduction and Scope

This report aims to evaluate the impact of year 2 of the North Cumbria Recovery College as part of Together We CIC. It covers the courses we have delivered, our outcomes, partnership working and future plans/ developments as well as a financial report.

North Cumbria Recovery College (NCRC) was initially funded in 2021-2022 by Cumbria North Tyne and Wear (CNTW), Shine Funding (a charity separate to the trust) and was supported by further funding from the West Cumbria Mental Health Partnership WCMHP. We also acquired additional funds from Westmorland (formally Eden Council) and Carlisle Council (now Cumberland) for small provisions in these areas to 'top up' existing funds. Alongside embedding some of our projects into the timetables of courses to 'top up' provision offered and help our services work in unison.



From April 2022 to current, the NCRC has been funded by a Transforming Mental Health NHS grant (provided through Cumbria Community Foundation, CCF), WCMHP and the Psychological Fund (CCF). We have also worked hard with other providers to give NCRC other arms of funding and scope- for example we have worked with Cumbria Voluntary Services (CVS) as a main partner for Step Forward, offering 1:1 work alongside some NCRC courses set out for managing emotions in the workplace/ volunteering. Other examples of this kind of working are Together We Brew with Age UK, Offload, Grief Cafes (through the Good Grief Trust) ADHD group and The Here and Now group.

We have also developed our own merchandise and co-produced items for sale at networking fairs, bringing in additional funds, as well as some of our volunteers offering their services to others for donations (massages and courses).

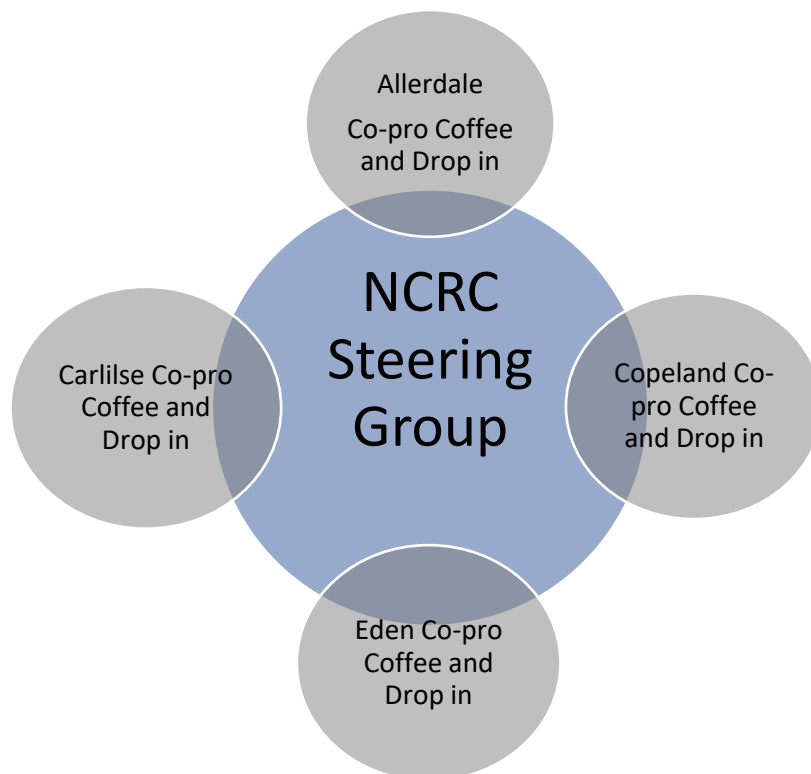
The college is co-produced, co-facilitated and co-attended, covers the whole of North Cumbria and includes provision to Millom. We deliver to over 16 venues across the North and offer all of our courses with an online option where possible.

Our aim is to 'Empower people to better manage their physical and mental health and wellbeing'. We are entering our third year with less funds than anticipated and would hope to acquire these in the next few months. We have also continued to develop our other projects with an element based in the recovery college provision, for example for our new Disordered Eating pathway (Mental Health Transformation and CCF) we have a disordered eating course in the college accessible to clients.

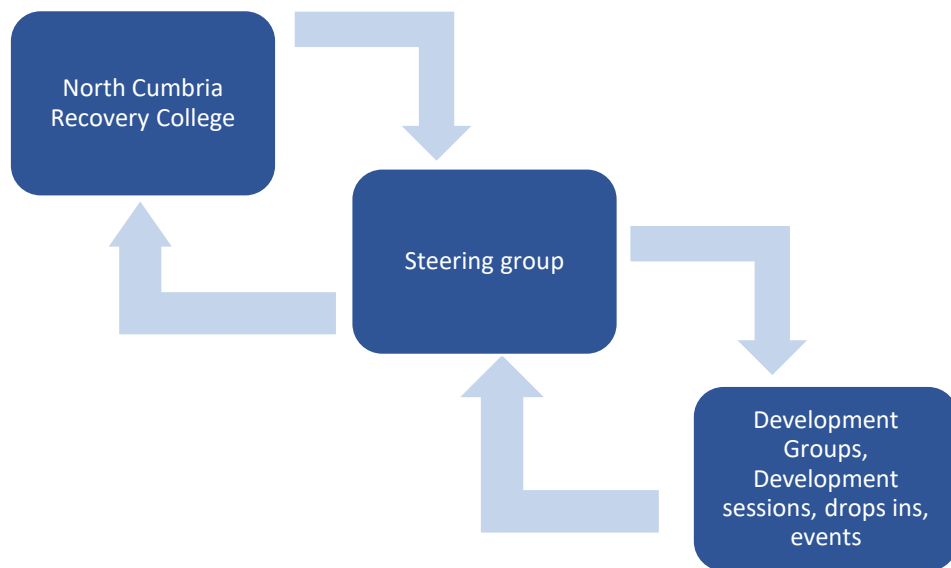
How the NCRC is governed:

Together We act as the lead organisation for the NCRC, acting as a co-ordinator and developing a central 'hub' steering group that forms the colleges policies, procedures, terms and conditions, prospectus and ethos/objectives.

The steering group form the governance and co-production of the college fed by the 'spokes' of four development groups in each area, the development groups now take place in the form of coffee and drop ins across the locations to develop co-produced ideas and the bottom up approach to development of the college prospectus and events.



The Steering Group is made up of professionals, students, key roles in our organisation and volunteers. We meet four times per year developing the ideas from the co-production coffees and drop ins.



The co-production and evolution of the NCRC governance in year 2 not only comes from the co-production coffee and drop ins, but also for local and national initiatives, collectives of national recovery colleges and identified needs within our other projects.

Our inspiring stories have developed into year 2 of the college, with people forming friendships, supports and developing into peer volunteers in other organisations from attending the courses. We have supported this by training individuals at Newton Rigg in Level 2 Peer support working- this helped students, other organisations and CNTW peers develop their skills. People go for lunch together, walk together and build positive relations.

CNTW Peers Input into the College - Year 2:

We have had great support from CNTW peers throughout the last academic year. Each CNTW peer support worker has a part of their contract that encourages them to work a full day (if full time) in the local recovery college.

We have been able to facilitate sessions better with peers involved and have also seen the peers develop their own courses and deliver them within the college. For example, the ADHD group was designed and ran by a peer who piloted it in the NCRC.

The college would not be able to run without this vital support. Peers often cover provision when we have illness (which is common in those with lived experience), can act as the second facilitator and help transitions from inpatient to outpatient. This has included us working collaboratively with peers in patient to enable us to build on those transitions.

We also attend a collective meeting with recovery college leads and peers to ensure each RC is supported adequately and best practice is shared across the region.

Current Data Collection:

In year 2 we collected data in a number of ways:

1. Output Data: Collection of registrant's gender, age, participant location and how someone heard about us on registration to courses.
2. Outcome Data: Including Warwick Edinburgh outcome measures, case studies, Iscales, specific course feedback and qualitative feedback.

Data is stored on google drives, verbal and written data is photographed or typed and placed onto google drives, we were due to move to a charity management system (charity log) for collection, however due to several organisational problems we have been unable to do this.

We were due again this year to be a key participant in the 'recollect' study, an outline of the study can be found in Appendix A and is aimed at gathering data on whether NCRC prevented admission to hospital and/or access to other services, amongst other outcome monitoring. The study unfortunately is struggling to gain ethical approval from the local NHS trusts.

Below is a review of data currently gathered using the '5 types of data' framework.

TYPE OF DATA	DESCRIPTION	TOGETHER WE – RAG RATING
User data	Information on the characteristics of the people you are reaching e.g age, gender and location	This kind of data is collected consistently on google drive
Engagement data	Information on who attends the courses and how many sessions	This kind of data is collected fairly consistently in attendance registers
Feedback data	Information on what people think about the service	This kind of data is collected in verbal, written and typed formats at most sessions
Outcomes data	Information on the short-term changes, benefits or assets people have got from the service	Some of this data is collected through Warwick Edinburgh Scales, Likert Scales and other formats- this is stored in google drive
Impact data	Information on the long-term difference that has resulted from the service	This data was due to be started by recollect - we have some stories of impact and have started to record our own information about accessing other services. We

		would be aiming to get further support around this
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Theories of Change:

We have developed our theories of change model for year 2 of NCRC.

Recovery College		
Activities	Outputs	Outcomes
Deliver a range of courses to individuals across the North of Cumbria (including Millom)	*350 SMI different individuals accessing RC *160 different West Cumbria Mental Health Partnership – i.e those CMI or Public Health	97% report improved mental health
Outreach into harder to reach populations	5 blocks of outreach	92% reported increased hope
Develop volunteers into facilitators/ students into volunteers	15 students into volunteers 5 volunteers into staff	An improvement in Warwick Edinburgh Wellbeing scores (3.5% increase)
Work with partner organisations to deliver courses	16 partner organisations – mix of private and third sector 4 additional free provision partners. Development of partnerships in existing learning – library and Newton Rigg	93% partners supportive and engaged in the college.
Co-Produce courses, Co-deliver and encourage co-attendance	270 individual courses	729 SMI registrants recorded on the courses and 1371 registrants on WCMHP funded courses.
Work with CNTW peers	21 Individual CNTW Peers	1-2 peers attending each course where possible.

OUTPUT	EVIDENCE	OUTCOME	EVIDENCE
*We have had 729 individual registrants for SMI. *We have had 1371 individual registrants for West Cumbria Mental Health Partnership *These participants are across North Cumbria. (registrants have enrolled for more than one course)	Attendance records Questions – improved mental health, skills to improve mental health and improving hope. Warwick Edinburgh Wellbeing scale	92% of participants report improved mental health 97% of participants had increased hope after attending courses A 3.5% change in wellbeing in Warwick Edinburgh Scale See figure 2 (pg. 20)	Case studies Entry & exit interviews including self-scoring
5 blocks of hard to reach delivered	Attendance records: Cornerstone Carlton Clinic x 2 Millom x 2	92% of participants report improved mental health 97% of participants had increased hope after attending courses	Case studies Entry & exit interviews including self-scoring, qualitative feedback- see figure 1 (pg. 16)
Volunteers converted to staff and students to facilitators	Staff records kept on Bright HR		Bright HR/ staff records
16 partners working with Recovery College 4 additional	Delivery evidence, Service Level Agreements	93% partners engaged and supportive of Recovery College 80% participants engaged and attending 90% attendee's positive mental health	Pre and post course interviews See feedback on Appendix D Google Drive Variety of feedback, qualitative, quantitative

Hard to Reach Students:

We have developed relationships and worked in partnership with a number of organisations to enable us to outreach to those students harder to reach in recovery college. This has included those that fall into the lower social economic demographics, those with severe and enduring mental health (SMI) and some learning difficulties, those from diverse ethnic backgrounds and those in isolated populations (location wise, mums and dads, older adults). Traditionally these populations have been less likely to attend the recovery college and may find it harder to engage in learning.

For example, we have hosted taxis and lift shares for those are from lower social economic backgrounds to get them to the courses and encouraged partners organisation provision that do not require any materials to be bought and resources have been printed or given where possible. We have in reached into Carlton Clinic hosting a structured drop in with skills sessions for those with SMI that are being discharged shortly into the community. We have partnered with MENCAP to enable carers to attend with individuals into the NCRC or to stay at home with the individual whilst home (relatives) carers attend the college.

We have adapted our materials to be larger print, simpler and also sometimes the contents into mind maps to enable better access. We have developed groups for mums and dads that are working inside of school times or after bedtimes/ weekends. We have worked with specific partner organisations with specialities in engaging older adults and clients in Millom. We have been able to work with medical students from a number of ethnic diversities to develop our courses and talk about mental health and wellbeing from a diverse perspective.

We have partnered with Outreach Cumbria and Always Another Way to enable us to offer outreach LGBTQ+ groups and courses. This year has saw us host a peer (Angela Lawson's) ADHD group and we continue to work towards development of a neurodivergent curriculum.

Overall NCRC has outreached to a lot of harder to reach areas and continues to grow in developing their offerings to individuals.

Review of Data:

Review of the data was mainly taken from Google Drives a secure Cloud Storage system that allows a number of different documents to be uploaded to it.

Courses delivered:

Below are all of the courses that have been delivered as part of the NCRC and how many times these have been repeated in each area.

Allerdale:

- Decider Life Skills (online & in person) - 8
- Drawing & Talking - 2
- Women's Group - 8
- Men's Group - 6
- Assertiveness - 3
- Wellness Recovery Action Planning - 3
- Preparing for Therapy (online & in person) - 6
- Dad's Offload - 3
- Managing Stress and Worry - 2
- Art for Bereavement - 1
- Emotional Resilience - 4
- Anger Management - 2
- Safety Planning & Finding Hope - 2
- Art for Wellbeing - 1
- Aromatherapy and Laughter for Wellbeing - 1
- Nature Journaling - 1
- Eating Well for Mental Health - 1
- Menopause Matters - 1
- Introduction to iRest Yoga Nidra Meditation - 1
- Workplace Wellness Recover Action Planning (online) - 1
- Workplace Decider Life Skills (online) - 1
- Healthy Habits - 1
- Compassionate Self - 1
- ROAR LGBTQ+ session - 1
- Rhythms of Recovery - 1
- Together We Relax - 4
- Coffee and Drop In - 9
- Together We Walk - 4

Copeland:

- Decider Life Skills - 6
- Emotional Resilience - 3
- Assertiveness - 5
- Managing Stress and Worry - 3
- Creative Writing - 2
- Hearing Voices (online and in person) - 7
- Wellness Recovery Action Planning - 3

- Drawing and Talking - 2
- Together We Grow - 7
- Eating Well for Mental Health - 2
- Singing for Fun - 2
- Anger Management - 1
- Art for Wellbeing - 1
- Introduction to iRest Yoga Nidra Meditation - 1
- Aromatherapy and Laughter for Wellbeing - 1
- Healthy eating with Skills 4 You - 1
- Together We Relax - 8
- Together We Walk - 7
- Bump2Baby - 1
- Safety Planning & Finding Hope- 1
- Coffee and Drop In - 12
- Healthy Habits - 1
- ROAR LGBTQ+ Session - 1

Carlisle:

- Assertiveness - 3
- Decider Life Skills - 6
- Wellness Recovery Action Planning - 2
- Offload Men's Group - 8
- Using a Sling with newborn - 1
- Coffee and Drop in - 14
- Carlton Clinic In reach sessions - 3
- Anger Management - 1
- Emotional Resilience - 3
- Friendship & Boundaries - 1
- Focus ADHD Support Group - 1
- Nature Journaling - 2
- Together Walk - 4
- Managing Stress and Worry - 1
- Aromatherapy and Laughter for Wellbeing - 1
- Safety Planning & Finding Hope - 1
- Rhythms of Recovery - 1
- Healthy Habits - 1
- Compassionate Self - 1
- Menopause Matters - 1
- Women's Group- 1
- Men's Group- 1

Eden:

- Women's Group- 4
- Here and Now - 5
- Decider Life Skills - 7
- Assertiveness - 1

- Managing Stress and Worry - 4
- Wellness Recovery Action Planning - 2
- Men's Offload - 7
- Anger Management - 2
- Coffee and Drop In - 7
- Aromatherapy and Laughter for Wellbeing - 1
- Safety Planning & Finding Hope - 1
- Healthy Habits - 1

Online (all areas):

- Online Decider Life Skills- 3
- Online Preparing for Therapy - 6
- Online Hearing voices - 7

We offer an online option to mostly all of our courses whereby anyone can attend on zoom instead of in person. This allows flexibility and harder to reach individuals to attend.

Participants

From September 2022 to August 2023 we have had:

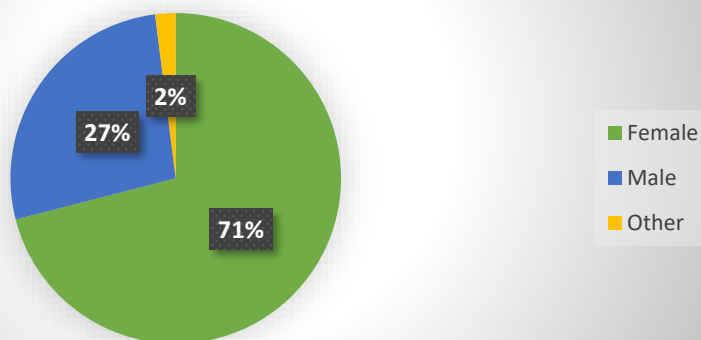
380 those with serious mental ill health accessing RC, different people funded through an NHS transformation grant.

160 different people accessing courses through the West Cumbria Mental Health Partnership – funded by Six and Sellafield through Cumbria Community Foundation

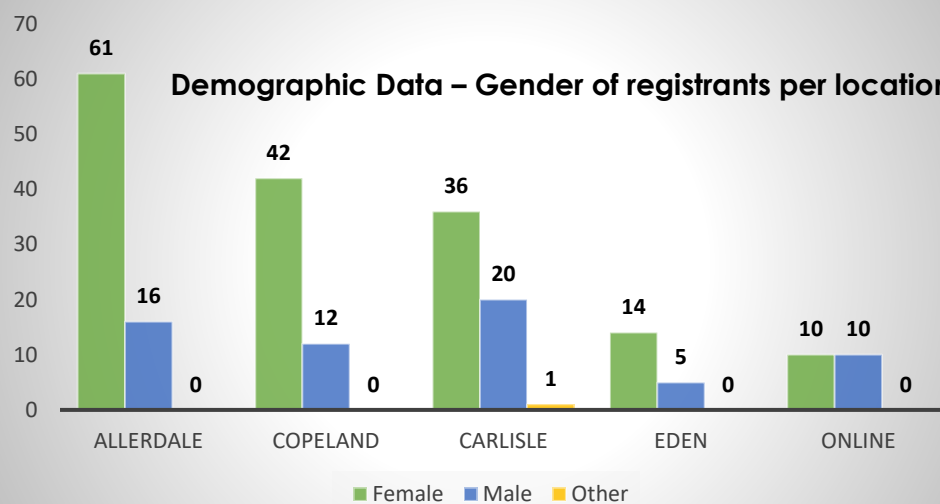
We have had 729 individual registrants for SMI and 1371 individual registrants for the West Cumbria Mental Health Partnership – Please note most Recovery Colleges allow people to attend more than one course as many times as they would like to, our numbers of registrants represents a repeat.

Average Demographic Data - Gender

(individual registrations)

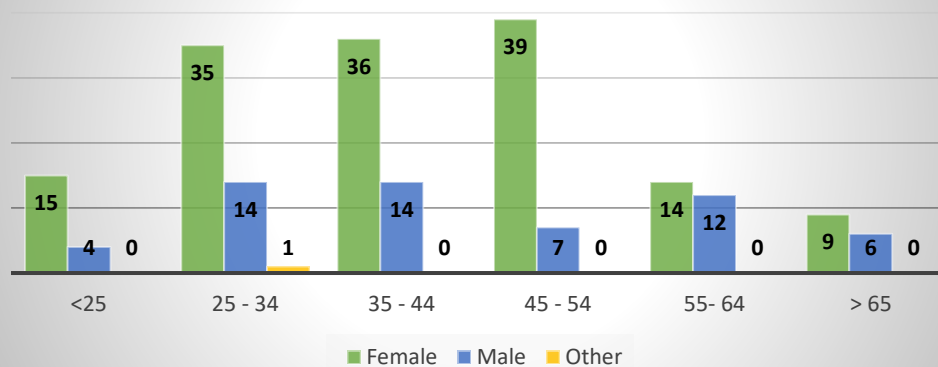


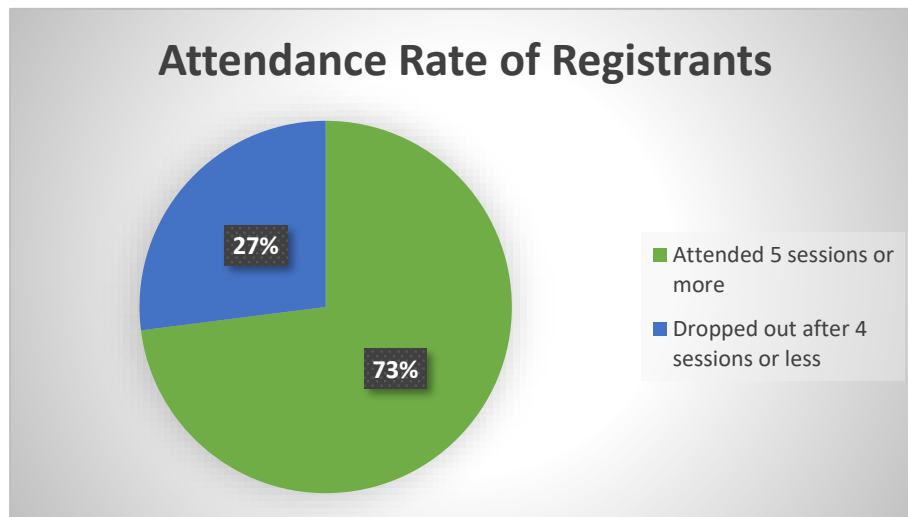
Demographic Data – Gender of registrants per location



Demographic Data - Age of registrants

(all areas)

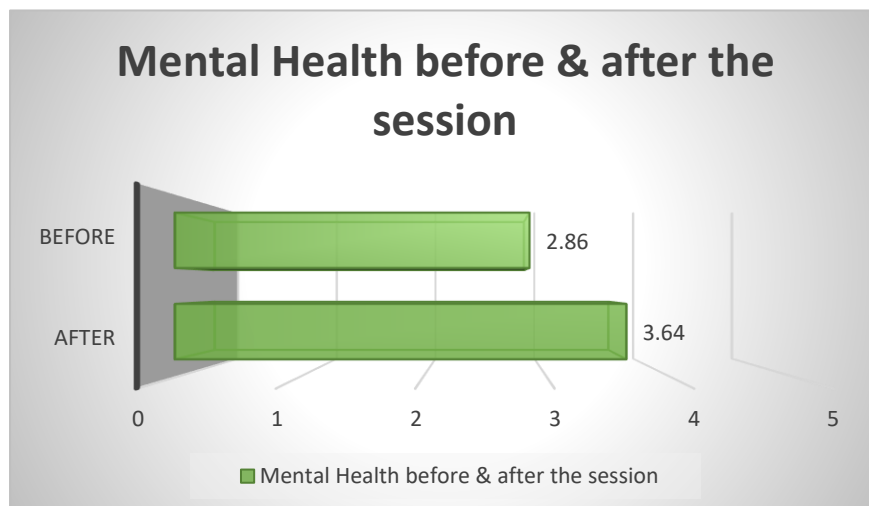




We have a 73% attendance rate to courses whereby students attend at least 3/4 of the course

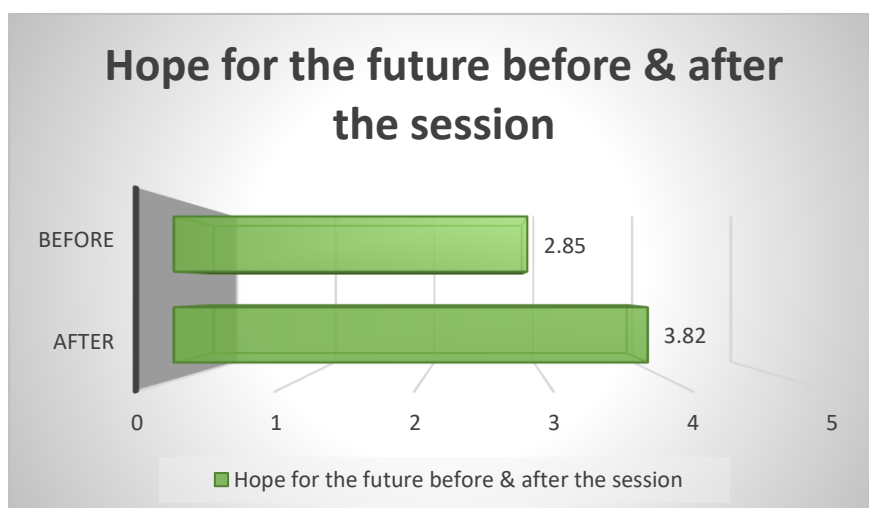
Overall Average for Year 2: (figure 2)

Overall Mental health before the session **(Block 5,6,7)**

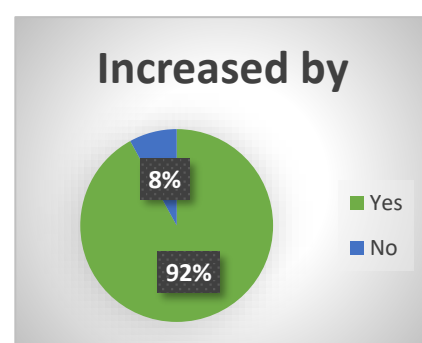


- 1- Very Poor
- 2- Poor
- 3- Average/Fair
- 4- Good
- 5- Very Good

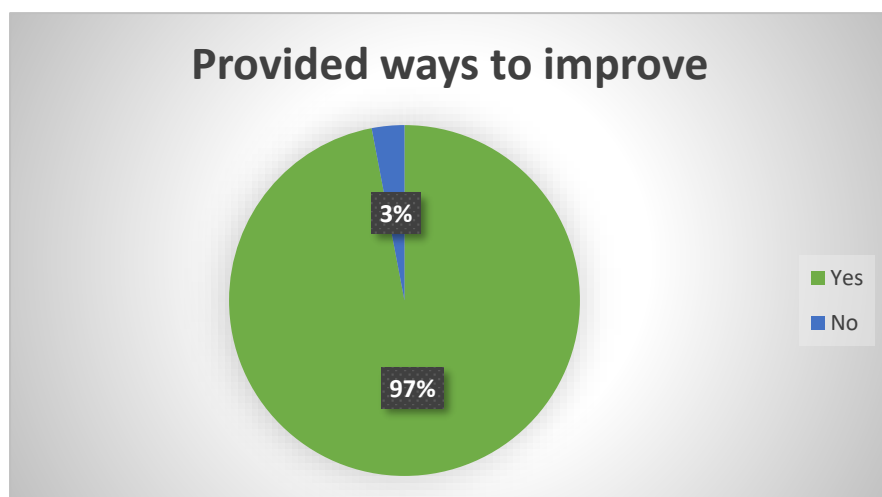
Overall Hope for the future before the session **(Block 5,6,7)**



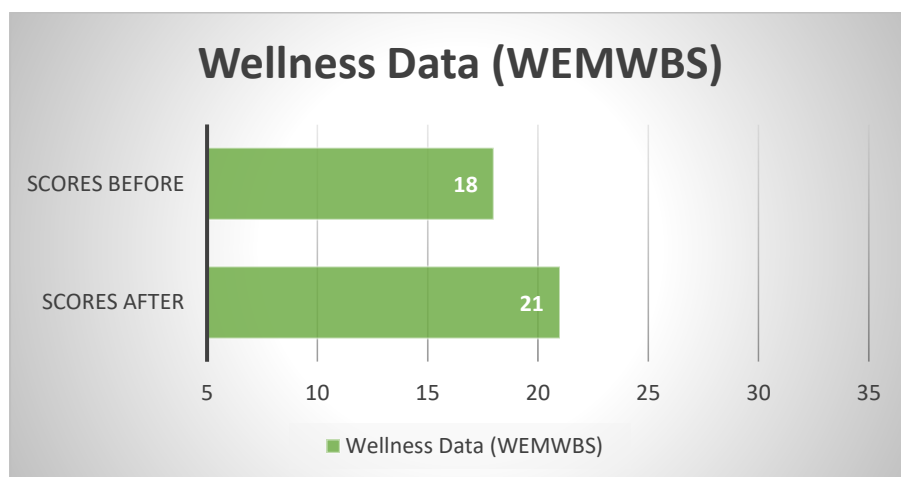
- 1- No Hope
- 2- Little Hope
- 3- Some Hope
- 4- Hopeful
- 5- Very Hopeful



Overall Provided ways to improve **(Block 5,6,7)**



Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) **(Block 1-7)**



External Partners: Evaluation of Partner Organisation Provision in Year 2

It is a pleasure to provide the following information in regards to our partner organisation provision within the 2nd Year of the North Cumbria Recovery College (NCRC). Over the course of the two years of operating NCRC in Allerdale, Copeland, Carlisle and Eden we are proud to have been able to forge collaborative partnerships with over 16 local partner organisations.

This summary provides an overview of the activities and achievements of NCRC Partner Organisations from June 2022 to June 2023, and the impact this has had on mental health recovery, hope and wellbeing within Allerdale, Copeland, Carlisle and Eden.

Partner Organisations in Year 2:

1. Always Another Way
2. BlueJam Arts
3. CADAS
4. Dave Camlin
5. Every Life Matters
6. Glenmore Trust
7. Here and Now
8. iCan
9. iRest
10. Jackie Wilkinson – Learn to Eat Well
11. Make Everyone Equal
12. MENCAP
13. Mo Colohan
14. Newton Rigg Training: Nature Journaling
15. Outreach – ROAR
16. Peer Support ADHD Group
17. Peer Support Offload Men's Group
18. Skills for You – Home to Work – Healthy Eating
19. Step Forward – Workplace WRAP and Decider Life Skills – we are a funded partner for CVS, we have included this provision here as we ran it off funding for Step forward and delivered to Step forward clients but also opened up to NCRC clients
20. Tish Fisher – Menopause Mind and Body
21. Vulture Club

Each partner organization was required to provide feedback as part of the service level agreement, including reports, evidence of their impact on NCRC participants, and session feedback. The following section offers more information on provisions, such as funding, participant demographics, feedback and results.

Always Another Way – Art for Wellness

Provision information

The workshops included Art for wellness, Laughter Yoga and Aromatherapy sessions across all areas.

Lino Printing took place in Allerdale and Copeland, Aromatherapy and laughter yoga took place in all 4 areas.

Art for Wellness

Lino printing 2 x 1.30hr.

Why are arts and crafts good for the mind and recovery? Art can give meaning to your life outside of your work or career. The ability to express yourself and be creative gives value to your leisure time, and you have something beautiful to show for it at the end! Humans are natural makers, and crafting satisfied our innate desire to create. Arts and crafts have been scientifically proven to improve our health in numerous ways, including reduced anxiety and depression, increased happiness and improved mood. So many great reasons to get involved!

Laughter Yoga

Workshops 45min

We all know Laughter is the best medicine, we feel better for having a good laugh, Laughter Yoga helps to change your mood within minutes by releasing endorphins from your brain cells, you'll remain cheerful, in a good mood throughout the day and find yourself laughing more than you normally do. Social connections are important to help our wellbeing, Laughter Yoga can help build friendships, which can improve your quality of life.

Aromatherapy

Workshops 45min

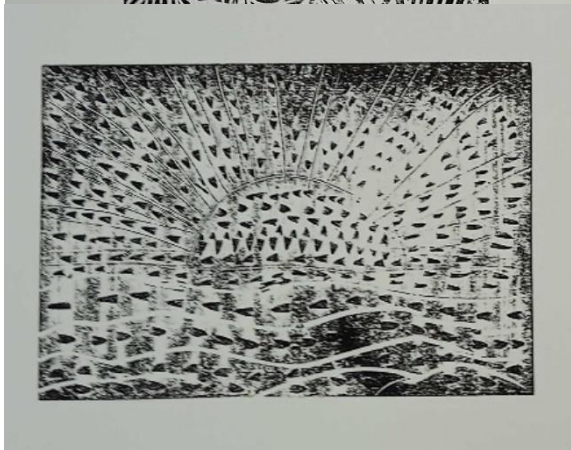
Aromatherapy is an ancient therapy that was used worldwide and still is. The oils that are used in the treatment are called pure essential oils and have been collected via different processes depending on the plant. There is nothing synthetic with the oils.

Aromatherapy has long been used to support individuals with their health and mental health. The oils work on the olfactory organ, the circulation, lymphatic system, the skin, kidneys, and the body as a whole. It has been scientifically proven that the chemical makeup of the individual oils have a medical benefit.

When we are suffering from trauma, mental health issues and health conditions aromatherapy supports the systems of the body which supports any external help the client is already receiving. Aromatherapy is able to relax the mind and body, to boost energy, to increase appetite in anorexia, to live in the present and to help support health issues, lift the mood all depending on the oil that is used.

Attendee information: Art for Wellness		
	Allerdale	Copeland
Number of registrations	2	3
Number of attendees	3	2
Gender %	100% F	50% F 50% M
Age Range:	21-49	21-49

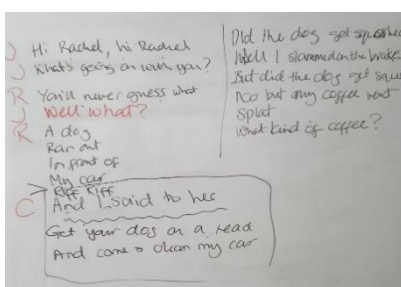
Attendee information: Laughing Yoga and Aromatherapy				
	Allerdale	Copeland	Carlisle	Eden
Number of registrations	3	1	3	2
Number of attendees	2	3	5	11
Gender %	100% F	100% F	80% F 20% M	73% F 27% M
Age Range:	40+	21+	23-69	27-62



Arts BlueJam
Innovative and inclusive music and arts
in Cumbria and the North East.

A new mini music project, that focused on different aspects of a musical journey of recovery - hope, identity, empowerment - through sharing stories and experiences, listening and responding, creating a playlist, writing songs, making music together.

Attendee information		
	Allerdale	Carlisle
Number of registrations	1	2
Number of attendees	3	9
Gender %	67% F 33% M	67% F 33% M
Age Range:	31-49	24-69



CADAS – Healthy Habits

Provision information

Session 1 – 'atomic habits' focusing on the thinking behind habits (getting rid of old unhelpful ones and setting up new) that can be applied to anything people want to change

Session 2 – Looking at yourself – what are helpful and unhelpful habits for YOU?

Session 3 – Smoking/Vaping*

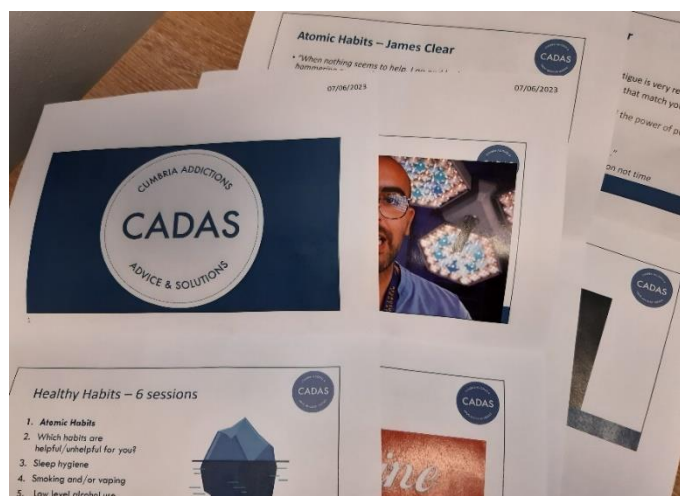
Session 4 – low level alcohol use*

Session 5 – overeating/comfort eating*

Session 6 – sleep hygiene*

*these sessions featured tips on how to help self/others and will involved some action planning for change

Attendee information				
	Allerdale	Copeland	Carlisle	Eden
Number of registrations	4	2	2	3
Number of attendees	4	2	5	4
Gender %	50% F 50% M	100% F	40% F 60% M	50% F 50% M
Age Range:	31-58	21-49	22-69	27-62





Dave Camlin – Singing for Fun

Provision information

The course introduces effective breathing techniques which support singing and help alleviate anxiety, finding and freeing your voice to sing with others. Using familiar songs and simple but effective vocal exercises and techniques we'll explore our singing voices together, and notice how we can quickly build a sense of connection with the people we're singing with.

There is a robust body of research evidence which shows that group singing can have a positive effect on mood and anxiety levels, so this course will benefit anyone looking to feel calmer, more centred and more connected to others. No previous singing experience is required, and we'll learn mainly by ear, so there's no need to be able to read music. You don't even need to think of yourself as a good singer. Whatever the current state of our voice, singing is everyone's birth right, and singing together is a powerful way of feeling more human.

Dr. Dave Camlin is a west Cumbrian musician who leads a number of local choirs in the 'natural voice' tradition. He's also a lecture / researcher in music education at the Royal College of Music in London who has published many academic articles and book chapters on the transformational power of music. He sings with NE-based acapella quartet Mouthful as well as performing solo and with a number of bands.

We delivered 12 sessions of Sing for Fun between Jan and July 2023, reaching 15 individuals with an average attendance per session of 8/9. We mainly met at the De Lucy Centre in Egremont, but during the good summer weather, we met outdoors in the garden of one of the participants.

Attendee information	
	Copeland
Number of registrations	
Number of attendees	10
Gender %	70% F 30% M

Every Life Matters – Safety Planning and Finding Hope

Provision information

Over the last 12 months Every Live Matters has delivered 4 blocks (22 session in total) of the Finding Hope Safety planning workshops.

**Every
life
matters** ...

The sessions are designed to support individuals at risk of suicide to develop a robust safety plan that can be used to keep them safe. The sessions cover seven key areas of safety planning; Reasons for living, making situations safer, warning signs, lifting mood, informal support, distraction techniques and professional support.

Each individual session explores pragmatic tools and concepts related to staying safe and empowers participants with tools they can build upon to manage their own safety.

Alongside the informal input, many clients also used these sessions as an opportunity to speak with ELM staff about their concerns and worries on a 1:1 basis. This more tailored approach allowed concerns about safety to be more specific and tailored to that individuals needs for their own safety plan.

Attendee information				
	Allerdale Workington	Allerdale Maryport	Carlisle	Eden
Number of registrations	15	2	6	1
Number of attendees	12	2	7	4
Gender %	75% F 25%M	100% F	71% F 29% M	50% F 50% M
Age Range:	31-58	21-50	22-69	27-62

The sessions have been well received with around 20+ participants taking part at various intervals of the sessions, given the subject matter some individuals attended sessions weekly, others had a more fleeting engagement. We noticed that regardless of the time spent, individuals seemed to take onboard the concepts that were most relevant to their own safety.

Given the nature of the subject matter the session were sometimes challenging for participants, we noticed that with a calm reassuring approach, individuals engaged. There was frequent challenge, but done so in a way that fostered open conversations and allowed for the group to share their wisdom and experiences in a safe environment.

The group themselves created strong bonds which enabled positive peer relationships, everyone knew why they were there. This bond seemed to strengthen and the groups at numerous occasions supported each other, as one person's wellbeing dipped another's would heighten. This co-occurring support seemed to be mirrored in all the groups we delivered and truly showed the value in honestly speaking about this emotive subject in a calm and reassuring way.

The majority of people who took part left with a completed safety plan, though as we stressed within the session it is a process that would continually need revisiting to account for changes in circumstances, whether individuals have continued with this remains to be seen, but we are confident that from the dialogue that took place the groups valued the input, reassurance and compassion shown throughout the process.

An individual at one of the groups was in high levels of distress during the session, they left the room and after checking on this individual they were very upset, a call to the crisis team ensued. I called on behalf of this individual. The individual seemed really relieved that someone was able to advocate for them and managed to stay with us for the rest of the session (and subsequent sessions).

This for me highlights two things that are key, despite overwhelming thoughts of wanting to end their life they still attended the session which speaks of their desire to want to stay safe. Secondly, the fact that NCRC staff and ELM staff members were supportive and compassionate showed this person that people do care and that people are willing to help and support them through their time of need.

Another participant attending a block of sessions was experiencing a lot of entrenched behaviours and regularly attempting suicide, through input from NCRC, ELM and CADAS staff we were able to support this individual to buy into the concept of safety planning and look at challenging some of the harmful habits that had formed.

The combination of services that were involved meant that the support was holistic and complimented each other, the workshops around changing habits and safety planning both fed into creating this shift of perspective for the individual. Once again that compassion and care, which from the individuals' perspective was the kind of support they had not received previously, helped shift some of these entrenched behaviours and allow them to feel empowered in taking ownership of their own care/safety.



Course Outline

Week One	What is safety planning?
<u>Week Two</u>	<u>Importance of Hope</u>
Week Three	Spotting the warning signs
Week Four	Making my situation safer
Week Five	Distractions
Week Six	Reaching out for help

Glenmore Trust – Together We Walk



Provision information

This particular project will see volunteers from Glenmore work with Volunteers and Staff for NCRC to organise walks across the North of Cumbria and reaching to Millom. We intend on building up our relationship with these groups and see them as being a gradual introduction to getting participants into the Recovery College.

Follow up coffees and chat will build in some of the NCRC's core provision from courses. 2 walks per area per month.

Feedback from the provision

In the period after Easter in April through September 5th 2023 I led about 15 mostly weekly walks which were undertaken by an average of 6 from a group of 10. The size of the group depended initially on signposting from The Lookout then expanded as members invited friends.

Everyone appeared to benefit from the walks and all were delighted to discover the easy flat walks from basically their doorsteps (Heysham Park, Denton Holme/Cummersdale Caldew River path, Carlisle Cemetery, Engine Lonning, Bitts Park, Sheepmount, Hammonds Pond and Morton Park). Using cars and bus passes we also visited The Howk at Caldbeck, Armathwaite and Hope Park in Keswick.

Outcomes

Several in the group had never set foot in some parks (including Heysham Park only 400 yards from several of the homes). They expressed how delighted they were to have some many interesting walks within the City. Some in the group now regularly arrange to meet and walk these parks and others.

There were no accidents or problems with members no matter how limited their physical activity was. Ages ranged from 55 to 80 years some with problems included retaining balance, partial sight, poor hearing and heart problems. We were also amazingly lucky to dodge poor weather with most walks in sunshine and dry conditions.

Attendee information		
	Copeland	Carlisle
Number of registrations	3	5
Number of attendees	6	7
Gender %	83% F 17% M	71% F 29% M
Age Range	25-62	55-80

Here and Now Group

Provision information

Provided 2h weekly social sessions with a focus on wellbeing.

Attendee information	
	Eden
Number of registrations	11
Number of attendees	12
Gender %	64% F 36% M
Age Range:	27-62



iCan – Wellbeing Activities

Provision information

Art for Bereavement



The Art4Bereavement ran for 6 consecutive weeks. Each week explored a different aspect of grief and grieving and how art and creativity can help. We looked at art for relaxation by using our arms to make marks on a page in time with our breathing. The group also experimented using colour, paints, and poetry to express their feelings.

We used the image of a jigsaw to explore how grief can affect our identity and we created images which reflected where participants felt they were in their grieving journey.

One session included looking at what resources participants already had and what they have drawn on in the past. This process was facilitated using the imagery of trees.

Throughout the course participants were introduced to different ways of being creative and gently encouraged to use and experiment with those skills throughout the week. Some participants shared what they had been working on between sessions. This was however optional, and participants were free to simply engage in the sessions themselves.

Delivered in Allerdale

Chair Exercise

We have delivered 6 community chair-based exercise sessions following our Active Brew Crew (ABC) workout at the lookout premises in Carlisle. Sessions started at 10:00am and finished at 11:00am for 6 weeks on a Tuesday Morning. The session times and dates were chosen by Recovery college staff and iCan confirmed this was a suitable time.

The ABC programme includes chair-based exercises which aim to stimulate and exercise the body in a gentle manner from a seated position making the sessions suitable for all ages and most abilities. The exercises can be changed to accommodate different abilities.

A resistance band and a resistance ball are used to facilitate some of the activities and gentle music is played in the background.

All sessions are led by a trained iCan instructor. For these sessions iCan instructors included Josh and Jo. Jo taught 2 weeks activity and Josh taught 4.

The programme consists of 30 minutes chair-based exercise and 30 minutes of a beverage and health and wellbeing information and discussion to encourage open communication, friendship building between participants and support.

At the end of the programme all participants were given their own band, ball and ABC guide for future use in their own home or with friends, family or carers.

Delivered in Carlisle

Attendee information:		
	Allerdale Art for bereavement	Carlisle Chair based exercise
Number of registrations	3	6
Number of attendees	5	3
Gender %	80% F 20% M	100% F
Age Range:	22-40	49-62

Feedback from the provision

Art for Bereavement

Over the course of the 6 weeks participants have engaged enthusiastically with the creative activities and discussions. One participant regularly showed his journal where he had been experimenting with writing and drawing and linking it up with other things he was learning.

At the end of the course he showed a few final pieces he had been working on and commented on how the sessions had opened up a new repertoire of ways of dealing with grief.

All participants at various points spoke of how helpful they were finding the sessions and were courageous in sharing aspects of their stories and experiences.

Chair based exercise

Over the course of the 6 weeks participants have engaged willingly and pleasantly with the chair-based exercises and discussions. Everyone reported having fun and enjoying the sessions.

Session 1- 0 participants but delivered to two recovery college staff

Session 2- 0 participants but delivered to two recovery college staff

Session 3- 2 participants and 1 staff member

Session 4- 2 participants and 1 staff member

Session 5- 2 participants and 1 staff member

Session 6- 2 participants and 1 staff member

Our courses will have improved the beneficiary's ability to exercise in a group environment, use muscles and engage in activity they may not previously have engaged and improve their social isolation levels by engaging in community activities and socialisation.



iRest – Exploring aspects of iRest

Provision information

A 4-week programme that will explore aspects of iRest, including elements of the 10 steps of iRest via interactive discussion and experiential guided practice.

iRest is a secular meditation practice based on the ancient tradition of Yoga Nidra and adapted to suit the conditions of modern life. Practised regularly, little and often it can help build resilience and increase wellbeing, supporting individuals to meet each moment of life as it arises.

Attendee information		
	Allerdale	Copeland
Number of registrations	4	5
Number of attendees	6	6
Gender %	83% F 17% M	100% F
Age Range:	31-58	21-58

Jackie Wilkinson – Learn to Eat Well

Provision information



Delivery of a three part Eat for Your Mental Health to people in Cleator Moor and Workington.

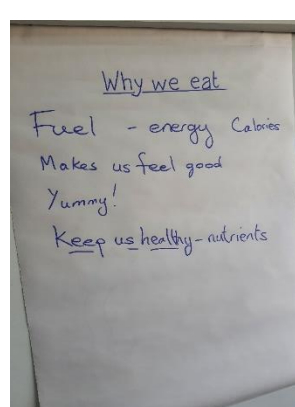
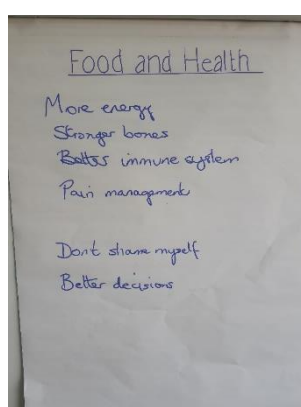
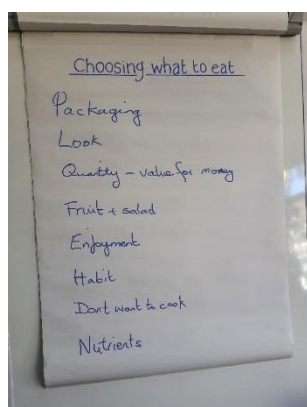
Each session was around 1 hour including provision of information, use of props and visual aids, answering of questions and discussion.

Attendee information		
	Allerdale	Copeland
Number of registrations	5	3
Number of attendees	7	3
Gender %	100% F	100% F
Age Range:	31-58	35-49

Feedback from the provision

All those attending learned things about healthy eating that they didn't know before and expressed surprise in how they could meet their needs and so have better physical and mental health.

Some attendees really related to the comparison of how we care for our pets by giving them suitable food and how to start caring for themselves with suitable food. One lady in particular was very enthusiastic to improve how she eats. Participants were able to share and exchange their experiences with healthy eating, recipes, habits and resources.



Make Everyone Equal – Bump to Baby

Provision information



We are thrilled to present a comprehensive evaluation report on the Bump2Baby (B2B) Provision project, which was made possible through the support of the North Cumbria Recovery College partnership funding. This report offers an extensive overview of the project, its evolution from inception to completion, and the transformative impact it has had on the adults participating in this program.

Outcomes

The Bump2Baby (B2B) Provision project has undoubtedly achieved its objectives of delivering tailored antenatal and postnatal support and education. Its impact is evident through consistently positive feedback, sustained high engagement levels, and the enduring connections formed within the group. Please read through some of the Client feedback provided.

Statement from Aishea Drysder:

"I have loved every second of the development and engagement within our Targeted Bump2Baby (B2B) bespoke to needs services, I feel truly humbled and privileged to be welcomed back with the Targeted B2B services into community both professional and individual to offer a service that I am passionate about as well as fully aware that has its place alongside and in compliment of local statutory provision. Our aim is to support and reignite trust and engagement for the most vulnerable from within our community supporting with a whole system approach towards recovery. Over the B2B course, we have developed trusting engagement and full participation from all that we have encountered our services. We continue to develop and maintain the support networks and empowerment of our accessing cliental. The feedback from community and external agency remains fully positive and we currently have 108 clients that are accessing or awaiting our targeted B2B services".

Statement from Rebecca Todd:

"I have felt that the B2B course has been warmly accepted, offering a fully informative and adaptable content to the needs of the individuals. The feedback has been amazing we have had full participation and engagement. Over the past twelve weeks I have observed individuals grow in confidence. The demands for Making Everyone equal to facilitate another group is high thus proving this pilot programme has been successful. I have felt privilege to facilitate alongside Aishea and know this has significantly helped support families on the journey to parenting".

For further information please see the appendix page 82.

MENCAP – Attendance Support



Provision information

Carlisle Mencap is a provider of professional support services for people with a learning disability or Autism. We are a Charity established in 1968, affiliated to Royal Mencap. The majority of our work is the delivery of statutory regulated services under contract with the Local Authority and the NHS.

Our part in this programme was to offer practical support to access recovery college provision for.

- family or carers of people with a learning Disability or Autism
- people with a dual diagnosis of LD/Autism and SMI

The support we offer could take any of the following forms.

- One to one practical support to accompany family/carers to access and take part in sessions.
- Respite support for a person with a dual diagnosis in the home or in the community to allow a family member or carer to access the sessions.
- One to one practical support for a person with a dual diagnosis to access and take part in sessions.

Feedback from the provision

The support team attended the recovery college taster session and spoke with the team to understand more about the provision.

One person was recruited, and an initial home visit was conducted. The person attended one session and then withdrew from the programme as 'it was not for them.'

Three further people showed an interest, and home visits were conducted. All were supported to attend a session on deciding skills. Feedback from Client 1 was that she enjoyed the session, and she was going to bring her boyfriend with her the next week. She enjoyed the interaction between the teachers and thought it was a fun session.

The support delivered by Carlisle Mencap enabled the six people to engage with the programme that would not have normally attended. Our support gave them an equal opportunity to engage with a mainstream activity which is very positive. Through our work we empower people to make their own decisions and unfortunately on this occasion, their choice was not to continue. I believe that if there had not been a break caused by holidays the outcome could have been different for three of the participants.

Mo Colohan – Compassionate Self



Provision information

Four-session course with practice MP3's can seriously change your life for the better so if you want to know how to:

- Deal with stress and stressful situations,
- Realise your true value in your life,
- Accept life's ups and downs,
- Increase your confidence,
- Create positive change,
- Have a happier life.

Attendee information			
	Allerdale	Copeland Millom	Carlisle
Number of registrations	1	5	8
Number of attendees	5	9	10
Gender %	100% F	Unknown	76% F 33% M
Age Range:	58-40	Unknown	23-69

Feedback from the provision

End of Course Evaluation Compassionate Self Workington

The Compassionate Self course was delivered over four consecutive weeks. Over-all five people attended at different weeks and four participants completed the full evaluation. The following shows each question with the percentage of improvement achieved by all four participants. It then shows the average improvement of the group for each evaluation question.

The figures show an average over-all improvement of 50% per participant.

End of Course Evaluation Confident Me Millom- in conjunction with Groundworks

The Confident Me course was delivered over four consecutive weeks. Over-all nine people attended at different weeks and six participants completed the full evaluation. The following shows each question with the percentage of improvement achieved by all four participants. It then shows the average improvement of the group for each evaluation question. Question 5 is a

reverse question as we are measuring a decrease, so a reduction is measured as a positive number.

The baseline scores were higher than normal which has influenced over-all distance travelled. Weekly feedback was very positive and those who finished the course said they were practicing the new techniques and noticing a range of improvements.

- Trying new things
- Coping better with challenges
- Less negative thoughts

The figures show an average over-all improvement of 8% per participant.

End of Course Evaluation Compassionate Self Carlisle

The Compassionate Self course was delivered over four consecutive weeks. Over-all ten people attended at different weeks and four participants completed the full evaluation. The following shows each question with the percentage of improvement achieved by all four participants. It then shows the average improvement of the group for each evaluation question. The figures show an average over-all improvement of 30% per participant.

Please see the appendix page 86 for more information about this provision

Newton Rigg Training: Nature Journaling for Mental Health



Provision information

This programme will show you how connecting with the outdoors, using nature journaling, can improve your health and well being.

You will have a guided walk with Suzie or Lesley from Newton Rigg Ltd, they will help you to slow down and pay attention to what is around you. There will be time to observe, think and improve your memory.

These sessions combine art, writing and science. It doesn't matter if you can't write well or draw. Come along and have a go! You will be provided with a journaling kit, you can include things you find, patterns you see, numbers, words to describe what you smell or feel. The journal is for you to keep and create.

Attendee information		
	Carlisle	Eden
Number of registrations	4	3
Number of attendees	6	2
Gender %	50% F 50% M	100% F
Age Range:	22-64	35-62

Feedback from the provision

We have looked to deliver Nature Journaling sessions to your client groups at the Lookout Hub, Carlisle, Workington and Egremont.

The January sessions at the Lookout Hub had no interest, similarly Egremont had no uptake in January. March saw us deliver a taster session at the Lookout where participants agreed they wanted more sessions. We had hoped to deliver from Workington in June, but at the last minute these were cancelled.

Recently we delivered a successful Nature Journaling course at the Lookout Hub where we had between 6 and 8 participants.

Despite the frustration of sessions not being taken up by participants or last-minute course cancellations the session at the Lookout Hub was well received. They really enjoyed the two sessions where participants got a flavour of what Nature journaling was about.



Outreach – ROAR

Provision information

Course development - working with Outreach Cumbria to Establish what their offering would be. We have discussed offering a bespoke course for those with SMI and with LGBTQ+ across the NCRC that will focus on skills and developing links in the area for those from this population, carers and family members.

Attendee information				
	Carlisle	Eden	Allerdale	Copeland
Number of registrations	6	2		
Number of attendees	7	4		
Gender %	15% F 85% M	50% F 50% M		
Age Range:	24-69	27-56		

Feedback from the provision

We spoke about LGBT+ issues and what being LGBT+ is and how people can be allies, the session at Penrith and Whitehaven was done with these things.

Making service users understand about LGBT+ and giving service users the right information about things they can access



Peer Support ADHD Group

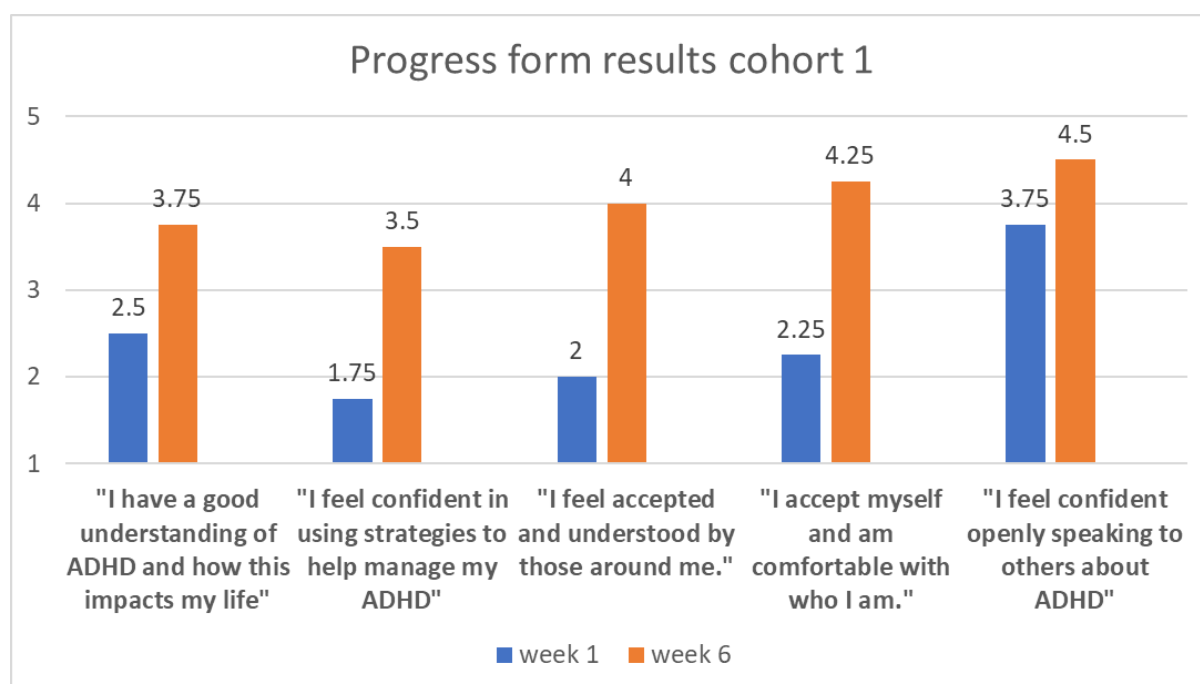
Provision information

6 Session course created by Angela Lawson from Peer Support of CNTW, who researched, shared ideas with service user groups to co-create/ co-design the content and delivery of the sessions.

Attendee information	
	Carlisle
Number of registrations	6
Number of attendees	7
Gender %	Unknown
Age Range:	Unknown



Feedback from the provision



Peer Support – Mens Offload Group

Provision information



Weekly sessions of 1.5 hours provided in Carlisle and Eden created and delivered by Liam Edmondson from Peer Support, who owns and runs the Offload sessions across the Carlisle area.

Attendee information		
	Carlisle	Eden
Number of registrations	2	5
Number of attendees	Unknown	Unknown
Gender %	100% M	100% M
Age Range:	Unknown	Unknown

Skills for You – Home to Work – Healthy Eating

Provision information

Providing cooking workshops for those with SMI, this will include basic skills and advice- ingredients and a cooked meal to return home with.

Delivered from the Skills for You Offices once a week during June 2023

Attendee information	
	Copeland
Number of registrations	15
Number of attendees	14
Gender %	Unknown
Age Range:	Unknown

Feedback from the provision

See appendix page 109 for a full report of the provision.



Step Forward – Workplace WRAP and Decider Life Skills

funded through CVS but delivered in RC.

Provision information

Providing 6 x 1.5hr sessions of workplace WRAP – Wellness Recovery Action Planning and Decider Life Skills with a focus on the workplace and keeping yourself safe and well.

Attendee information	
	Allerdale & Online
Number of registrations	6
Number of attendees	4
Gender %	67% F 33% M
Age Range:	35-65

Tish Fisher – Menopause Mind and Body

Provision information

Participants will experience a co-produced course around the following:

Intro – Tish's story, what the menopause is and the 3 stages, why it happens, how it affects people and symptoms (inc stories and case studies), self help, how it affects people at work and how women can approach their line managers, other genders are also invited to participate.

Each session will finish with perhaps 5-10 minutes of mindfulness, meditation or deep breathing exercises.

Delivered in Copeland, Carlisle and Workington, initially session 1 was in person with session 2 online, however feedback was that the participants preferred the sessions to be in person, so the Carlisle and Allerdale sessions were both delivered in person.



Attendee information			
	Allerdale	Copeland	Carlisle
Number of registrations	2	1	1
Number of attendees	2	2	5
Gender %	100% F	100% F	80% F 20% M
Age Range:	21-49	45-54	24-62

Vulture Club – Creative Writing

Provision information

Monthly Creative writing sessions at Mirehouse Community Centre led by one of our volunteers. The sessions began with a warm up activity, for example a sentence builder activity that everyone could engage in.



This was followed by a series of longer activities such as picking words at random from a pile to include in your story, the story or poem being based on those words, e.g. “clown” the word “clown” would have to be included in the story somewhere.

There was always a final/closing activity such as each person writing a sentence and passing it to the person next to them to add a sentence to see what could be written as a group. These activities were accessed by everyone in the group and were a light hearted and enjoyable way to end the sessions.

Benefits to mental health:

- Mental health benefits to creative writing
- Being creative
- Use of imagination
- Expressing yourself
- Team work
- Taking turns, taking part
- Building confidence in reading out, sharing ideas
- Positive and constructive feedback – self-esteem

Attendee information	
	Copeland
Number of registrations	1
Number of attendees	4
Gender %	50% F 50% M
Age Range:	24-49

Challenges raised via feedback from our partner organisations

iCan Art for Wellbeing

The Recovery College were extremely helpful. It was a pity there were only a small number of participants but I know it was very significant for those who attended. There were very few issues whilst delivering these sessions.

iCan Chair based exercise

The numbers were low and this was disappointing. iCan shared the advertising material on our social media pages 4 times and boosted 2 posts, however we only saw it appear once on the RC social media sites. We were also not in charge of the booking system so do not know how many people came forward asking for support/ could the times/ dates have been changed? We would have welcomed this possibility.

There was another issue which was raised at the time with the RC staff and resolved by the week after. This was dealt with between Lisa and Janine via email. I believe this was miscommunication on many levels but all participants and staff were happy with the outcome.

Making Everyone Equal

Our Biggest issue Highlighted is the struggle of access to developable funding, our projects currently are majority self-funded, we currently have not been successful in accessing core cost funding. We are very aware of the needs and request for our services to be run forward to all that would like to engage with our Trauma stabilisation, targeted support, and person-centred approach towards informed choices of assessable services. We have robust referral and assessment pathway focused on confidence, achievable and sustainable outcome, wellbeing and stabilisation, recovery progression. We continue to develop requested services, we are fortunate to offer well perceived, accepted, and subscribed services.

We hold extensive skill sets, experience, and professional knowledge within our geographical umbrella and our chosen profession. We are professionally trained in group facilitators and have completed several successful courses in the past and this pilot has proved invaluable for all participants offering sustainable change. One of the challenges that we have faced is the perceived misconceptions of us being rescuers, we are not here to rescue but to empower individuals through informed choice to live a healthy safe life. All we request is a fair opportunity to continue to develop and facilitate services that are required and requested by our community.

We extend our heartfelt gratitude to NCRC for supporting the partnership and NHS through the Cumbria Community Foundation for their invaluable funding and unwavering support throughout this Pilot project. Your belief in our mission has empowered us to make a lasting and meaningful difference in the lives of those we have had the privilege to support. We will continue to develop and provide this provision and we look forward to accessing further funding to enable us to continue to grow.

MENCAP

Due to unforeseen circumstances, our delivery was slow to begin which has impacted outcomes this year. We fed into marketing material which was circulated by Together We to promote the service. We have practically supported six people with a dual diagnosis to access the recovery college courses in July 2023.

Glenmore Trust

I am keen to help in any way to help the college obtain further funding and I will happily undertake to lead walks in the new year.

Finances:

We have had two main funding pots into the NCRC this year:

Community Mental Health and Transformation NHS – Via Cumbria Community Fund:

£69,788.00

West Cumbria Mental Health Partnership – Sellafield SIX- social impact multiplied. – via Cumbria Community Foundation:

£52,038.00

We thank Cumbria Community Foundation for their ongoing support and guidance in grant finding for us- they have always been very supportive in helping us with every aspect of our grants.

We have topped this up with Core funding from our Recovery College Funding pot by:

£29,116.41

And have sold **£100** worth of merchandise

Overall income of NCRC September 2022-August 2023:

£153,683.83

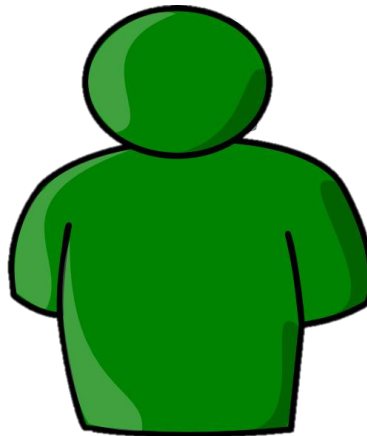
Total cost: **£154,360.23**

Difference: **(£676.40)**



Merchandise

**Individual cost of the
Recovery College Provision
for each individual person is
£302.66**



**Individual cost for each
course registrant is
£73.00**

Conclusion:

A Diverse and Engaging Curriculum:

NCRC offers a wide range of educational sessions created to meet diverse needs, from our core provision of psycho-educational sessions to the informative sessions and creative workshops delivered by our Partner Organisations.

Strong Partnerships:

Through continued collaboration with our Partner Organisations this has led to resource-sharing, knowledge exchange, and enhanced services that collectively contribute to a thriving mental health support network.

Community Building:

The College has fostered a sense of community among participants, reducing the isolation and stigma surrounding mental health challenges while promoting social inclusion and well-being.

Measurable Impact:

Outcome measures, both quantitative and qualitative were obtained during the year from participants and the partner organisations in order to assess the improvements in participants' mental health outcomes, allowing us to demonstrably see the effectiveness of our approach.

Cost-Effective Sustainability:

Through careful planning we have consistently maintained a cost-effective approach by strategically using the partner organisation provision alongside our core offering delivered by our staff, supported by Peer Support and our team of Volunteers. This allows us to demonstrate financial responsibility for the quality and value of the provision overall.

Conclusion

Our Recovery College, supported by over 16 partner organizations, stands as a testament to the power of collaboration and community within mental health recovery. Through comprehensive education, lived experience peer-led support, accessibility, and ongoing research, we have successfully empowered many individuals on their journeys to recovery and better managing their mental health.

Together, NCRC have not only improved individual lives but also contributed to building a healthier, more hopeful and resilient society within the Allerdale, Copeland, Carlisle and Eden areas. We have supported many individuals to develop social networks and reduced isolation whilst building their skills and their knowledge.

We know from finances that we need to ensure we are not under funding ourselves in the process of delivering the college provisions. In appendix E you will see our business case for this academic year- which unfortunately we have been unable to raise more than 35K. We are working hard on establishing more funds and hope to gather these soon.

We would like to thank our funders in years 1 and 2.



Appendices

56–A: Recollect

57 – D: Additional Partner Feedback

65 – D.2: Partner Organisation Contact Information

67 – E: Year 3 Business Case

76 – F: Financial Report

Appendix A – Recollect:

Website - <https://www.researchintorecovery.com/research/recollect/>



RECOLLECT

Recovery Colleges Characterisation & Testing

Exploring the impact of Recovery Colleges
(Study 1)

This project has been approved by North
West - Greater Manchester West Research
Ethics Committee [REC Ref 22/NW/0091]

Recently registered students needed for exciting research exploring the outcomes of Recovery Colleges (Study 1)!

To participate in Study 1, you must:

- Be aged 18 or older
- Currently using or been accepted but waiting to access a local secondary or tertiary NHS mental health service (e.g. a community mental health team or assertive outreach team)
- Have attended **no more than one** introductory Recovery College course or workshop)!

What is involved in Study 1?

You will be asked to complete a set of questionnaires at 4 time-points; once when you agree to participate in RECOLLECT, then 4, 8, and 12 months later. You will be compensated with £15 for every set of questionnaires you complete.

Please complete the expression of interest form <https://kings.onlinesurveys.ac.uk/expression-of-interest-form> to take part or email RECOLLECT@kcl.ac.uk to find out more.

RECOLLECT 2 Study 1 Student Poster V2.0 29-11-22. IRAS: 303212

Appendix D- Partner Feedback

Make Everyone Equal – Bump2Baby

Feedback from the provision

The Bump2Baby (B2B) Provision project, spearheaded by "Making Everyone Equal CIC," spanned a 12-week period and involved the delivery of specialised psycho-educational antenatal and postnatal support and education programs. Below, we provide detailed information about the project:

- **Service Provider:** Making Everyone Equal CIC
- **Lead Facilitator:** Aishea Drysder (Fedant Registered and accredited Psycho-educational Antenatal and Postnatal Educator, Therapeutic Trauma-Informed Practitioner)
- **Co-Facilitator:** Rebecca Todd (CAO of MEE, Trauma-Informed Practitioner, Targeted Specialised Supports)
- **Funding Provider:** North Cumbria Recovery College partnership funding

Course Description:

The Bump2Baby (B2B) Provision comprised two distinct 6-week programs: Antenatal and Postnatal. Both programs were meticulously designed to be person-centred, client-led, and outcome-focused, tailored to the unique needs and desired outcomes of referred clients.

Antenatal Program (6 Weeks):

- **Venue:** All 12 sessions were conducted face-to-face at Making Everyone Equal premises, Gordon Thomson House, Northshore, Whitehaven, CA28 7XY.
- **Session Schedule:** Each session was scheduled from 6:30 pm until 8:00 pm, with an additional 30-minute allowance on either side to accommodate potential additional support requirements. Planning, development, debrief, evaluation, and admin hours are equated and in addition to the session time this has been approximate a minimum 8/10 hours per session. There has been a further 5hrs for end of service reporting.

- **Content and Materials:** All content and materials both physical and intellectual, is owned fully outright by Aishea Drysder as the creator of the afore mentioned content and provision. This is including but not limited to all props, visual aids, educational material and any and all worksheets, and handouts. Any future content created both intellectually and physical will also be fully subject to ownership by Aishea Drysder as a fully qualified and accredited facilitator.
- **Facility Environment:** The designated function room was thoughtfully arranged with props and visual aids, creating a comfortable and engaging learning atmosphere. Birth balls and bean bags were made available.
- **Refreshments:** Participants were provided with a range of refreshments, including tea, coffee, hot chocolate, juice, water, and a selection of fruit and healthy snacks.
- **Logistics:** Housekeeping, group contracts, fire safety measures, and attendance registers were diligently managed. Check-ins and check-outs were conducted at each session, with open access to staff outside of group provision.

Postnatal Program (6 Weeks):

The Postnatal program adhered to a similar format to the Antenatal program, with sessions held in the same venue and under the same logistical and support framework.

Outcomes:

The impact of the Bump2Baby (B2B) Provision project is discernible through participant feedback, evaluation scaling, consistent engagement levels, and the evolving nature of the sessions within a safe non-judgmental space.

Here are some notable outcomes from both the Antenatal and Postnatal programs: Key areas of improvement are Self-esteem, improved Confidence, development of emotions resilience, supports a reduction of social isolation, improved social interaction, supporting a significant reduction in stress and anxiety around pregnancy, labour and early parenting.

Antenatal Program:

- **Week 1 (12-07-2023):** A promising start with 8 participants, including 4 couples (4 males, 4 females) who had not met before. The session

covered safeguarding, introductions, expectations, relationships, and assertiveness, and all participants enjoyed the session.

- **Week 2 (19-07-2023):** Continued engagement with all 8 participants (4 males, 4 females), the two couples that missed the first session due to personal challenges. Have accessed last week's session as a 1-couples session and have chosen to continue to access the full course as 1-couple provision. The session content this week was Becoming a parent hopes, dreams and changes, full engagement, check ins have been agreed and actioned. Feedback remained overwhelmingly positive.
- **Week 3 (26-07-2023):** Despite two couples being absent, the remaining 4 participants (2 males, 2 females) fully engaged, underscoring the importance of support networks. Feedback positive the couples that missed the session have been caught up as a 1-couple session.
- **Week 4 (02-08-2023):** Engagement remained high, 6 participants (3 female, 3 Male) as one couple welcomed their baby. The session delved into getting to know baby, needs and equipment. Feedback positive.
- **Week 5 (09-08-2023):** Continued engagement 6 participants, (3 Female, 3 Male) The session on Active Birth and Relaxation was met with full engagement and enthusiasm.
- **Week 6 (16-08-2023):** Despite some participants missing due to work commitments and pregnancy-related discomfort, we had 2 participants (1 female, 1 Male) we upheld our commitment to providing individualised support. Subject covered Labour options, rights and voice, birth plan, and forward planning. The two couples that missed tonight's session accessed the session catch-up as a 1-couple sessions. Feedback positive.

Postnatal Program:

- **Week 1 (24-08-2023):** Four participants (2 males, 2 females) attended, with the third couple struggling due to a lack of childcare. They accessed a catch-up session as a 1-couple session before the next session, demonstrating their commitment. Session focus Options baby basics Nappies, then looked at Relationship change, responsibilities, and Baby Blues. Feedback positive.
- **Week 2 (06-09-2023):** Four participants (1 male, 3 females) attended, with two participants accessing support as their partners had work commitments. The commitment to the program remained strong. Session focus Parent craft, bathing baby. Then looked at identity, relationship, Sexual health.

- **Week 3 (13-09-2023):** Nine participants (4 males, 5 females) attended, showing the increasing value of the program. We covered topics related to baby development, needs, routine, and working together. The session focused on parent craft Breastfeeding, participation, engagement and feedback all excellent.
- **Week 4 (19-09-2023):** Eight participants (1 male, 7 females) attended, including two mums for additional support. The session focused on baby basics, wellbeing, and sleep safety, with all participants fully engaged.

Week 5 (27-09-2023): subject covered challenges, support networks, emotional resilience, and support development. Parent craft crying Baby.

Week 6: (04-10-2023) The final session explored what lies ahead, attachment, development, bonding, and continued support. Parentcraft travel safety.

Additional 1-Couple Sessions:

Couples who missed regular sessions due to specific circumstances, such as anxiety or medical appointments, accessed 1-couple sessions to ensure they did not miss out on valuable content and support.

Mo Colohan – Compassionate Self Reports

End of Course Evaluation Compassionate Self Workington

The Compassionate Self course was delivered over four consecutive weeks. Over-all five people attended at different weeks and four participants completed the full evaluation.

The following shows each question with the percentage of improvement achieved by all four participants. It then shows the average improvement of the group for each evaluation question.

The figures show an average over-all improvement of 50% per participant.

1. Level of self-compassion in doing everyday tasks.

Person	1	2	3	4
Start	3	2	1	7
End	6	7	7	9
Score Change	30%	50%	60%	20%

The average improvement is 40%

2. Ability to stay focused on what you are doing in the moment.

Person	1	2	3	4
Start	3	2	3	8
End	5	8	6	9
Score Change	20%	60%	30%	10%

The average improvement is 30%

3. Rate your current motivation to practise outside of session?

Person	1	2	3	4
Start	4	2	2	9
End	7	7	6	10
Score Change	30%	50%	40%	10%

The average improvement is 32.5%

4. Rate your current level of speed to recover after a traumatic event?

Person	1	2	3	4
Start	5	4	2	3
End	5	8	5	6
Score Change	0%	40%	30%	30%

The average improvement is 25%

5. Rate your overall happiness levels on an average day?

Person	1	2	3	4
Start	2	2	2	6
End	4	8	7	8
Score Change	20%	60%	50%	20%

The average improvement is 37.5%

6. Rate your feelings of overall well-being?

Person	1	2	3	4
Start	3	2	2	6
End	4	8	7	8
Score Change	10%	60%	50%	20%

The average improvement is 35%

Any other comments about the course?

End of Course Evaluation Confident Me Millom

The Confident Me course was delivered over four consecutive weeks. Over-all nine people attended at different weeks and six participants completed the full evaluation. The following shows each question with the percentage of improvement achieved by all four participants. It then shows the average improvement of the group for each evaluation question. Question 5 is a reverse question as we are measuring a decrease, so a reduction is measured as a positive number.

The baseline scores were higher than normal which has influenced over-all distance travelled. Weekly feedback was very positive and those who finished the course said they were practicing the new techniques and noticing a range of improvements:

- Trying new things
- Coping better with challenges
- Less negative thoughts

There was an average improvement of 8% per participant.

1. Level of confidence in doing everyday tasks.

Participant	1	2	3	4	5	6
Start	8	7	3	5	8	4
End	8	8	4	5	8	5
Score Change	0	10%	10%	0	0	10%

The average improvement is 5%

2. Ability to stay focused on what you are doing in the moment.

Participant	1	2	3	4	5	6
Start	9	8	5	8	8	8
End	9	8	6	8	8	8
Score Change	0	0	10%	0	0	0

The average improvement is 2%

3. Rate your current motivation to practise outside of session?

Participant	1	2	3	4	5	6
Start	7	7	2	4	8	3
End	10	9	6	8	8	7
Score Change	30%	20%	40%	40%	0	40%

The average improvement is 29%

4. Rate your current level of memory retention?

Participant	1	2	3	4	5	6
Start	8	7	5	5	9	9
End	8	7	5	6	9	9
Score Change	0	0	0	10%	0	0

The average improvement is 2%

5. Rate your stress levels on an average day?

Participant	1	2	3	4	5	6
Start	5	8	9	6	5	7
End	5	7	8	6	5	6
Score Change	0	10%	10%	0	0	10%

The average improvement is 5%

6. Rate your feelings of overall well-being?

Participant	1	2	3	4	5	6
Start	6	6	2	7	8	5
End	6	7	3	7	8	6
Score Change	0	10%	10%	0	0	10%

The average improvement is 5%

End of Course Evaluation Compassionate Self Carlisle

The Compassionate Self course was delivered over four consecutive weeks. Over-all ten people attended at different weeks and four participants completed the full evaluation. The following shows each question with the percentage of improvement achieved by all four participants. It then shows the average improvement of the group for each evaluation question.

The figures show an average over-all improvement of 30% per participant.

1. Level of self-compassion in doing everyday tasks.

Participant	1	2	3	4
Start	5	5	1	3
End	6	7	3	8
Score Change	10%	20%	20%	50%

The average improvement is 25%

2. Ability to stay focused on what you are doing in the moment.

Participant	1	2	3	4
Start	4	3	2	1
End	7	5	3	6
Score Change	30%	20%	10%	50%

The average improvement is 27.5%

3. Rate your current motivation to practise outside of session?

Participant	1	2	3	4
Start	4	4	7	6
End	7	3	7	7
Score Change	30%	-10%	0%	10%

The average improvement is 10%

4. Rate your current level of speed to recover after a traumatic event?

Participant	1	2	3	4
Start	5	3	1	1
End	5	4	3	5

Score Change	0%	10%	20%	40%
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The average improvement is 12.5%

5. Rate your overall happiness levels on an average day?

Participant	1	2	3	4
Start	5	5	1	5
End	6	8	1	7
Score Change	10%	30%	0%	20%

The average improvement is 15%

6. Rate your feelings of overall well-being?

Participant	1	2	3	4
Start	4	5	1	5
End	6	8	3	7
Score Change	20%	30%	20%	20%

The average improvement is 27.5%

Any other comments about the course?

Participant no.4 – it is great to have new things to practice.

Skills for You, Home to Work – Healthy Eating Report

Healthy Eating: A collaboration between Home to Work and Recovery College.



With the rising cost of living becoming more and more of an issue, we wanted to teach our Learners some valuable skills to allow them to make some nutritious meals that compromise on the cost – not the taste! After doing some research we realised a lot of our Learners buy takeaways with their food budget until this runs out and then survived on simple options such as beans on toast and pot noodles. We wanted to give ideas that would provide more nutritional value and give the same flavours as their favourite takeaways but without the price tag and fat content.

We were going through a wonderful heatwave during the 4 cooking sessions we arranged in June. A lot of the Learners told us they wanted some inspiration to make on summer nights when you didn't really feel like a warm stodgy meal. We came up with summer BBQ ideas such as homemade coleslaw, fruit salads, savoury rice and pastas. We also explored different variations to a salad to make it different such as different flavoured dressings and cous-cous.



We had 14 people attend the course over 4 different sessions. They attended the course from 9.30am – 2.30pm. This was to make the course flexible around school runs and bus timetables. It was amazing to hear the feedback from those who attended, as they found the course beneficial for new ideas; feedback that they enjoyed the simplicity of the meals. They felt this meant they weren't overwhelmed at attempting them at home. Everybody left the course with a cooked meal they could have later that evening and recipes to cook the food at home.

Everyone who attended had previously been on a Skills4You course. They were all individuals who suffered some form of mental health issue. A lot were nervous about attending the course as it was something they hadn't previously done, but they had a form of comfort knowing the site and the staff. The course had to be adapted to meet the needs of the individuals attending, for example we cut and prepared the vegetables sat at a table as some members who attended were uncomfortable standing for longer periods of time. We didn't want to exclude or isolate anyone so chose to have everyone doing the same. Our tutor said it was a brilliant course to be a part of and we are looking forward to hearing how they get on cooking for themselves over the next couple of weeks.



Appendix D.2 - Partner Organisation Contact Information

- **Always Another Way**

Lyn Cavaghan – Executive Officer

W: <https://alwaysanotherway.co.uk> E: contact@alwaysanotherway.co.uk T: 07597 700249

- **BlueJam Arts**

Jilly Jarman - Creative Director

W: <https://bluejamarts.org> E: admin@bluejamarts.org T: 07766 057315

- **CADAS**

Leigh Williams – Chief Executive Officer (CEO)

W: <https://cadas.co.uk> E: contact@cadas.co.uk T: 0800 2545658

- **Dave Camlin – Singing for Fun**

Dave Camlin

W: <https://www.mouthfulway.co.uk> E: info@mouthfulway.co.uk T: 07580 078924

- **Every Life Matters**

Chris Wood – Chief Executive Officer (CEO)

W: <https://www.every-life-matters.org.uk/> E: info@every-life-matters.org.uk T: 07908 537541

- **Glenmore Trust**

Denise Majer – Chief Executive Officer (CEO)

W: <https://www.glenmore.org/> E: enquiries@glenmore.org T: 01228 522448

- **Here and Now**

Care of Together We CIC

W: <https://www.togetherwe.uk/> E: referral@togetherwe.uk T: 0808 196 1773

- **iCan**

Lisa Clifford – Chief Creating Officer (CEO)

W: <https://www.icanwellbeing.co.uk/> E: admin@icanwellbeing.co.uk T: 01228 819101

- **iRest**

Margaret Beck

W: <https://yoga-mind.org/> E: mbeck.yoga4health@gmail.com T: 07981 633546

- **Jackie Wilkinson – Learn to Eat Well**

Jackie Wilkinson

W: <https://www.jackiewilkinson.co.uk/> E: jackie@jackiewilkinson.co.uk T: 077824 77364

- **Make Everyone Equal**

Rebecca Todd – Chief Executive officer

W: <https://mee.org.uk/> E: contactus@mee.org.uk T: 07767 025328

- **MENCAP**

Catherine Burn BEM – Chief Executive officer (CEO)

W: <https://www.carlisle Mencap.co.uk/> E: enquiries@carlisle Mencap.co.uk T: 01228 674393

- **Mo Colohan**

Mo Colohan

W: <https://mocolohan.com/> E: mo@mocolohan.com T: 07771 846479

- **Newton Rigg Training: Nature Journaling**

Katharine Jane – Business Manager

W: <https://nrtraining.co.uk/> E: support@nrtraining.co.uk T: 07940 151563

- **Outreach Cumbria**

Jane-Ann

W: <https://outreachcumbria.co.uk/> E: info@outreachcumbria.co.uk T: 07369 228836

- **Peer Support ADHD Group**

Alane Bould

E: Alane.bould@cntw.nhs.uk

- **Peer Support Offload Men's Group**

Liam Edmondson

W: <https://offloadcumbria.co.uk/> E: offloadcumbria@outlook.com

- **Skills for You – Home to Work – Healthy Eating**

Karen Jones – Managing Director

W: <https://skills-4-you.com/> E: team.skills4you@gmail.com T: 01946 814576

- **Step Forward**

David Allen – Chief Executive Officer (CEO)

W: <https://cumbriacvs.org.uk/> E: stepforward@cumbriacvs.org.uk T: 01768 800 350

- **Tish Fisher – Menopause Body and Mind**

Tish Fisher

W: <https://menopausebodyandmind.com/> E: tish@menopausebodyandmind.com

- **Vulture Club**

Colin Browne – Chair of trustees

W: <https://vultureclub.co.uk/> E: info@vultureclub.co.uk T: 01946 748687

If any of the courses that we have provided through the North Cumbria Recovery College look of interest to you, please find contact details for each of the partner organisations above.

Appendix E – Year 3 Business Case



together we
Cumbria



North Cumbria Recovery College (NCRC) Year 3 Business Case

1. Introduction

Together We CIC have been hosting the North Cumbria Recovery College (NCRC) for the past 2 academic years following funding from Cumbria North Tyne and Wear Foundation Trust (CNTW), Sellafield, NHS North Cumbria CCG and other funding sources including public donations and County Council. We have worked with in excess of 16 partner organisations, across 14 different locations. We have delivered to over 600 different people in the local community attending a number of different courses focussing on mental health and physical health and wellbeing. You will find in the appendix year 1 evaluation and Together We's Social Impact report 2022/2023. These reports outline the impact the services have had on the local community inclusive of quantitative and qualitative data.

We feel strongly NCRC has delivered on our original plans outlined in the proposal submitted to CNTW for initial funding (see appendix). However we have seen smaller numbers of people than we envisaged and have learned a lot from feedback, development and execution of the plans. This report will outline our next steps for the college in year 3.

Previously we have worked to deliver as much as practically possible within the budgets given to the service from funders. However we have reflected and learned through experience that we now need to be realistic in our approaches to delivery and funding. We would like to thank funders for highlighting this and as part of our report will include a project budget and timeline that is realistic and representative of true cost to Together We CIC.

2. Purpose of Recovery colleges

Recovery approaches to mental health have moved mental health from the perception of illness to a journey, focussing on an individual's strengths rather than focussing on an individual's problems. (Copeland, 2007). Recovery colleges are establishments that deliver courses to individuals to promote strengths and build resilience and coping techniques (Perkins, et al 2018).

The focus is on co-production and courses that are co-facilitated by professionals and peers (Bowness et al, 2023). Recovery colleges are all inclusive, this means they serve a range of people involved in mental health secondary care services and those not (Bowness et al, 2023).

They also serve those with Long term physical health problems and those people who want to find out more about their own mental and physical health and wellbeing. This highlights potential opportunity for public health funding as well as funding from secondary care and primary care financial budgets. Recovery colleges do not substitute therapy or treatment and should be guided by recovery principles (Repper and Perkins, 2012). Recovery principles include people living lives with:

- **good relationships**
- **satisfying work**
- **personal growth**
- **the right living environment (The Mental Health Foundation, 2021).**

3. How does NCRC match up?

Over the last 2 years NCRC has worked hard to deliver a co-co-co method of courses (courses that are co-produced, co-facilitated and co-attended) by professionals and peers. We have worked with the local community to develop a steering group that has built the prospectus of courses across the two years. External providers have submitted expressions of interest and we have delivered a vast array of courses alongside our 'core' provision. These have mainly sat in two categories- the more teacher like style taught causes like emotional resilience and wellness recovery action planning along-side the more explorative non-directive type courses like 'Laughing yoga' and 'Creative writing' (amongst many other examples).

We have picked up lots of funding and involved a number of different projects under the umbrella of 'NCRC' including Together We Brew (collaboration with Age UK), Step Forward into Employment (collaboration with CVS) and Men's mental health (Sports England funding) and Ways to Wellness (NHS funding for post natal support) to name but a few. We have worked with Newton Rigg on a level 1 peer support qualification for the CNTW peers and our volunteers and have developed a range of positive message merchandise to sell at events to

make funds (co-designed and produced by peers and Creative Cup Cleator Moor).

We will have a year 2 evaluation report on completion of Summer School 2023 to refer further to, but the feedback we receive is that of a positive nature, the stories of change we have and hear are amazing and have continued to see individuals coming back for the different years. We have also continued to work in partnership with CNTW and have provided the support of the peer workers throughout the college- this has included co deliver of specific peers with ADHD groups, Offload and coming soon a how to become a peer course.

As part of our development with local services we have delivered free spaces to Vulture Club for Peer Level 1 training, delivered 3 development days for CNTW staff and leaders and in reached into Carleton Clinic for two half terms.

Of course the college has had its share of issues arising which has been expected with the clients we see. This is something we are reconsidering in terms of funding as the time spent dealing with issues like disgruntled service user/ volunteer/ risk and safeguarding issues is at a loss of core funding for Together We CIC (purely through the time spent dealing with such issues).

The other factor we also would like to closely address in funding and time/ project deliverables is our lived experience staff and volunteers who inevitably and by the nature of lived experience professionals, have time off and requirements for reasonable adjustments outside of that expected of those without lived experience. Having had 2 year experience in this area we are now much more equipped to cost up the time/ funds this may take.

Overall it is evident the college has ran a successful recovery focussed principles provision for its users and the services signposting individuals into the courses.

However, the business model and planning needs to change.

4. Proposed Changes:

We have gathered significant feedback from our stakeholders to enable us to think about our next steps as a college. We have also attended and worked hard to maintain links with the Recovery College Collaborative (local North RCs) and RC connect which is a UK wide connection group.

The following are proposed changes to the college:

- Delivery of courses changed to 2 terms only and summer school i.e. 3 intakes maximum.

- Courses delivered in specific areas that have been successful previously would be delivered regularly (Carlisle and Workington) and those with less footfall as occasional (Whitehaven, Eden and Egremont).
- Certificates at the end of all courses.
- Diploma pathway for core courses with graduation at the end-completion of:
WRAP, Assertiveness, Anger Management, Emotional Resilience, Managing Stress and Worry- with final written/ diverse examination/ formative assessment (i.e. the student decides how they would like to convey their knowledge) –We will work with Newton Rigg on this (potential of selling into employers as a Level 2 Diploma in Positive Coping Strategies for Managing Health or similar).
- Free provisions increased i.e. CNTW peer led courses- ADHD etc
- New locations piloted for the next year with different staff roles (additional funding secured for Maryport awaiting Mid Copeland funding).
- Development of volunteer and peer support roles – including level 1, 2 and 3 certificates alongside Newton Rigg.
- Employment of a MI/Data reporter role that supports administration
- External providers relations strengthened and selected provisions enhanced and delivered.
- Staff covering those off sick paid overtime or sessional workers brought in
- Volunteering developed and co-ordinators move away from facilitation of sessions instead focus on quality and engagement of clients in their area.
- Reporting of data as a whole project for Recovery College.
- Data to include GP surgery and cost to NHS prior to intake and after.
- Evaluation data produced each quarter to pull into bigger report at end of year.

5. Project Time Line- example timeline- dates may change due to school terms etc.

- 01.09.2023: Funding received- staff contracts extended for 1 year in various forms.
- 01.09.2023 - 15.09.2023: Timetables created and core provisions set.
- 15.09.2023 - 15.10.2023: Marketing and posters made available/ website update/ networking etc by co-ordinators/ facilitators.
- 15.10.2023 - 30.10.2023: Course production/ update, external providers contacted and SLAs created/ dates booked in for rest of the year.

See timetable for suggested intakes/ term dates:

College Planer 2023-24

August 2023	September 2023	October 2023	November 2023	December 2023	January 2024
1 Tu	1 Fr	1 Su	1 We	1 Fr	1 Mo New Year's Day
2 We	2 Sa	2 Mo	2 Th	2 Sa	2 Tu
3 Th	3 Su	3 Tu	3 Fr	3 Su	3 We
4 Fr	4 Mo	4 We	4 Sa	4 Mo Term 1-week 6	4 Th external providers
5 Sa	5 Tu	5 Th	5 Su	5 Tu	5 Fr open day
6 Su	6 We	6 Fr	6 Mo Term 1-week 2	6 We	6 Sa
7 Mo	7 Th	7 Sa	7 Tu	7 Th	7 Su
8 Tu	8 Fr	8 Su	8 We	8 Fr	8 Mo Term 1-week 7
9 We	9 Sa	9 Mo	9 Th	9 Sa	9 Tu
10 Th	10 Su	10 Tu	10 Fr	10 Su	10 We
11 Fr	11 Mo	11 We	11 Sa	11 Mo reporting	11 Th
12 Sa	12 Tu	12 Th	12 Su	12 Tu	12 Fr
13 Su	13 We	13 Fr	13 Mo Term 1-week 3	13 We	13 Sa
14 Mo	14 Th	14 Sa	14 Tu	14 Th	14 Su
15 Tu	15 Fr	15 Su	15 We	15 Fr	15 Mo Term 1-week 8
16 We	16 Sa	16 Mo Term 1 Enrol an	16 Th	16 Sa	16 Tu
17 Th	17 Su	17 Tu drop ins etc	17 Fr	17 Su	17 We
18 Fr	18 Mo	18 We	18 Sa	18 Mo	18 Th
19 Sa	19 Tu	19 Th	19 Su	19 Tu	19 Fr
20 Su	20 We	20 Fr	20 Mo Term 1-week 4	20 We	20 Sa
21 Mo	21 Th	21 Sa	21 Tu	21 Th	21 Su
22 Tu	22 Fr	22 Su	22 We	22 Fr	22 Mo Term 1-week 9
23 We	23 Sa	23 Mo	23 Th	23 Sa	23 Tu
24 Th	24 Su	24 Tu	24 Fr	24 Su	24 We
25 Fr	25 Mo	25 We	25 Sa	25 Mo Christmas Day	25 Th
26 Sa	26 Tu	26 Th	26 Su	26 Tu Boxing Day	26 Fr
27 Su	27 We	27 Fr	27 Mo Term 1-week 5	27 We	27 Sa
28 Mo August Bank Hol.	28 Th	28 Sa	28 Tu	28 Th	28 Su
29 Tu	29 Fr	29 Su	29 We	29 Fr	29 Mo Term 1-week 10
30 We	30 Sa	30 Mo Term 1-week 1	30 Th	30 Sa	30 Tu
31 Th		31 Tu		31 Su	31 We

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College Planer 2023-24

February 2024	March 2024	April 2024	May 2024	June 2024	July 2024
1 Th	1 Fr	1 Mo Easter Monday	1 We	1 Sa	1 Mo external providers
2 Fr	2 Sa	2 Tu	2 Th	2 Su	2 Tu external providers
3 Sa	3 Su	3 We	3 Fr	3 Mo Term 2-week 11	3 We external providers
4 Su	4 Mo Term 2-week 1	4 Th	4 Sa	4 Tu	4 Th external providers
5 Mo Term 1-week 11	5 Tu	5 Fr	5 Su	5 We	5 Fr external providers
6 Tu	6 We	6 Sa	6 Mo Early May Bk. Hol.	6 Th	6 Sa
7 We	7 Th	7 Su	7 Tu Term 2-week 8	7 Fr	7 Su
8 Th	8 Fr	8 Mo	8 We	8 Sa	8 Mo
9 Fr	9 Sa	9 Tu	9 Th	9 Su	9 Tu
10 Sa	10 Su	10 We	10 Fr	10 Mo Term 2-week 12	10 We
11 Su	11 Mo Term 2-week 2	11 Th	11 Sa	11 Tu	11 Th
12 Mo	12 Tu	12 Fr	12 Su	12 We	12 Fr
13 Tu	13 We	13 Sa	13 Mo Term 2-week 3	13 Th	13 Sa
14 We	14 Th	14 Su	14 Tu	14 Fr	14 Su
15 Th	15 Fr	15 Mo	15 We	15 Sa	15 Mo
16 Fr	16 Sa	16 Tu Term 2-week 5	16 Th	16 Su	16 Tu
17 Sa	17 Su	17 We	17 Fr	17 Mo external providers	17 We
18 Su	18 Mo Term 2-week 3	18 Th	18 Sa	18 Tu external providers	18 Th Graduation!
19 Mo Term 1-week 12	19 Tu	19 Fr	19 Su	19 We external providers	19 Fr
20 Tu	20 We	20 Sa	20 Mo Term 2-week 10	20 Th external providers	20 Sa
21 We	21 Th	21 Su	21 Tu	21 Fr external providers	21 Su
22 Th	22 Fr	22 Mo Term 2-week 6	22 We	22 Sa	22 Mo
23 Fr	23 Sa	23 Tu	23 Th	23 Su	23 Tu
24 Sa	24 Su	24 We	24 Fr	24 Mo	24 We
25 Su	25 Mo Term 2-week 4	25 Th	25 Sa	25 Tu	25 Th
26 Mo Term 2 Enrol an	26 Tu	26 Fr	26 Su	26 We	26 Fr
27 Tu drop ins etc	27 We	27 Sa	27 Mo Spring Bank Ho	27 Th	27 Sa
28 We	28 Th	28 Su	28 Tu	28 Fr	28 Su
29 Th	29 Fr Good Friday	29 Mo Term 2-week 7	29 We	29 Sa	29 Mo Summer school augu
30 Fr	30 Sa	30 Tu	30 Th	30 Su	30 Tu
31 Sa	31 Su	31 We	31 Fr		31 We

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Reporting would be at every 6 week break:

- 11th December 2023
- 26th Feb 2024

- 29th April 2024
- 17th June 2024

And end of year- unless agree with funders for more regular reporting.

- 18th July- Graduation for all students
- August 2024- Summer school 4 weeks
- 30th September 2024 – Evaluation year 3 produced

6. Funding Options

Below outlines the options of funding year 3 of NCRC in 2023/2024:

Please see attached budget for information for further detail.

Do Nothing/ do not fund	Minimum funding Between £100-150k	Average funding Between £150-200k	Ideal Funding- up to £200k +
<p>2 year worth of established services lost to lack of funding Opportunities.</p> <p>Lack of trust in Mental Health services.</p> <p>Those with mental health problems feeling health inequalities.</p>	<p>By providing minimum investment there is little scope for year 3 working in NCRC across the north.</p> <p>This would increase health inequalities and access to services</p>	<p>NCRC change their structure of the services and offer less services.</p> <p>This may encourage better quality, however will lose staff we have, reduce if not decimate the ability to provide external suppliers into the college.</p>	<p>Fully functioning NCRC providing qualitative support to a range of clients cross the whole of the north of Cumbria</p> <p>North Cumbria equal to other parts of UK in coverage of RC.</p>
<p>Increased pressure for CMHARTs and primary care to find options for structured learning about mental health and physical wellbeing.</p> <p>Less referral pathways.</p>	<p>Some access to minimum provision in select areas.</p> <p>Unlikely to be viable as no management support involved in costing exercise</p>	<p>More access to provisions in select areas with provisions running at an average level,</p> <p>Staff retain jobs, management involved and an array of courses for CMHARTS and other teams to refer into/signpost.</p>	<p>Full access to all provisions including most of the current providers/ those that attract better uptake.</p> <p>Reserves / management fees inclusive – staff retain jobs, external providers are included.</p>
<p>16 external providers lose business.</p> <p>Lack of trust in money coming into the third sector.</p>	<p>No providers involved.</p>	<p>Minimal providers likely to involve those successful previously and voted by the steering group.</p>	<p>12 providers involved- buoyancy to the third sector- choice to those attending RC.</p>

We have potential funding sources coming in from the following sources:

- GDF Allerdale and Mid Copeland, currently secured GDF Allerdale – 8 hour per week facilitator. Mid Copeland to be heard in 3 weeks.
- WCMHP-year 3 – due to request remaining funding
- NHS - awaiting outcome of potential funding source.

7. What happens if we don't get the funding:

We may well be faced with a difficult decision to either run on the projects we have guaranteed funding for or we cut recovery-college for year 2023/2024.

Together We are not willing to volunteer reserves or time to RC this academic year, we have previously done this (for example 8 hours of the Eden co-ordinator have been supplemented by our reserves pot) and are aware that is it not sustainable for us as a business, leading to financial risk and staff burn out.

8. Expected benefits of ideal funded project:

- 500 different people access services across the North of Cumbria (166 per term)
- 50 people graduate from core provision diploma
- 4 members of staff retain some if not all of their hours - 12 of our 16 partners are retained providing external provision - Quality of courses increase.
- MI/Data reporting is enhanced
- Provision is accessible by all in the area regardless of diagnosis.
- Continued work with local Trusts and reduction in access to services

9. Risk

Risk Description and Impact	Risk Owner	Likelihood	Impact	Mitigation Plan
Service is undersubscribed	Project manager.	Medium	Low	The courses will still run as agreed and more time will be spent on those attending.
Service is Oversubscribed	Project manager and delivery staff.	Low	medium	<p>Courses are capped at 15 per course due to location requirements.</p> <p>Waiting list for year 4 formed</p> <p>Funding need established.</p>
Complexity of mental health difficulties may cause issues in service delivery.	Project manager and delivery staff.	High	High	<p>Staff are trained to cope with difficulties and are to expect some complexity.</p> <p>Management team has previous experience of this due to NCRC.</p> <p>Weekly reflective practice and supervision meetings are undertaken to support delivery staff in session delivery.</p> <p>Service users are offered alternative sessions if unable to resolve issues.</p> <p>Clear college guidelines established with each participant and the college will run behavioural policies like any other educational establishment.</p>
Staff are ill	Management team	high	high	<p>Due to lived experiences of staff sickness is expected.</p> <p>SSP and company sick pay contingency built in to budget.</p>

10. Conclusions

Over the last two years North Cumbria Recovery College has worked hard to develop a well-covered provision that is equivalent to other colleges in the UK. Our team of staff are committed to the ongoing development of the college and the continuation of the services in the formats outlined above.

We have managed to secure significant funding in the past and continue to strive to fund further provision. However, we note a significant amount of the population accessing services are using statutory provision less and cost saving, therefore our avenue for sustainable funding is through NHS as are the other Recovery Colleges in the UK. To further this we need to improve our data reporting and this year this need will be met by a MI/Data reporter. We also need to improve footfall- although our recent block would suggest a greater intake of people. Ideally looking towards the next 3 years we would see footfall increase substantially.

Appendix F: Financial Report:

Together We CIC	
Financial Activities	
September 2022 - August 2023	
	TOTAL
Income	
Core Income	2,641.42
Donations & grants	121,826.00
Sales	100.00
Transfer between classes	29,116.41
Total Income	£153,683.83
TOTAL	£153,683.83
Expenditures	
Consultancy	30,688.37
Employer Pension	1,330.47
Employers NI contributions	5,459.86
Motor expenses	169.70
Overheads	13,127.99
Printing & stationery	65.00
Rent	15,399.00
Staff courses and training	384.00
Staff wages & salaries	73,231.18
Travel & subsistence	134.40
Venue Hire	8,130.26
Volunteer Costs	6,240.00
Total Expenditures	£154,360.23
NET OPERATING INCOME	£ -676.40
NET INCOME/(EXPENDITURE)	£ -676.40

Report prepared by J. Ward, C.Bragg and JA.Gate, September 2023.