



# Timetable for **CARLISLE** February to March 2024 Block 2

## **Enrolment:**

To enrol click on this link to enrol for [Carlisle Courses and Groups](#). Some of our courses below do have separate enrolment forms, please click on the course title on the timetable to enrol for those, they are highlighted in **Dark Blue**.

If you are viewing this as a paper copy, call 0808 196 1773 for free during working hours 9am - 4pm or send us an email [hello@ncrecoverycollege.org](mailto:hello@ncrecoverycollege.org) and we will arrange a time to call you back.

You will find course descriptions and our frequently asked questions at the end of the timetable.

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

## **Where we work from (all areas):**

### **Allerdale:**

16 Jane Street, Workington, CA14 3BB  
Workington Community Fire Station, Workington, CA14 5BF  
The Settlement, High Street, Maryport, CA15 6BQ

### **Copeland:**

De Lucy Centre, Egremont, CA22 2AF  
Vulture Club Health and Wellbeing Centre, Unit 8-9 Tangier Buildings, Greggs Lane, Whitehaven, CA28 7UH

### **Carlisle:**

The Lookout, Shady Grove Road, Carlisle, CA2 7LD  
Brampton Community Centre, Union Ln, Brampton CA8 1BX

### **Eden:**

Dunmail Building, Newton Rigg, Penrith, CA11 0AH  
Penrith Library, Penrith, CA11 7YA

Click this link to enrol for [Carlisle Courses and Groups](#)

## Carlisle in person sessions for Block 2

### **Tuesdays**

13/02/2024

20/022024

27/02/2024

05/03/2024

12/03/2024

19/03/2024

### **THE LOOKOUT:**

#### **Coffee and Drop In**

(weekly)

10.30 - 11:00

#### **Drawing and Talking**

11:30am - 12:30pm

#### **Nature Journaling**

12:30pm - 2:30pm

#### **Decider Life Skills**

2:30pm - 3:00pm

### **BRAMPTON COMMUNITY CENTRE:**

#### **CADAS Healthy Habits**

4:00pm - 6:00pm

# Course Descriptions for Carlisle

## **CADAS - Healthy Habits Course**

6 week course:

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 will feature tips on how to help self/others and will involve some action planning for change



## **Decider Life Skills (12 Skills)**

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

## **Drawing and Talking**

These sessions introduce you to a fun and lighthearted way to enjoy drawing for wellbeing.

The process of telling a story about your drawing, answering questions about your drawing and asking others about their drawings inspires creativity and promotes mindfulness.

## **Drop in Sessions / Coffee and Drop In**

These sessions are provided as an opportunity to pop in and meet the team, to find out more about what we do and hopefully enrol on a course or two.

## **Nature Journaling**

These sessions will show you how connecting with the outdoors can improve your health and wellbeing. All resources will be provided.



# **North Cumbria Recovery College - Frequently Asked Questions**

## **What is a Recovery College?**

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

## **Who is a Recovery College for?**

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

## **Where is the North Cumbria Recovery College based?**

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

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

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

## **What is the difference between a course and a group?**

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

## **What is the attendance criteria?**

If you join a course we would like you to attend all of the sessions if you can, but we understand that life gets in the way sometimes and we would encourage you to attend as

much as you can. It is OK to repeat our courses if you'd like to. A group is ongoing and you can freely pop in and out of the group sessions as you need to.

**Would I be able to volunteer at the Recovery College?**

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