



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

## **Enrolment:**

To enrol click on this link to enrol for [Eden 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

### **Eden:**

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

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

## Eden in person sessions for Block 2

### **WEDNESDAY**

14/02/2024

21/02/2024

28/02/2024

06/03/2024

13/03/2024

20/03/2024

### **NEWTON RIGG**

#### **DUNMAIL BUILDING:**

*\*Transport is available from Sandgate Bus Station (SPAR shop). Please contact us if you do need transport.*

*\*We would recommend you bring food/snacks and plenty of drinks if you plan to stay all day as there are no shops on site.*

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

(weekly)

11:00am - 11:30am

#### **Decider Life Skills**

11:30am - 12:15pm

#### **Nature Journaling**

12:30pm - 2:30pm

#### **Assertiveness**

2:30pm - 3:00pm

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Tuesday 20th February 2023

#### **The Appleby Hub**

**Chapel Street Appleby-in-Westmorland**

**CA16 6QR**

#### **[Menopause and Beyond](#)**

7:00pm - 9:00pm

\*click above to enrol\*

# Course Descriptions for Eden

## **Assertiveness**

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

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

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.

## **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.

## **Menopause and Beyond**

A lively event will give you all you need to know and resources to access to explain the symptoms of the menopause and the peri-menopause.

Three women who are experts by experience will be the speakers. Previous presentations by this trio have been very well received! The event is supported by Appleby Medical Practice.

**Tish Fisher** - will talk about oestrogen deficiency and what you can do about it

**Anne Stowers** - will talk about nutrition and exercise at the menopause

**Dr Venetia Young** - will talk about managing stress at the menopause with breath control being a central feature

This session guarantees to leave you feeling confident to ask questions, knowledgeable to make choices and more importantly you will feel validated and understood.

There will be light refreshments at the beginning and the end.

## **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.