



Timetable for **ALLERDALE**

February 2024 to April 2024 Block 3

Enrolment:

To enrol click on this link to enrol for [Allerdale 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 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

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In person sessions in Allerdale for Block 2

<u>Mondays</u>	<u>Wednesdays</u>	<u>Thursdays</u>
26/2/24 *04/3/24* 11/3/24 18/3/24 25/3/24 08/4/24	28/2/24 6/3/24 13/3/24 20/3/24 27/3/24 3/4/24	29/2/24 7/3/24 14/3/24 21/3/24 28/3/24 4/4/24
<u>WORKINGTON</u> <u>Workington Fire Station</u> *04/3/24 will be held at the Oval Centre, Salterbeck, Workington, CA14 5HA Drop In Session (weekly) 9.45am - 10.15am Decider Life Skills 10.15am - 11am Stressless Me with Mo Colohan 11am - 1pm	<u>WORKINGTON</u> <u>16 Jane Street</u> Women's Group (weekly) 10.00am - 11.00am Preparing for therapy 11:00am – 12:30am Men's Group (weekly) 6.00pm - 7:30pm	<u>MARYPORT</u> <u>The Settlement</u> Drop In Session (Weekly) 9.45am – 10.15am Wellness Recovery Action Planning (WRAP) 10.15am - 11.00am Managing Stress and Worry 11.00am - 12.00pm Decider Life Skills 12.15pm - 1.15pm

Course Descriptions for Allerdale

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.

Managing Stress and worry

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

Preparing for Therapy

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

Stressless Me

This Stress Less Me workshop offers a range of coping strategies including Guided Relaxations, helping you to:

- Reduce stress,
- Build confidence,
- Increase self value

Firstly identifying your individual 'association' triggers from past experiences coupled with understanding memory storage you learn new ways to deal with stressful issues.

Focusing on making the changes you can and accepting what you cannot change frees up your thinking mind and allows you to practice calmer feelings.

You will understand why you think, behave and react in the way you do and how this is down to evolution and is not your fault. Once learned, these new skills put you firmly in control of your own ability to manage all manner of difficulties and emotional issues from your new perspective.

Wellness Recovery Action Planning

Written and evidenced by Mary Ellen Copeland, this 6 session course provides you with tools to keep yourself well, notice triggers, identify early warning signs and plan for crisis in an engaging and fun way.

It is a great course for anyone who would like to manage their health and wellbeing better.

Women's Group

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

North Cumbria Recovery College - Frequently Asked Questions

What is a Recovery College?

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

Who is a Recovery College for?

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

Where is the North Cumbria Recovery College based?

We have bases in Allerdale and Copeland where we provide a range of courses and groups.

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.